

The Details You Need

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

Registration: Thursday 3rd July 2013 from 8.45 am to 9.30 am

Thursday/Friday/Saturday:

Morning Presentation 9.30-10.30 Course time 11.00 to 3.30 pm

Sunday:

Course time 09.30 to 3.30 pm

Tea & coffee breaks each day 10.30-11.00 am.

Sandwiches, tea & coffee may be purchased on premises during lunch break (1-2pm)

Parents/Guardians are required to supervise their own children during break times.

Evening Social Activities:

Thursday, 3rd July *Adler Café*

Friday, 4th July *Meal + Theatre*

Saturday, 5th July *Celebratory Dinner, 7pm*

Full details available at the Summer School

Adlerian Network of Ireland Ltd.

Resource Centre

Kickham Street

CLONMEL

086 – 3989 513

Please check our website for Information on the Presenters

www.adler.ie

Email info@adler.ie

Charity No. 294724

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Adlerian

Network

Ireland Ltd.

24th Adlerian Summer School

**Thursday 3rd July to Sunday 6th July 2014
In Clonmel Co. Tipperary**

A programme of personal development courses.

Suicide

Me Myself a Man

Forgiveness

Focusing

Parenting

Personality Types

Self Care

Teen Course and Childrens Programme

**No prior Knowledge necessary. All are welcome
May Qualify for CPD Hours**

Free Talks - open to the Public 9:30am - 10:30am

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

Thursday, 3rd July Wes Wingett - Suicide

Friday, 4th July Elaine Parker - Birth Order

Saturday, 5th July Bruce Greenhalgh - Introduction to Adler

Courses

1. Suicide: Understanding, Intervening, and Preventing (4-day)

Wes Wingett

The understanding component of this workshop will stress the purposefulness of suicidal behavior and its effects on others. The intervention component of this workshop will stress strategies when working with a suicidal individual and other people involved with a suicidal individual. The prevention component will focus on developing family, school and community environments that empower self-esteem and encourage social involvement and action.

2. Me, Myself, a Man! (4-day)

Dave Cantwell

During this Adlerian adventure we will explore how we as men view ourselves and our roles in today's ever changing world. Why do we think, act and feel the way we do in ordinary everyday situations? How do we react and to what do we react, what pushes our buttons and why do we allow our buttons to be pushed? By developing and expanding our core with new skills and the "courage to be imperfect" these questions will be explored during the workshop through a mixture of discussion, humour, small group work and mindful relaxation as our adventure leads us to a broader understanding of Me, Myself, A Man. - Open to Men Only

3. Forgiveness : Is it necessary? (4-day)

Elaine Parker

The intention of this four day workshop is to explore the concept of forgiveness. It is not intended as a definitive "taught" workshop or a therapy group but rather attendees will explore questions such as: "is it necessary to forgive and forget?"; "what if I can't forgive?"; "what if I always forgive and am still feeling hurt?" as well as many others. We will look at some personal examples as well as some literature on the subject from Adlerian and other modalities. Using art, visualisation and other creative means, this workshop is intended to help participants understand forgiveness (or non-forgiveness) and its impact as well as associated feelings that arise. This workshop will prove useful to therapists as well as members of the wider community.

4. Focusing: 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.

5. Parenting (4-day)

Sue-Anne O'Donnell and Bruce Greenhalgh

Drawing on decades of personal parenting experience using the approaches and philosophy of Alfred Adler and Rudolf Dreikurs, we will facilitate a workshop that will enable all the participants to become more confident in working, communicating and relationship building with children or teenagers in whatever setting they are based. In the digital age with all the social and media pressures impacting on our youngsters it has never felt more challenging to raise our young people in today's complex world. Using creative approaches this workshop aims to provide simple but effective tools and techniques to teach the adults how to effectively interact with young people and better manage the problems that arise.

6. Personality Types: How to get along with people (2 day Thurs + Fri)

Eileen Acheson and Laura Acheson

This course is suitable for anyone who is interested in understanding their personality style especially in times of extra stress. We each prioritise one of four areas Control, High Expectations, Avoidance and People Pleasing. Together we will explore these personality/ coping styles and work towards a more useful style that meets the needs of the situation! We will gain a better understanding of the purpose of these personality styles, how they affect our behaviour and how we can overcome the difficulties that can arise from them. This will be a fun, useful and different way of looking at the "default mode" we tend to turn to in times of stress. We intend to create a warm, safe, welcoming, fun atmosphere!

7. Self-Care : How to look after yourself in Stressful times(2-day, Sat+Sun)

Michael Fitzgerald

This two day course will look at how we care for ourselves and maintain our self care. Self care in our society can include feelings of selfishness, guilt and shame. This course will look at taking on responsibility for our own self value, self esteem and mental health. Adler said that there are three tasks to life (work, intimacy & friendship) and it is through our attitude to our self that we can deal with these tasks. This short course will be both theoretical and experiential and will explore how we co-operate with ourselves and how we can find our own path to self care. As Adler said we are indivisible, holistic and creative and only through being unique, creative individuals will we find our own solutions to the tasks of life occupation, love and others.

8. Teen Programme, Discovering my 'Real Self' (13 - 17 years)

Sue-Anne O'Donnell and Bruce Greenhalgh

Are you between 13 and 17 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, 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 whose parents/guardians are attending the Summer School.

9. Children's Programme (5 - 12 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 develop each child's ability to connect, feel capable and count in ways that are useful to themselves and the group. For children of course participants only.

For more information on the Presenters see www.adler.ie