

Home Study Course

“An Introduction to Adlerian Psychology”

20 CEs - North American Society of Adlerian Psychology

“An Introduction to Adlerian Psychology”

Course Overview: This 20 CE course is an in-depth introduction to Adlerian Psychology. The course activities include reading Eva Dreikurs-Ferguson’s book, Adlerian Theory: An Introduction, and listening to five (5) audiotapes or CDs of NASAP conference presentations of “An Introduction to Adlerian Psychology.” Each of the lectures is approximately 60 minutes long. In order to fulfill the requirements for this course, you will write a short summary/reflection* after listening to each of the lectures.

Course Materials: Upon receipt of your course request form and fee, you will be sent a copy of: Eva Dreikurs-Ferguson’s book, Adlerian Theory: An Introduction, and a set of five (5) conference lectures on either CD or audiotapes:

- NASAP 1990 – Jane Griffith
- NASAP 1992 – Frank Walton
- NASAP 1993 – Claire Hawes
- NASAP 1995 – Eva Dreikurs-Ferguson
- NASAP 1999 – Steven Maybell

Course Fee: The fee for this course is \$165 (\$125 for NASAP members) which includes all course materials, review of summary/reflection papers, and certificate of completion. Please indicate whether you prefer CDs or audio-tapes.

Mail to: NASAP, 614 Old W. Chocolate Ave., Hershey, PA 17033

Course Activities: Begin your involvement in this course by reading Eva Dreikurs-Ferguson’s book, Adlerian Theory: An Introduction. You do not need to study this book in depth since you will have opportunities to reference the content of this book as you listen to the different lectures.

When you have finished the book, listen to the first lecture (your choice). When completed, write a short summary/reflection paper about what you have learned and what you think about what you have learned (see format noted below*). Submit this first paper to Dr. Al Milliren at millefe@sbcglobal.net (if you prefer to submit it by regular mail, please email Dr. Milliren for his mailing address).

Listen to the second lecture (again your choice). This time, when you write your paper, expand on what you have learned about Adlerian Psychology. Write what you have learned (one page or so) and what you think about what you have learned (one more page or so). Submit this second paper to Dr. Al Milliren.

Do the same with the third tape, continuing to expand on what you know. Submit that paper. Proceed with the fourth and fifth tape in the same manner.

Papers sent by email will receive a confirmation of receipt within the next few days; those by regular mail within the next few weeks.

*Summary/Reflection Papers – Summary/Reflection papers should consist of three parts:

- A) Summary – Write two or more paragraphs highlighting what you learned from the lecture.
- B) Scholarship – Write two or more paragraphs focused on how the content of the lecture related to concepts you read about in Eva Dreikurs-Ferguson’s book, Adlerian Theory: An Introduction. Be sure to include page references.
- C) Personal Meaning – Write two or more paragraphs which focus on your thinking about your thinking. Identify how things make sense to you or add meaning to your life or work and are not just merely reactions to what you learned.

Just a brief thought!☺ Paragraphs should consist of at least three, maybe four, sentences! Papers, in terms of total length, need not be longer than a couple of pages, double spaced.