

Membership of the Adlerian Network of Ireland Ltd.

Please fill in the form below if you would like to become a member of the Adlerian Network of Ireland Limited. This network is based on the Individual Psychology of Alfred Adler.

Benefits of Membership

- You receive notification of all Adlerian workshops and meetings.
- You get a discount on all workshops that you attend.
- You receive two newsletters a year (Autumn & Spring) with interesting articles and information in relation to Adlerian events.
- You support the Adlerian Network of Ireland.

Adlerian Network of Ireland Limited (Launched in 1994)

Aims

To advance public awareness and professional interest in the work of Alfred Adler.
To teach individuals, groups and families effective ways of living cooperatively together.
To develop training programs that encourage high standards of practice.
To promote a forum for the holding of lectures, seminars, meetings and training courses which will enhance the aims and objectives of the A.N.I.
To facilitate communication and the exchange of ideas between the many individuals and groups in Ireland who are interested in Adlerian Theory and Practice.

Application Form for Membership of the Adlerian Network of Ireland Ltd.

(Membership is €30 and is valid until the 30th of June each year)
BLOCK CAPITALS PLEASE

Name: _____

Address: _____

Phone Number: _____ Mobile: _____

Email: _____

Enclose subscription of €30 and send to: The Secretary, Adlerian Network of Ireland Limited, Resource Centre, Kickham Street, Clonmel, Co. Tipperary.
Phone: 086-3989513

Membership Type New: Renewal:

Signature: _____ Date: _____

May the strength of the hills give you courage,
The calm of still waters give you peace.
The joyfulness of nature give you hope,
And the wonder of the seasons never cease.

May the beauty of the morning lift depression,
The quiet of evening give you rest,
The voyage of your life be tranquil,
And all the days ahead be truly blessed.

Iris Hesseldon

No one likes to make mistakes
Or feel they have been a fool,
But those who never make mistakes
May never learn at all.
So don't get too discouraged or
Dwell harshly or too long
On bygone slips and blunders,
Or the times you got it wrong.
Just think of them as stepping stones
You've passed and left behind,
They've paved your path to wisdom, so
Move on with peace of mind

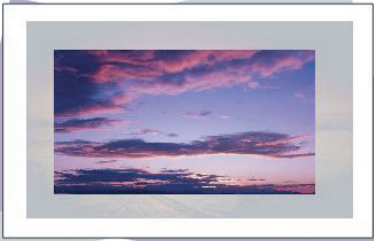
Margaret Ingall

Adlerian Network of Ireland Spring Workshop

Exploring the Past as a Means to the Future

There are no mistakes only learning opportunities.
How can we accept ourselves as we truly are and without judgement?
This workshop will look at our experiences of childhood, adolescence and adulthood. The choices we make, the paths we walk. In the knowledge that your perfection lies in your imperfection.

Presented by Mary Mulcahy.
Mary is passionate about the work of Alfred Adler. In 1997, Mary developed a counselling practise in Thurles based on his principles. She has trained extensively in counselling, mediation and supervision. She is an Aura Soma practitioner. Mary facilitates the Adlerian Psychology & Counselling Skills programme in Tipperary Institute.



Resource Centre, Kickham St. Clonmel
Saturday 28th April 9.30am - 4.00pm

€50 members €60 non-members
Enquiries 086 3989513
www.adler.ie

of SOCIAL INTEREST
Newsletter of the Adlerian Network of Ireland Ltd.

Resource Centre, Kickham Street, Clonmel, Co. Tipperary.

SPRING 2012

Editorial

Welcome to the spring edition of the Adlerian Newsletter. This edition contains information on the upcoming events of the Adlerian Network.

Firstly is the spring workshop entitled 'Exploring the past as a means to the Future' This workshop will be facilitated by Mary Mulcahy and will focus on accepting ourselves without judgement. It will take place on 28th April 2012 in the Resource Centre, Kickham Street, Clonmel.

This year we introduced the ANI Gift Voucher. They are a great gift idea for family and friends and are available from the ANI office in the resource centre, Kickham Street, Clonmel.

We also have articles on workshops that took place this year from the Adlerian Summer School and the Encouragement workshop.

We are very grateful to all the people who took the time to contribute articles for this edition. Their articles highlight what a positive experience the Summer School and workshops are for one and all.

We hope you enjoy reading this newsletter and should you seek any further information or wish to comment on any aspect of the newsletter, please contact us at:

The Adlerian Network of Ireland Ltd.,
Resource Centre, Kickham Street,
Clonmel, Co. Tipperary
Phone: 086-3989513
info@adler.ie
or check out our website
www.adler.ie



Summer School Programmes

- Managing Family Stressors (4-day)**
Wes Wingett
- Creative Therapeutic Interventions (4-day)**
Wendy Goddard
- “The Flow of the Brush” (4-day)**
Dr. Lilian Beattie
- Understanding Misbehaviour in Life (4-day)**
Joyce Callus
- Focusing, Adler and Meditation (4-day)**
Tom Larkin
- Introduction to Adlerian Psychology (2-day) (Thurs+Fri)**
John Murphy
- An Adlerian Approach to Self-Care (2-day) (Thurs+Fri) (Sat+Sun)**
Mary Mulcahy
- Teenager's Programme (12 to Years)**
Sue-Anne O'Donnell & Bruce Greenhalgh
- Children's Programme (5 to 11 years)**

July 2011

I first became acquainted with Peggy Pelonis and her experiential work at the Adlerian Summer School of 2007.

I still send her silent salutes of gratitude for off-loading those “rocks” into the local river in Clonmel ~ the “rocks” being a metaphor for burdens I was carrying long past their sell-by date!

So with great anticipation I signed up for her course “Spirituality in Difficult Times”.

The work centred around the following quotes:-

“Social Equality promotes mental health” ~ Alfred Adler

“In our differences we grow, In our sameness we connect” ~ Virginia Satir

“We are all the same” ~ Dalai Lama

Each member of the group created their own unique tree representing the

'Story of my Life', the roots, trunk, branches, and leaves ~ very beautiful creations.

After each aspect of this lifestyle assessment, we shared our thoughts, conclusions & feelings with a partner - on a personal note I had the privilege of sharing my story with a professional writer & storyteller who was very precise and insightful in her valued feedback to me- thank you Karen!

Peggy directed experiential work in :-

. The Family System (how it shapes us)

. Rules - Do's & Dont's (using the senses)

. What's behind the breakdown of Communication (using the priorities of power, control, pleasing & avoiding)

Very powerful personal insights, deep understandings & conclusions emerged for both participants & observers.

Then, in our non-dominant hand, our 7-year old self wrote a letter to our present self ~ ending with “my wish for you is”

The overwhelming emotion of such a simple task took me quite by surprise!

How all this detailed work was fitted into only 4 days is now hard to believe. But guess what, we did even more!

The Dalai Lama's 7 Keys to happiness focused on the tasks of:

1. Love/Intimacy

2. Work/Career

3. Friendships/Social

4. Kinkeeping - (caring for my own generation and the generations before & after me)

5. Self-Care - (a modern task!)

6. Spirituality - (defined rather than imposed)

7. Change/Resilience

how we engage with these tasks in the present and how we want them to be.

The 5 Stages of Change demonstrated by Peggy in her plenary session gave participants in other workshops a taste of how powerful her processes can be.

Finally Peggy explained how we humans vibrate on an energetic level; how our emotions are the clue to what we are attracting ~ 'like' attracts 'like' and 'lack' attracts 'lack'.

So the awareness of the feelings we are aligning with our thoughts and wants warrant close attention.

Having been raised stoically in an autocratic era, I can still have difficulty identifying my feelings (you veteran readers will understand!!)

So Peggy's “feeling ladder” and how to use it creating “relief” rung by rung has become a daily exercise for me.

My account of this this course is simply a flavour of the work of Peggy Pelonis ~it would need to be experienced to understand the depth of it. The spirit of the participants was courageous, co-operative, creative, very friendly, generous and inspiring in sharing.

The social aspect of the summer school is always most enjoyable ~ catching up with Adlerian colleagues from Dublin & beyond the Pale with sincere promises to stay in more frequent touch! Although appreciation of the voluntary work of the Adlerian Network is a foregone conclusion ~ gratitude enhances encouragement ~ so a big thanks to all concerned.

Ann Murphy

Encouragement

I came to the Encouragement Workshop in November, 2011 with an open mind, not really sure what I had signed up for. I had heard about the workshop through a friend of mine who has done Adlerian workshops before. This was my first real connection to the teachings of Adler so I wasn't really sure what was coming. I felt that at that time I could do with a day for myself, away from everything, a time out. I was in the middle of doing another course at the time in a different venue, so I believed this would be a day off thinking.

The Workshop was facilitated by Ms Catherine Ann O'Connell. I was initially taken by Ms O'Connell ease at dealing with a group situation. She made everyone in the group settle in easily and comfortably. There were about 12 in the group a mixture of ages and directions.

Encouragement seems such an insubstantial element to discuss, yet from the very beginning of the workshop Catherine Ann really helped us to see how much it impacts on us in our daily lives. “Encouragement means “putting the heart into someone”, this is how the notes for the day begin, this led us into the truth of the day. The workshop helped us to question whether, we put the heart into those around us, or even more importantly do we put the heart into ourselves.

The great eye-opener for me was when Catherine Ann showed us the difference between Praise and Encouragement. It was amazing to see the way your choice of words can be the difference between a statement being about you or the person you are talking to. If we take one of the statements to show how the choice of words changes the whole feeling of the sentence. The praise choice of words are “I'm so proud of you”, if we now look at the encouraging words which are: “You must be proud of yourself”. There are only a few alterations in the words, yet they are enormously different when you are on the receiving end of the statement. This simple realisation has enabled me to be clearer in my speech when I look to be encouraging to those around me. We also received a number of encouraging phrases in our hand-outs which allowed us to follow and feel the difference in these choices of words. “You did a good a good job of’ Pointing out some useful contribution, however small, may be important to a discouraged individual” (Dreikurs, Grunwald and Pepper, 1982). This statement is so simple, makes great sense and can have a profoundly positive response.

We also were guided through the difference between encouragement and discouragement. This was a big revelation to me as it helped me to see how I can discourage myself, it enabled me to catch myself when I did it and change it. In the workshop we worked in smaller groups, so that we had hands on experience of what we were learning. The truly profound tool which we were given was the 8 steps of encouragement, where you use these steps to help someone else move from their place of I Can't to I Can. This really helped me, as I was being challenged by an issue at that time and with the assistance of another member of the group, this enabled me to shift my perception of what I could do. This was amazing.

I didn't really know what to expect from the day, yet I got so much more than I could have hoped to receive. I thought it was going to be a day without thinking, yet in truth it was a day to clarify my thinking. I feel that this workshop has given me a new interest in Adlerian theory, which I look forward to finding out more about in the future.

The whole experience of the day was a joy. I met really nice people in a positive and encouraging environment. I really appreciated Catherine Ann's delicacy in dealing with the group, while always being present and guiding us through the information. I would heartily recommend this workshop, I learned an enormous amount and had a lovely, fun day.

Always remember to forget the things that make you sad;

But never forget to remember the things that make you glad.

Always remember to forget the friends who proved untrue;

But never forget to remember those who have stuck by you.

Always forget to remember the troubles that passed away;

But never forget to remember the blessings that come each day.

Let us seek not the world's riches

If it can be said of us that

We love fearlessly, dream passionately, give cheerfully,

Forgive freely, open our hearts generously, laugh easily,

Speak truthfully and walk honourably, then we are rich indeed.

Rachel Wallace-Oberle