

CHOICE of COURSES:

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| 1. Addictions – An Adlerian Approach (4-day) | Wes Wingett |
| 2. Gender Relationships and Courage (4-day) | Barry McDonald |
| 3. Changing the Narratives of our Lives (4-day) | Jim Bitter |
| 4. Creative Therapeutic Interventions (4-day) | Wendy Goddard |
| 5. Introduction to Adler (2-day, Mon+Tues) | Eileen Acheson |
| 6. Encouragement (1-day, Thursday) | Eileen Acheson |
| 7. Children's Program , (5 to 11 years) | |

Location: Loreto Sec. School, Coleville Rd, Clonmel, Co. Tipp.(Maps available)

Registration: Mon. 6th July 2009 9.00-9.30am in Loreto Secondary School

Plenary Sessions: Free! All are welcome! No prior knowledge required.

Please note Course start time Thursday

Monday	Plenary Session	9.30-10.30	Wes Wingett
Tuesday	Plenary Session	9.30-10.30	Jim Bitter
Wednesday	Plenary Session	9.30-10.30	Barry McDonald
Thursday	Course start time 9.30am		

Course start and duration times Monday-Wednesday:

11am – 3.30pm, lunch break 1.00pm – 2.00pm

Course start and duration times Thursday

9.30am – 3.30pm, lunch break 1.00pm – 2.00pm, Closing ceremony afterwards!

Sandwiches, tea & coffee may be purchased on premises during lunch break.

COURSES

1. Addictions – An Adlerian Approach

Wes Wingett

This didactic and experiential course will focus on an Adlerian approach to addictions. This course is designed for any individuals who have been affected by or are interested in addictions and the impact of addictions on families. Topics to be addressed include definition and kinds of addictions from an Adlerian perspective; challenges of addictions and those affected by addictions; identification of the addicted, the affected and the resilient; movement from dis-ease to ease, dis-order to order, dys-function to function, dis-ability to ability; and prevention of generational addictions.

2. Gender Relationships and Courage

Barry McDonald

If gender is our primary identity, to what degree can sexist roles then dictate our relationship to anger, aggression and violence? How can an appreciation for the different conversational styles common to men and women banish blame and guide us to truly talk with one another and respectfully manage everyday conflicts? How can men and women learn to stop arguing and start talking?

Be prepared for lively and engaging dialogue as we exchange ideas, experiences, and find empowering ways to communicate with greater connection and clarity.

During this 4-day workshop we will explore how to sidestep gender misunderstandings and instead appreciate the varied ways communication unfolds among men and women so that we can achieve genuine connection at home and at work.

3. Changing the Narratives of our Lives

Jim Bitter

The process in this course is similar to Adlerian Lifestyle Assessment, but the focus is more on developing the lifestyle through narratives or stories and then seeing in what directions people would like the next part of their life narratives to go (the process is experiential and makes use of everything from genograms to early memories). I would like participants to both experience the development of life narratives and learn to help others do the same thing for themselves.

Course Objectives:

- Participants learn the basics of Adlerian lifestyle assessment and translate their inquiries into narratives
- Participants review and evaluate the life narratives by which they live to see if they are happy with them or want a change of direction
- Participants share possibilities for new life stories as members of encouragement reflecting teams

4. Creative Therapeutic Interventions

Wendy Goddard

Whatever our role, whether as supervisor, parent, grandparent, husband, wife, counsellor, teacher, youth worker or trainer, we rarely get the luxury of time to stand back and reflect upon who we are. In order to fulfil any role effectively we need to be centred – to be undiminished by the chaos around us. This power within gives us the courage and strength to endure and overcome inner and outer resistance and opposition, difficulties and hardships.

In this workshop we will use our creativity to prompt reflection, to explore our relationships, personal and professional; and to find an understanding of ourselves as inter-connected human beings. I hope it will be useful for anyone who dares to explore themselves and their relationships in a different way. It will be fun, creative, spiritual and reflective as well as being practical with suggestions as 'how to' you can use the methods with clients, supervisees, young people or within families.

Min. 6 – max. 12 participants.

5. Introduction to Adler (Mon+Tues)

Eileen Acheson

Alfred Adler (1870-1937) was one of the founding fathers of psychology. His approach emphasises the individual's need to belong, our ability to make changes in our lives and the importance of contributing to the community. Adler believed that mutual respect, co-operation and encouragement develop self-esteem. In this two-day workshop we will focus on developing co-operation, encouragement and self-esteem via the practical theories of a common sense philosophy. Expect fun and a common sense approach to the everyday challenges presented to us as human beings. Love, Laughter and Learning.

6. Encouragement (Thursday)

Eileen Acheson

This one-day workshop will offer practical strategies in the art of encouragement. In these challenging times knowing how to encourage self and others will be priceless. The workshop will bring light and awareness to those who are engaged in education, child rearing and indeed the challenge of life itself.

7. Children's Program (5 - 11 year olds)

Working and playing as part of a group will provide a fun, safe environment for children to exercise their creativity and develop their problem-solving, negotiating and communication skills. Using encouragement, group meetings and other Adlerian methods, the facilitators will capitalize on opportunities to develop the child's ability to connect, feel capable and count in ways that are useful to him/her and the group.

COURSE PRESENTERS

WES WINGETT has been a counsellor in private practice in Norfolk, NE for over thirty years. Wes received his Doctor of Philosophy in Counsellor Education from the University of Wyoming in 1975, where he began his studies in Adlerian psychology. Prior to entering private practice, Wes was a school teacher, school counsellor, school administrator, university staff member, and a counsellor in a community mental health centre. Wes has presented Adlerian based training in 17 states of the United States, Puerto Rico, two provinces in Canada, and six countries in Europe. He has been a member of the North American Society of Adlerian Psychology since 1976 and has been awarded a Diplomat in Adlerian Psychology by that organisation.

BARRY MACDONALD is a teacher, leading consultant and counsellor who is a champion for strong families, strong schools, and strong workplaces – and gender. A sought-after master teacher and speaker, he was identified by the *Vancouver Sun* as 1 of 25 *Influential People to Watch*, and he is the author of the BC bestselling book **”Boy Smarts-Mentoring Boys for Success at School”**. Barry has presented to over 50,000 parents and teachers in Canada, U.S.A., New Zealand and Europe, as well as instructing at the University of British Columbia for several years. Barry is well known for his highly practical, direct, and positive approach to building healthy communities and encouraging children, parents, teachers, and workplace leaders. He has also experienced the joys and challenges of parenting boys first-hand.

JAMES ROBERT BITTER is Professor of Counselling at East Tennessee State University. He is a Diplomat in Adlerian Psychology (NASAP, 2002) and a former editor of the *Journal of Individual Psychology*. Together with Drs. Oscar Christensen, Clair Hawes, and Bill Nicoll, he is a founding faculty member of the Adlerian Training Institute based in Port St. Lucie, Florida. He has studied and written with the late pioneer of family therapy Virginia Satir, and he is a former student of the Gestalt masters Erv and Miriam Polster, and of Michael White, the founder of Narrative Therapy.

WENDY GODDARD is the founder of the 'Listening Ear', a charity in Bournemouth which meets the needs of children, young people and their families. She currently provides supervision for a team of counsellors as well

as other professionals working with young people. She is dedicated to disseminating good practice by facilitating seminars, workshops and parenting support groups, much influenced by the work of Alfred Adler et al. Although having had a varied career: a psychiatric nurse, teacher, an LEA advisor, counsellor and supervisor, Wendy has always had children and young people at the heart of her work. Her creative approach is always fun but well grounded in theory. She is on the Committee of AFNUK, the newly formed *Adlerian Family Network*.

EILEEN ACHESON is an Irish Adlerian, a person, wife, mother and young grandmother. She works as an Adlerian Counsellor and Facilitator in private practice. Her style is deeply serious about her work and she is told that she is blessed with "cheerfulness of spirit and good humor". She is the author of "Self-care for Parents".

Alfred Adler (1870 – 1937)

Alfred Adler, born 1870, into a Jewish family as the second boy of 7 children. He graduated from University and became a General Practitioner and Psychiatrist and practised in Vienna. Formerly a colleague of Sigmund Freud and Carl Jung he founded in 1913 The Society for Individual Psychology. Most of his life he worked as a practitioner and spent his last years lecturing in Europe and the United States. He died in 1937 on a lecture tour in Aberdeen, Scotland.

Adlerian Counselling

**"To see with the eyes of another,
to hear with the ears of another,
to feel with the heart of another."**

- Alfred Adler -

What is an Adlerian?

John F. Newbauer, Ed.D.

Alfred Adler, a psychiatrist in Vienna in the late 1800's, was a member of Freud's Vienna Circle until he and several other members of the group left because of irreconcilable differences of opinion. After Adler broke from Freud's group, he labelled his theory, Individual Psychology. While in English, individual means one or single, in Adler's native German, the word conveys a sense of an indivisible and undivided person. Adler was one of the first persons to provide family counselling, group counselling, and public education to teach psychological concepts to the general public as a way of improving the human condition. He was very interested in the human condition and emphasized the importance of nurturing feelings of belonging in everyone. Equality, civil rights, mutual respect and the advancement of democracy are values shared by Adlerians everywhere. Social interest, a combination of a feeling of belonging and contribution to the welfare of humanity, became one of his essential ingredients for mental health. His ideas are just now being validated by scientific research and are often referred to as "positive psychology."

Adler's theory is a holistic psychology that focuses on the goals and purposes of human behaviour. Holism suggests that a person is working toward the same goal on all levels of his or her experience. It also views the behaviour of a person as being socially embedded. Nothing happens in isolation. As a holistic psychology, Adlerians focus on the unity of behaviour. All behaviour is seen as goal directed and moves from a "felt minus" to a "perceived plus." Goals come in all dimensions: short term, long term, and at various points in between. Think of why you went to school, why you picked up this newsletter, why you did almost anything and you will find a goal involved. Adlerians think of goals as being an important part of motivation and the cause of behaviour. Certainly our past has a role in exposing us to possibilities and learning opportunities but our choice to move in a particular direction reflects our goals and our ability to direct our own lives.

"Feelings of inferiority" is another basic Adlerian idea. We all have feelings of inferiority that become a motivating factor for us to develop skills, talents, and ways of overcoming our sense of inadequacy. Feelings of inferiority can give rise to genius. Unfortunately, they can also give rise to neuroses and problems in daily living when they are overwhelming or when we attempt to hide them rather than face them courageously. Adler believed that courage was the answer to many of the problems of living. Adlerians promote encouragement in the family, the school, the workplace, and in our communities.

So what is an Adlerian? An Adlerian is a person who applies the ideas and principles of Adler in his or her work. That work might be as a doctor, a nurse, a counsellor, teacher, principal, business consultant or any other of a number of occupations. Adler applied his ideas in his practice as a psychiatrist. But he also went outside his office to the schools of Vienna and to the public. He started over 20 clinics in the schools of Vienna for teachers, parents, and children to learn how to solve their problems together. He spoke frequently to the public, explaining psychological concepts that could help them in their daily lives. He wrote over 300 books and articles in an attempt to share his insights with others so that they may all live and work more cooperatively. That's what Adlerians do. They work in schools, clinics, businesses and communities. They counsel and encourage people who are most in need of encouragement. They create learning environments where children thrive because they feel a sense of belonging, and know that they are respected and challenged at the same time. They write books and training manuals that help people learn how to live together, learn together, and work together in cooperation and mutual respect.

If you would like to learn more about Adlerian Psychology, join us in the North American Society of Adlerian Psychology. A membership form is available on our website, <http://www.alfredadler.org/>. We look forward to hearing from you.

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Kickham Street
CLONMEL

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www.adler.ie

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**ADLERIAN
NETWORK OF
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presents

19th ADLERIAN Annual Summer School

**Monday 6th July - Thursday 9th July 2009
in Clonmel, Co. Tipperary, Ireland**

**Experiential Workshops for
Personal and Professional
DEVELOPMENT**

**No prior knowledge in Adlerian Psychology
necessary. All are welcome!**

**For Parents, Educators, Counsellors, Coaches
Therapists, Students, Social Workers, Students,
Childcare Workers, Psychologists
Interested Adults and Young People**