

GENERAL INFORMATION

Location: Loreto Secondary School, Coleville Road, Clonmel, Co. Tipperary

Registration: Thursday 5th July 2012, 9.00am - 9.30am in the Loreto Secondary School

Courses Thurs-Sat / 5th-7th July: 11am – 3.30pm lunch break 1.00pm – 2.00pm
Courses Sunday, 8th July: 9.30am – 3.30pm lunch break 1.00pm – 2.00pm

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

Complete Course Overview

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| 1. Managing Family Stressors (4day) | Wes Wingett |
| 2. Creative Therapeutic Interventions (4-day) | Wendy Goddard |
| 3. "The Flow of the Brush" (4-day) | Dr. Lilian Beattie |
| 4. Understanding Mis-/Behaviour in Life (4-day) | Joyce Callus |
| 5. Focusing (4-day) | Tom Larkin |
| 6. Introduction to Adlerian Psychology (2-day) (Sat+Sun) | John Murphy |
| 7. An Adlerian Approach to Self-Care (2x2-day) (Thurs+Fri/Sat+Sun) | Mary Mulcahy |
| 8. Teen Programme, Discovering my 'Real Self' (13 - 17 years) | Sue-Anne O'Donnell
Bruce Greenhalgh |
| 9. Children's Programme (5 - 11 years) | |

MORNING PRESENTATIONS

9:30am - 10:30am

An opportunity to hear International Speakers and get a flavour of the entire Summer School

Thursday, 5 th July	Joyce Callus
Friday, 6 th July	Tom Larkin
Saturday, 7 th July	Dr. Lilian Beattie

FREE TALKS - OPEN TO ALL !!

Evening Social Activities:

Thursday, 5 th July	<i>Adler Café</i>
Friday, 6 th July	<i>Dinner + Theatre</i>
Saturday, 7 th July	<i>Celebratory Dinner, 7pm</i>

Full details available at the Summer School

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 -**

Adlerian Summer School

The Adlerian Summer School brings the teachings of Alfred Adler into an environment that is safe, confidential and yet offers fun, respect and mutual understanding in learning together and to experience support in a wonderful group setting.

More information about the history of the Adlerian Summer School, the current and previous ones can be found on our website www.adler.ie.

We're looking forward to welcoming You at one of our events soon.

Information on Alfred Adler (1870 – 1937)

Alfred Adler was born in 1870, the second boy of 7 children in Vienna. 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.

While in English, *individual* means one or single, in Adler's native German, the word conveys a sense of an indivisible and undivided person. Alfred Adler's Individual Psychology is a dynamic, holistic and insightful model that regards people as "human becomings". Adlerian psychology is an exciting and useful way to better understand people and their particular paths through life. Each human being is a unity of mind, body and spirit and therefore unique and he emphasised the importance of nurturing feelings of belonging in everyone.

Adler believed that the attitude of the individual to life's events is more important than the events themselves. Adlerians believe "if we always do what we've always done, we'll always get what we've always got". If we understand what blocks us and develop awareness of our strengths and resources we discover we have choices. "Everything can be different" according to Adler. Adlerian psychology is humanistic, optimistic and supportive.

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. His strong interest in the human condition, 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."

**Adlerian Network of Ireland Ltd.
Resource Centre, Kickham Street, CLONMEL
086 – 3989 513**

For updates & further information please check our website
www.adler.ie - email: info@adler.ie
Join in and follow us on Facebook & Twitter

SUREPRINT

**ADLERIAN
NETWORK OF
IRELAND LTD**



presents

22nd ADLERIAN ANNUAL SUMMER SCHOOL

**Thursday 5th July – Sunday 8th July 2012
in Clonmel, Co. Tipperary, Ireland**

**Workshops for
Professional and Personal
Development**

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

NEW Teen Programme

**NOW A LONG WEEKEND!
THURS – FRI – SAT – SUN**

CHOICE of COURSES:

Adults Courses

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| 1. Managing Family Stressors (4day) | Wes Wingett |
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1. Managing Family Stressors (4-day) **Wes Wingett**

This experiential course will focus on the identification, impact, and management of different kinds of family stressors. Participants will identify the stressors that have affected them and their families, assess the impact of the stressors, and design appropriate and effective ways to manage and prevent stress. Emphasis will be on the utilisation of the psychology of Alfred Adler in the identification, management, and prevention of family stress.

WINGETT, WES has been a counsellor in private practice in Norfolk, Nebraska 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 Diploma in Adlerian Psychology by that organisation.

2. Creative Therapeutic Interventions (4-day) **Wendy Goddard**

Whatever our role in life is, we rarely get the luxury of time to stand back and reflect upon who we are. 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 interconnected 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 to how you can use the methods with clients, supervisees, young people or within families. Min. 6 – max. 12 participants.

GODDARD, WENDY founded the 'Listening Ear', a charity in Bournemouth which works with children, young people and their families. She currently provides supervision for Parent Support Workers, Counselors, Children's Centre Managers, and other professionals working with families. Wendy has had a varied career: a psychiatric nurse, teacher, an LEA advisor, counselor, supervisor, and trainer both nationally and internationally. She has published three parenting manuals based on Adlerian principles. Her creative approach in workshops is always fun but well grounded in theory.

3. “The Flow of the Brush” (4-day) **Dr. Lilian Beattie**

Art - a creative medium for exploring self awareness and enhancing personal understanding. This promises to be a time of relaxation and exploration focused in creativity and art, highlighted by our relationships, and clarified through the application of Adler's Individual Psychology. Use of the creative process enables and enhances conscious awareness of the aspect of self in relation to others. It also offers the chance to explore and practice interactive skills. There will be opportunities for ongoing discussion during the week.

BEATTIE, DR. LILIAN, M.B.B.S., D.H.P., Diploma in Adlerian Counselling, is a medical practitioner (retired), therapist, trainer and author. She trained in Adlerian Psychotherapy at the Adler Institute in

Israel where she worked with Tee Dreikurs and was encouraged to develop her skills in working creatively. Her parents, Dr. N. R. Beattie and F. E. Beattie, met Alfred Adler in the thirties, were most impressed with his genius, and continued throughout their lives to promote his work. Individual Psychology, as such, was not only a birthright, but also an amazing opportunity for investigation and discovery. Lilian remains active as an Adlerian Practitioner in all aspects of her life and work.

4. Understanding Mis-/Behaviour in Life (Family/Classroom/etc) (4-day) **Joyce Callus**

Everyday family/school life means facing and coping with parenting/teaching challenges. These challenges may range from understanding and redirecting goals of misbehaviour, dealing with power struggles, staying out of sibling rivalry, handling dinner time wars, bedtime battles and more. Understanding children/pupils behaviour will lead to positive redirection but will also help strengthen family/classroom ties. This course is based on a hands-on approach and is open to parents, child care givers and educators in all areas.

CALLUS, JOYCE M.A. (Lond), B.A. Dip. Soc Std. An Educator and part-time Lecturer in the University of Malta, she is also a counsellor in private practice, 'parents and teachers' trainer in the application of Individual Psychology in the family and at school and co-founder of the Malta Adlerian Psychology Association. She has presented Adlerian workshops and pioneered mini ICASSIs in Turkey, Romania, Bulgaria, Lithuania, China. She has also created and designed her own psychology based programmes called “There Must Be Another Way” for educators, parents and adults working with children. Joyce contributes to local and foreign media. She also answers queries on a live phone-in TV show from parents who have difficulties.

5. Focusing, a technique for improving physical and mental health (4-day) **Tom Larkin**

With all of the technology and media we engage in these days many of us have become 'out of touch' with our bodies. Focusing teaches us how to get that connection back. Focusing is a body-based skill and a simple means of self exploration that can contribute to our physical and mental health. Using a system of self-study akin to mindfulness, participants in this workshop will learn a method that they can use anywhere and anytime to deal with life's difficulties. Focusing helps us to become more aware of our feelings, goals, motivation etc. This allows us to be more fully in the present moment and to respond more fully to those around us.

LARKIN, TOM first came across Focusing 20 years ago while exploring ways to enhance his life in general and his meditation practice in particular. About 10 years ago he became a teacher of Focusing and has since incorporated it more fully into his life and into his work as a teacher of children with special educational needs and also in his work as a counsellor/psychotherapist. He has taught Focusing to people of all ages and from many walks of life. Tom has attended many Adlerian Summer Schools and has learned a lot from the courses there. He is delighted to be returning this year as a presenter.

6. Introduction to Adlerian Psychology (2-day, Sat+ Sun) **John Murphy**

Adler believed that each person is social and all our actions are purposeful. Through our striving to belong in our community we encounter feelings of inferiority in our effort to assume a satisfying place for ourselves in our human group. In this 2-day workshop we will explore the influence of our place in the family and our early memories in our quest for fulfilment and belonging. It will give you the opportunity to look at your beliefs and values and will give you a better understanding of yourself and the lifestyle choices you make.

MURPHY, JOHN CQSW. Dip. Soc. Worker has retired from the Probation Service and is currently involved in marriage preparation with Accord. He is an Accredited Mediator, Parent and Life Coach. He has been involved in the Adlerian movement in Ireland since its inception.

7. An Adlerian Approach to Self-Care (2x2-day: Thurs + Fri/Sat + Sun)

Mary Mulcahy

This 2-day workshop on self care is a space to find the joy in caring for oneself. We have to start from within to build a sound foundation of personal belief before we can bring Adlers encouragement and social interest to others. The workshop will be experiential. The group will explore visualisation exercises, meditations, releasing inner creativity, silence and relaxation. Bring a pillow and a rug/mat to lie on. Please wear comfortable clothes and bring warm socks with you.

MULCAHY, MARY met the work of Alfred Adler in 1994 and has been passionate about him ever since. In 1997 she developed a counselling practice in Thurles based on his principles. She has trained extensively in many aspects of counselling, mediation and supervision. She is also an Aura Soma Practitioner. Adlerian principles remain her primary focus for the last 9 years. Mary is also facilitating the Adlerian Psychology and Counselling Skills programme for the Tipperary Institute.

Children's/Teens Courses

8. Teen Programme, Discovering my 'Real Self' (13 - 17 years) **Sue-Anne O'Donnell + Bruce Greenhalgh**

Are you a second level student and would like to learn more about yourself and how you would like to be in the world? Do you struggle at times in your life with peers, siblings, family, getting time for yourself, deciding what is really important to you and communicating your needs successfully?

If you find your head nodding to any of this and more, why not come and spend four fun filled, wacky and decidedly different (in fact think of school and then think of the opposite ☺) days in the company of Sue Anne and Bruce, learning how to become familiar with your true values and beliefs, increase your self belief and confidence, set your goals, discover the benefits of meditation and how to let go of stress and negative beliefs. And did we mention having fun? This course is for teens who's parents/guardians are attending the Summer School.

O'DONNELL, SUE ANNE HDip in Social, Personal and Health Education, Life Coach, Woman, Wife, Mother and she lives life to the fullest. Sue Anne works with adults in both Ireland and England in personal development. In the school system she works with primary and secondary students and young adults with special needs. She loves to explore all areas of self awareness with teenagers. She is fully qualified to teach Introduction to Adlerian Psychology. On many occasions over the last 11 years Sue Anne has worked with Youth and Adults at the Irish Adlerian Summer School, facilitated youth programmes at ICASSI and is involved in the Young Peoples programme in the UK.

GREENHALGH, BRUCE currently manages Employee Assistance Programmes for corporate clients. He has an MA in Integrative Counselling and Psychotherapy and is an accredited counsellor with the BACP. He underwent his training in Adlerian Psychology in the nineties and holds a Diploma in Adlerian Counselling and a Diploma in Adlerian Supervision. Bruce teaches on an Adlerian Counselling Course in Buckingham in the UK. He is also one of the young people's facilitators at the UK Adlerian Summer School which he has been doing for over ten years.

9. Children's Programme (5 - 11 years)

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 use opportunities to