

Editorial

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Welcome,

We have lots of news for you and we want to bring you up to date on changes that have happened.

You may have noticed a small change in our name. We have gone from Ltd to CLG. This is due to the new companies act. All companies like ours that are a limited company by guarantee must now have this designation. What does this mean for us? Effectively nothing! It is business as usual. We have a new committee elected at last years AGM

Chairperson Dorothy McCormick

Secretary Treassa Halpin

Treasurer Karen Molan

After many years of service Margaret Gubbins and Cora Gentles have retired from the committee. We are grateful for all

their support over the years and wish them well in the future.

There is a new Adlerian Group forming in Dublin. For anyone interested please contact Pauline Sweeney 087-4146649 or Dave Kearns 087-1373893. We will be bringing you more news later.

We have been using different methods of promoting the summer school. Thank you all for your feedback.. Our aim to make the summer school as affordable as possible for participants. The courses and booking information are below.

Dr. Karen John will be presenting a workshop on the Mental Health Needs of Children and Youth in April.

Details below.

If you have any queries or ideas that you would like us to hear you can contact us using the information on the last page.



Mental Health Needs of Children and Youth 8th & 9th April 2017 Karen John

It is with great pleasure that we are welcoming Dr. Karen John to facilitate a two day workshop on the Mental Health Needs of Children and Youth 8th and 9th April 2017.

Dr. Karen John has over 40 years' experience in mental health and has created and delivered this workshop throughout the UK over the past 11 years. This workshop was first developed for CAMHS in Devon and offered to other local authorities and an England-wide organisation Family Action.

She is a Consultant/Trainer in Research, Evaluation & Managing for Quality; Child & Adult Mental Health (MH) & Wellbeing, Family Support & Education; Organisation & Leadership Development. Her areas of expertise are

- Developmental Psychology
- Family Support
- Mental Health & Mental Illness
- Group Processes & Dynamics
- Social Functioning & Wellbeing
- Equal Opportunities & Social Inclusion
- Basic & Applied Research

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*Things can
always be
different.
A. Adler*

Organizational & Team Leadership
Leadership Mentoring
Staff & Leadership Development & Supervision
Training Design
Group Facilitation

THE WORKSHOP

In this two day (14 hour) workshop participants will explore the mental health, emotional and development needs of our children and youth. They will gain a better understanding of ways to promote the well-being of children and youth. Through various means Dr. John will aid the participants to simple solutions to difficult situations you may experience with children and youth of today, including demystify diagnostic labels and focusing on the relationship between social context, authority structures, unmet needs and behaviour.

Workshop 2017

Mental Health Needs of Children and Youth

Professionals such as Social Workers, Youth Workers, School Counsellors, Speech Therapist, Nurses, Teachers, SNA's Counsellors, Psychologists, Foster Carers, will benefit greatly from Karen John's wealth of experience. This course is open to all individuals who are interested in learning about the mental health needs of children and youth.

Places are limited so early booking is advised.

This course may qualify for CPD days. For more information please contact the ANI on 0863989513.

BOOKING DETAILS

DATE: 8th and 9th April 2017

VENUE: Clonmel (location to be decided)

COST: €125

To Book your place use this link (copy and paste to your browser)

<https://mentalhealthneedsofchildrenandyouth.eventbrite.ie>

Or send a Cheque, made payable to
Adlerian Network of Ireland, to
ANI, Clonmel Resource Centre, Kickham Street, Clonmel,
Co. Tipperary.

**Saturday 8th and
Sunday 9th April
2017**

**Fee €125
9.30am - 5:00pm**

**Clonmel,
Co. Tipperary**

26th Adlerian Summer School 2017 6th –9th July

Below are the courses and booking information for the Summer School 2017

1. PREVENTING BURNOUT (4-day) Andrea Hillenbrand

In modern times life is increasingly busy. With the demands of work, life and family life, it can be hard to keep it all going. This workshop explores ways to create more balance in your life using Adler's tasks of life. It will work on personal goals and unknown attitudes that can contribute to taking on too much and feeling like you need to do it all. It will look at behaviour patterns through family constellation and early recollections. It will give strategies and identify strengths so that you have a tool-kit for moving forward in a more balanced way.

2. LIVING CONFIDENTLY (4-day) Kim Lee Own

This course is aimed at increasing participants self confidence. This will be taught through the use of encouragement, Adlerian techniques and changing negative beliefs about self. These four days will be supportive and encouraging for all age groups to explore routes to living confidently.

3. LEADERSHIP IN ACTION (4-day)

Dr. Karen John

Whether you work as senior or middle manager, a supervisor, teacher or facilitator good communication and the ability to envision and model for and with others are essential leadership components. Social equality and democracy require new ways of leading and relating, yet ambivalence about leading and being led prevail. We will look at leadership styles – autocratic, democratic and laissez faire – what prevents us from exercising our own and recognising others' good authority. We will explore our private logic, feelings and actions that undermine democratic living using early recollections, psychodrama and team work to identify lifestyle issues and dilemmas.

4. BEFRIENDING YOUR INNER CRITIC/INNER CHILD (4-day) Tom Larkin

Many people talk about "conquering", "overcoming" or "silencing" that inner voice that seems to undermine and sabotage our best efforts. In this workshop we will be taking a more compassionate approach to that fearful part of ourselves. Employing the mindfulness-based approach of Focusing we will turn towards the Inner Critic to understand it and turn its apparent criticisms and worries into stepping stones for moving forward in our lives.

5. BIRTH ORDER (4-day) Elaine Parker

This course covers Birth Order, which is how your position within your family affects your current relationships in work, family and intimacy. Participants will gain a better understanding of the values they bring to their life and relationships. They will also gain an understanding of how they fit in or don't fit in with others. The participants will use this understanding to improve or deal more constructively with relationships in these settings.

6. PARENTING IN THE DIGITAL WORLD (4-day) Joyce Callus

Parenting is one of the most important 'jobs' in the world. It is a life time commitment that can generate great joy or deep hurts. Does parenting come naturally? Is technology making this easier or more difficult? Are smartphones and tablets etc replacing the parent/child relationships? There is a positive and a negative side to the use of digital technology in a child's life, and the important part is what is the role of the parents? During this workshop we shall discuss these questions and more. Parents, child care givers, grandparents and educators are most welcome.

7. WORKING CREATIVELY WITH CHILDREN AND ADOLESCENTS (2-day Thurs+Fri)

Michael Fitzgerald

This experiential course will explore methods to enter the world of children to encourage them and help understand and bring clarity to the goals, aspirations, encouragements and discouragements that children and adolescents feel. We will look at helping them unpack their mistaken ideas and create a sense of equality and cooperation. The course will focus on fun, art and role play and at the core will be Adlerian social interest and belonging. The course would be of benefit to counsellors, youth workers, SNA's, social care workers, or anyone working with children and adolescents.

8. SUPPORTING THE CARER (2-day, Sat+Sun) Michael Fitzgerald

Compassion fatigue, co-dependency, and carers stress are words we hear more and more. The goal of this course is to support the carer in a beneficial way. In this experiential workshop we will explore relationships and the caring environment and how to help someone grow while maintaining boundaries. Self-care, transference, style of life and the use of self will be at the heart of the workshop. This course is aimed at anyone in a caring role, counsellors, parents, youth workers, nurses, palliative care, SNA's social care workers.

9. REAL WORLD MINDFULNESS (2-day Thurs+Fri) (2-day Sat+Sun)

Bruce Greenhalgh

Mindfulness teaches us how to live in the present world. This two day course will teach you how to practice the technique of mindfulness. It will be useful for anyone who wishes to start using mindfulness or those who wish to extend their existing knowledge.

10. CHILDRENS PROGRAMME (5 - 12 years)

THIS COURSE IS AVAILABLE FOR CHILDREN OF COURSE PARTICIPANTS ONLY.

Adlerian Network of Ireland Ltd.

Resource Centre,
Kickham Street,
Clonmel,
Co. Tipperary

Phone: 086 3989513

E-mail: info@adler.ie

We're on the web!

www.adler.ie and find us on
Facebook

Membership of the Adlerian Network of Ireland Ltd.

By simply filling the form to the right and returning it to the secretary, you can become a member of the Adlerian Network of Ireland Ltd. In becoming a member you will receive notices of all workshops throughout the year.

The Adlerian Network of Ireland was launched in 1994

Aims:

- To advance public awareness of and education in the work of Alfred Adler.
- To promote professional interest in Adlers work and to develop training programmes which encourage high standards of practice.
- To teach individuals, groups and families effective ways of living cooperatively together.
- To promote a forum for the holding of lectures, seminars, meetings and training courses which will further enhance the aims and objectives of the A.N.I.
- To facilitate communication and the exchange of ideas between many individuals and groups in Ireland who are interested in Adlerian theory and practice.
- The Adlerian Network runs a weeklong Annual Summer school as well as several one day workshops throughout the year.
- We would like to encourage this work, which benefits all sections of the community. All people interested in upholding the aims and objectives are invited to become members.

Adlerian Network of Ireland Ltd.

Membership form

Please print in Block Capitals

Booking Information

You can use the registration form emailed to you or book online (copy and paste)

<https://26thadleriansummerschool2017.eventbrite.ie>

You can contact us by phone or email if you have any questions.

Name: _____
Address _____

Email: _____
Phone: _____ Mobile: _____
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Please tick the box below
I agree to be contacted by the Adlerian Network of Ireland Ltd. (ANI) with information on newsletters, workshops, summer school and any other material the ANI deems pertinent.

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We do not share information or contact details with outside parties. All information will be treated in strictest confidence.

Please sign and return to The Secretary, ANI Ltd.,
Resource Centre, Kickham Street, Clonmel,
Co. Tipperary.
Signed _____
Date: _____