

## The Details You Need

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

**Registration:** Thursday 6th July 2014 from 8.45 am to 9.30 am

**Thursday/Friday/Saturday:**

*Morning Presentation 9.30-10.30 Course time 11.00 to 4.30 pm*

**Sunday:**

*Course time 09.30 to 4.30 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, 6th July

Friday, 7th July *Meal*

Saturday, 8th July *Celebratory Dinner, 7pm*

Full details available at the Summer School

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

**Please check our website for  
Information on the Presenters**

[www.adler.ie](http://www.adler.ie)

Email [info@adler.ie](mailto:info@adler.ie)

Charity No. 294724

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Adlerian

Network

Ireland CLG

**26th Adlerian Summer  
School**

**Thursday 6th July to Sunday 9th July 2017  
in Clonmel Co. Tipperary**

**Preventing Burnout**

**Living Confidently**

**Leadership in Action**

**Making Friends with your Inner Critic/Inner Child**

**Birth Order and Family Constellation**

**Parenting in the Digital World**

**Creative Approaches to Working with**

**Children and Adolescents**

**Supporting the Carer**

**Real World Mindfulness**

**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, 6th July	Elaine Parker -Priorities and their Impact on Relationships
Friday, 7th July	Karen John - TBA
Saturday, 8th July	Joyce Callus - The Development of the Personality

## Courses

### 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 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)

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.

THIS COURSE IS AVAILABLE FOR CHILDREN OF COURSE PARTICIPANTS ONLY.