

of Social Interest

Editorial

Special points of interest:

- Spring Workshop Details
- ICASSI Summer School Details
- Story from the Relationship workshop
- Membership

Welcome,

In this issue we have articles from the Summer School and the Autumn workshop.

Many thanks to all involved.

A reminder that there will be no Summer School in Clonmel this year as ICASSI will be held in Dublin on 26th July to 7th August 2015. We would like to encourage you to attend this prestigious event as we have been lucky to secure an amazingly reduced price for Irish attendees. Normal price is €460 but for Irish attendees this is reduced to €220! You will be receiving emails from us with course choices and booking details.

This April Michael Fitzgerald is presenting

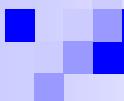
a workshop on how to Unplug the Devices and Talk. A great opportunity to learn about reconnecting with your family and friends without technology.

If you have any queries or ideas that you would like us to hear we can be contacted at
Adlerian Network Ireland Ltd
Resource Centre, Kickham Street,
Clonmel, Co. Tipperary.
Telephone: 086 3989513
Email: info@adler.ie

Personality Types by Sarah Covey

The workshop I attended was **Personality Types**. I had experienced a taster of this subject during the Adlerian psychology and counseling skills Course. I found this 2 day course very interesting and I got a lot of information from it. I was interested to learn more about my own personality type which was a ‘turtle’! I could resonate with a lot of the characteristics and it made a lot of sense in terms of my personality. I also enjoyed learning about the other types and understand-

ing why at times I may find the stronger personality types more of a challenge to engage with in life. The facilitators explained everything clearly and engaged the group with tasks to help us gain a deeper understanding of the subject. We had the space to discover different aspects of our personalities, e.g. the positive attributes (and the perceived not so positive!), the price we pay and what our intention in life is. I learnt that in order for situations, events to work in life we



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*Things can
always be
different.*
A. Adler

actually need a balance of all the 4 personality types. There is not one better than the other, they all have their own value and bring their own positive attributes. I felt the essence of this learning was to have an awareness of where you are and to find a healthy balance point within your type to live from.

My favourite part was

making the collage at the end of the 2 days to summarise our new learning. I loved the image I selected called 'the mind makeover'. This reminded me to always keep an open mind when learning something new and to remember Adler's concept of change is possible within all of us. I am now enjoying passing this quiz on to

my family & friends!

My son also really enjoyed his 2 days with a great variety of activities. At the end he said "Mummy, can I stay here longer"? A beautiful group to be part of, very supportive and encouraging. It was my first experience of the summer school. We will definitely be returning

Workshop 2015

Unplug the Devices and Talk

Sunday
26th April
2015

Fee €50
9.30am -
5:00pm

St. Olivers Centre,
GlenConnor,
Clonmel,
Co. Tipperary

How much do we really talk to each other? With the TV, the laptop, the tablet and of course the phone we believe we are 'connected' but to what or to whom? Have we become voyeurs of lives....watching, who ate where, who is on holidays with whom, and reality TV because of course we don't live in reality! And of course with everything at our fingertips from shopping, to gambling, to box sets and pornography, the internet has taken care of it all. On Sunday the 26th of April we are going to look at the connections we can make without the devices and rediscover how to make better personal connections.

To book your place -
Complete the registration form
and return with fee to:

The Secretary,
A.N.I. Ltd.
Resource Centre
Kickham Street
Clonmel

Closing Date 17th April 2015

Name: _____

Address _____

Phone: _____

Email: _____

Enhancing Your Relationships by Ally Roche, Eileen Graham and Margaret Gubbins

On Saturday 15th November, we arrived to a warm, welcoming room in St Oliver's Centre, Clonmel to spend a day in the company of Mary Mulcahy, our Facilitator for the day, who immediately put us all at ease.

The day opened with a group discussion as to what ground rules we would like to see in place. We agreed that confidentiality was of paramount importance along with others such as listening without judging, consideration for others, allowing fair time to each participant to have their say, and respect at every stage.

The workshop centered on the Life Tasks; Love/Intimacy, Friendship/Family, Work and Self, and where each one of us is within those tasks.

Work Life Task

We learned that there are several characteristics that make up good, healthy working relationships.

Trust-This is the foundation of every good relationship. When you trust your colleagues, you form a powerful bond that helps you work and communicate more effectively.

Mutual Respect - When you respect the people that you work with, you value their input and ideas and they value yours.

Mindfulness-This means taking responsibility for your words and actions.

Welcoming Diversity-When your friends and colleagues offer different opinions from yours, you take the time to consider what they have to say and factor their insights in to your decision making.

Open Communication- The better and more effectively you communicate with those around you, the richer your relationships will be. All good relationships depend on open, honest communications.

Friendship Task

This task posed questions around our personal friendships and also our willingness to be part of the wider community.

Many questions arose such as;

From where do you get your friends and what is your role with them?

What do you value about them and what do they value about you?

What role do you play in your community?

Friendship requires that we have the courage to reach out to people, to give them attention and to offer help

if necessary. We must also show our appreciation of others. In order to build better relationships it helps if you can Develop your people skills, Identify your relationship needs –Understanding these needs can be instrumental in building better relationships.

Schedule time to build relationships by inviting a colleague for a quick coffee or a walk, or even use the modern means of communication such as Facebook, Twitter, text or email. Use compliments to show your friends that you value them.

Love/Intimacy Task

Some questions to set you thinking:

Do you experience emotional closeness in your life?

Do you have difficulty in expressing or receiving love and affection from others?

What do you want to improve or change in this area of your life?

Healthy relationships require mutual respect.

When you get upset you might ask yourself:

What is happening at this moment that I don't want to handle?

What is happening right now that I don't think I should have to handle?

What is happening that I don't think I can handle?

Ask yourself: Which is more important - the relationship or winning?

Part of our day was given over to examining the Crucial C's which are significant and appropriate for all relationships.

These tools were developed by Amy Lew and Betty Lew Bettner in 1996 in their widely used manual "Raising Kids Who Can".

Connect – I belong! Capable – I can do It!

Count – I matter! Courage – I can handle what comes along

Possibly the most important of these is Courage because if I have that I can move along in making positive changes in my life.

Our day finished with a guided meditation led by Mary which we found very relaxing.

Following a day in her company, we left feeling encouraged and with much food for thought, and with the tools to help in our many and diverse relationships.



Resouce Centre,
Kickham Street,
Clonmel,
Co. Tipperary

Phone: 086 3989513
Fax:
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 at the side of this letter 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.

“When we have begun to take charge of our lives, to own ourselves, there is no longer any need to ask permission of someone.”

George O Neil

Adlerian Network of Ireland Ltd. Membership form

Please print in Block Capitals

Name: _____

Address _____

Email: _____

Phone: _____ Mobile: _____

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.

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: _____