

NASAP 2004



Myrtle Beach, S.C.

**The North American Society of
Adlerian Psychology**
52nd Annual Conference
featuring an International Forum on
Work & Play: Two Sides of the Same Coin

*For Psychologists, Business Leaders, Teachers, Parents, Social
Workers, Child Care Workers, Marriage and Family Therapists,
Counselors, Principals, Parent Educators, Ministers...*

June 3-6
Springmaid Beach Hotel

WELCOME TO NASAP 2004

Welcome to the 52nd Annual Conference of the North American Society of Adlerian Psychology. This year's conference features an International Forum on Work and Play: Two Sides of the Same Coin. I searched hard to find some quotes of Adler on play but couldn't really find any except a couple relating play in childhood as preparation for work in adulthood. That's not the picture we had in mind as we visioned this conference. Rather, we were looking at play in a way closer to what, Daniel Caron, our Keynote Speaker from last year described as Original Play (a term developed by his mentor, O. Fred Donaldson). In this framework we are looking at play in Daniel's words, as "a gift from creation that connects all life. It conveys the message, 'You are lovable and that there is nothing to fear.' Original play promotes a sense of belonging, which is the most powerful alternative to human fear and contest behavior."

Adlerians know that it is fear and contest behavior that needs to be reduced if our world is to become a cooperative and peace-filled place. Our presenters this year include some excellent leaders and thinkers who, I believe, will change the way we work and play. Thursday's workshops will provide many avenues to explore Adlerian theory at work in our world. Dr. Leo Gold will give the Ansbacher Lecture Thursday evening with his thoughts on chaos and other modern worldviews, which he has integrated into Adlerian Psychology. Friday and Saturday are packed with excellent presentations and training opportunities for all. We have returned this year to adding some workshops on Sunday after the conference for those who wish to stay another half-day. One of these is an ethics workshop that has been much in demand by our clinicians and counselors.

Our pace this year is a little more leisurely and our atmosphere is casual. We're on the beach, so let's enjoy it. We have some time built in for fun on the beach. Join us for the sing-a-longs, walks on the beach, swimming, and other fun.

John F. Newbauer, Ed.D.
President

NASAP Contact Information

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WWW.ALFREDADLER.ORG

Wednesday, June 2

8:30 - 5:00 Board of Directors' Meeting (Open)

4:00 - 6:00 Registration

Thursday, June 3

8:00 - 7:00 Registration

8:00 - 6:00 Book Store & Hospitality

8:30 - 5:00 Council of Representatives Meeting (Open)

PRE-CONFERENCE WORKSHOPS

8:00 - Noon Half Day Morning Workshops

F. "Funtastic" Adlerian Techniques for Change - Guttenberg

G. Building the Encouraging School District, Agency or Corporation - Losoncy

H. Play Therapy with Abused Children - Using Adlerian Principles for Healing - White

9:00 - 5:00 Full Day Workshops

A. Adlerian Group Counseling & Therapy: Step-by-Step - Bitter

B. Adlerian Psychology in the Workplace - Ferguson

C. Spiritual Metaphors in Dreams & Early Recollections - Mansager, Gold & Pew

D. Understanding Lifestyle - Powers

E. Loss/Grieving & Creative Arts Therapies - Sutherland & Dushman

1:00 - 5:00 Half Day Afternoon Workshops

I. Early Recollections - the Individual as Creative Artist - Bettner

J. Resistance or Therapist Error in Marital Therapy - Croake, Kelly & Hirschorn

K. Sea Shells & Sand: Creativity in Adlerian Psychology - Markowski & Markowski

7:00 - 9:00 Heinz L. & Rowena R. Ansbacher Lecture:

"Democratic Relationships: Key to Adlerian Concepts"

Leo Gold, Ph.D.

9:00 - 10:00 Willard & Marguerite Beecher Reception

Willard & Marguerite Beecher Reception

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Heinz L. & Rowena R. Ansbacher Lecture

Thursday, June 3, at 7:00 PM
**Adlerian Thought in Relationship to
Current Scientific Theory**

Leo Gold, Ph.D.

Ansbacher stated in the *Individual Psychology of Alfred Adler*, "The second characteristic of Adler's psychology was its holistic rather than the elementaristic approach." In regard to the individual he also said, "Adler saw that the whole must be understood within the larger whole which is formed by the groups to which he belongs, ranging from face-to-face groups to the whole of mankind." Adler's position can be extended to the universe of which we are a part. In keeping with Relativity, Chaos Theory and Complexity, it can also be extended in reverse to the subjective universe that makes up the total infrastructure of the individual right down to the atomic structure and the fields of energy that keeps it all in movement. The stress will be on the nature of thought in order to explore future possibilities of understanding human behavior and thinking. As there have been dramatic changes in science over the last century, these will lead to new ways of understanding human behavior and social interaction.

FRIDAY, JUNE 4

7:30 - 8:00 First Timer's Breakfast (No Reservations Required)

8:00 - 9:00 Section Meetings: Family Education, Clinicians & ACT

8:00 - 6:30 Book Store & Hospitality/ Silent Auction

9:10 - 11:30 Conference Presentations

1. Teaching Adlerian Psychotherapy: A Research & Skills Development Approach - Kopp (CL)

9:10 - 10:25 Conference Presentations

1. Learning to be Married - Glasser & Carlson (FE)
2. An Initial Counseling Session Followed by an Analysis - Walton & Eckstein (ACT)
3. Relationship Counseling: Having Emotionally Intelligent Relationships - Evans, Gainsforth & Meredith (CL)
4. Are We Having Fun Yet?: Play, Fun & Humor as Encouragement for Families - McBrien (FE)
5. Using Bowenian Constructs to Assess One's Readiness to Practice Adlerian Psychotherapy: The Differentiation of Self Inventory - Ballou (TR&T)
6. Individual Psychology & Eating Disorders - Belangee (ACT)
7. Building Bridges: A Project of Rescuing History for the Purpose of Understanding, Dialogue, & Healing - Mendel (GI)

10:40 - 11:30 Conference Presentations

1. Connecting Adler, Dreikurs, & the "Crucial C's" - Bettner (FE)
2. Active Empathy: A Simple Formula for Constructing Effective Empathic Responses - Saiz & Housker (ACT)

Friday, June 4 - Continued

10:40 - 11:30 Conference Presentations

3. An Adlerian Approach to Classroom Management for Early Childhood Education - Walton & McCawley (ED)
4. Transformational Themes Within Spiritually Oriented ER's - Mansager (T,R&T)
5. Yin, Yang & Social Interest: In Search of Laws of Social Living Across Cultures - Yang & Milliren (TR&T)
6. Gender Stereotypes and Personal Guiding Lines: Uses & Abuses of Gender Biases in Psychotherapy - Griffith (ACT)
7. Introduction to Adlerian Psychology - Walton (GI)

11:45 - 12:40 Luncheon (Tickets needed)

12:40 - 1:30 Keynote Presentation: Lew Losoncy - Work and Play

1:30 - 2:25 GO PLAY, VISIT BOOKSTORE, READ, WALK ON BEACH, CHECK EMAIL, VISIT FRIENDS



Plenary Session - Friday, June 4, 12:40-1:30

Playing at Life and Work

Dr. Lew Losoncy

As Adlerians, we have the opportunity to change the world. Adlerian ideas are positively practical, encouraging people to find the human and social meaning to transform their work-life, into their lifework. To play at life and work by using their #1 coping tool, their perceptual alternatives. This creative determination process is consistent with Adler's optimistic-phenomenological-social-teleological-responsible

emphasis to realize their human possibilities. This is S-YOU-R Psychology.

Dr. Lew Losoncy is the psychologist for the l'Oreal Corporation in New York City. He has authored 18 books on the topics of encouragement, attitude, and teamwork, including If It Weren't For You We Could Get Along: How To Stop Blaming And Start Living, and The Skills Of Encouragement with Don Dinkmeyer Sr. & Jr. He has spoken in all 50 states, the Provinces of Canada, and throughout Australia, New Zealand, Mexico, Italy, France, England and Thailand, sharing the optimism of Adler's message. He lives in Wyomissing, PA with his wife Diane, and daughter, Gabrielle.

2:30 - 4:50 Conference Presentation

1. Called to Play - Caron (WP)

2:30 - 3:45 Conference Presentations

1. Emotion & Early Recollections: In Appreciation of Ed & Barbara Janoe - Bitter (ACT)
2. Leaders for Life-Training Adlerian Parent Education - Jessup (FE)
3. 21 Tools to Avoid Power Strugglers While Empowering Children with Social Skills for Good Character - Nelsen (ED)
4. The Joy & Importance of Music in the Family - Golden (FE)
5. Obsessive-Compulsive Disorder - A Case Study - Huber (ACT)
6. A Comprehensive & Researched Based Approach for Adlerian Psychology in Schools - Nicoll (ED)
7. Adlerian Based/Solution focused Supervision: Meeting Supervisee's Needs in Today's Time-Limited World - McCurdy (ACT)

NASAP 2004 Schedule Summary

Friday, June 4 - Continued

4:00 - 4:50 Conference Presentations

1. Using Constructivist and Social Constructionist Techniques in an Adlerian Context
Watts, Williamson & Williamson (TR&T)
2. Are You Glad You "Get" Mad? - Lawther & Robinson (ED)
3. Adlerian Strategies for Reducing Bullying Behavior at School - Agatston (ED)
4. No Fault Marital Assessment: A Rewarding Beginning - Stein (ACT)
5. How We Become Who We Are...Neuroscience and Adlerian Psychology - A
Research Summary - McVittie & Erwin (TR&T)
6. Adlerian Supervision for Counter-transference & the Hidden Client in Counselor
Training - Tobin & McCurdy (ACT)
7. The F.A.C.E. Screening: An Adlerian-Based Assessment: Adler & Attachment
Theory - Holder (ACT)

6:30 Silent Auction Closes

7:00 - 10:00 Banquet & Benefit Auction

SATURDAY, JUNE 5

7:30 - 9:00 Affiliates' Breakfast (Reservations Required)

8:00 - 9:00 Section Meetings: Education, Organization Development,
and Theory, Research & Teaching

8:00 - 10:00 Registration

8:00 - 4:00 Book Store & Hospitality

9:10 - 10:25 Conference Presentations

1. Adlerian Brief Therapy with Individual Clients - Nicoll (ACT)
2. Interactive Creativity in Couples Counseling - Sarnoff & Sarnoff (ACT)
3. FEC's: A Design for the 21st Century - Maguire (FE)
4. Open Forum Family Counseling Demonstration - Christensen (GI)
5. Stages of Loss - Stages of Gain: Innovative Adlerian Techniques of Counseling
Persons Experiencing Loss - Guttenberg (CL)
6. Counseling Techniques for Behavior Change - Brokaw (ACT)
7. Family Meetings Matter - Hughes & Hughes (FE)
8. Poster Sessions

10:35 - 11:25 Conference Presentations

1. Principles & Procedures in Play Therapy: A Brief Introduction - Watts (ACT, WP)
2. Repressive-Defensiveness & Lifestyle: Linking Adler's Theory to Cognitive Research
- Peluso & Peluso (TR&T)
3. Opportunities & Options to Create Encouraging Classrooms - Kyle (ED)
4. Using Early Recollections in Case Consultation - Newbauer (CL)
5. Mistaken Games Adults & Children Play at Home & School - Markowski (FE)
6. A Psychologist Looks at Religion & a Theologian Looks at Psychology -
Powers (TR&T)
7. Chicken Soup from the Slammer: Critical Incident Stress Management in Federal
Parole - Maedel & Kim (OD)
8. Teaching Adler in Graduate Level Psychology Programs: A Sharing Session for
College Level Educators - Saiz & LaFountain (GI)

Saturday, June 5 - Continued

11:30 - 12:30 Luncheon

12:30 - 2:15 General Assembly Meeting

2:30 - 4:50 Conference Presentations

1. The Challenge of Marriage: 58 Years Later - Hawes (WP)

2:30 - 3:45 Conference Presentations

1. Calming the Family Storm: Anger Management for Moms, Dads, and Kids - McKay (FE)
2. Adlerian Family counseling and Families Coping with Narcissism - Schneider (CL)
3. An Adlerian Perspective on Working with Children - Mullis, Edwards, White & Chen (ED)
4. A Multiple Intelligences Approach to Conflict Resolution: Drawing on an Adlerian Framework - Garner (ED)
5. A Gathering of Eagles: Diplomates in Adlerian Psychology Share Wisdom - McBrien (ACT)
6. The Work of Clinical & Counseling Psychologist in Complex Organization - McSherry & Walsh (ACT)
7. "ADHD": Disorder or Difference - Maguire (ACT)

4:00 - 4:50 Conference Presentations

1. Are You Ready for the Coming Online Parent Education Revolution? - Popkin (FE)
2. "Adlerian" as a Second Language: The Basics of Adlerian Terminology - Griffith (TR&T)
3. State Shifting: Accessing Our Full Neurobiological Resources - Page (TR&T)
4. The Healing Powers of Creativity: Writing Family Stories That Heal - Anderson (CL)
5. The Interpretation of Details in Early Recollections - Clark (ACT)
6. The Intrapyschic Genogram Interview: Peeking Into Private Logic/Mini Lifestyle - Lupient (CL)
7. Raising Money-Savvy Children - Intner (FE)

6:00 - 11:00 Cruise and Dinner

SUNDAY, JUNE 6

8:00 - NOON

- L. Art Therapy & the Body: Exploring Adlerian Applications of Body-Mind Connectioions - Buck
- M. Adlerian Group Psychotherapy: A Model for Mutual Encouragement & Personal Development - Fairfield
- N. Ethics: From the Inside Out! - Milliren & Wingett
- O. Secrets of Success: Using Adlerian Methods in the Workplace - White, Stoltz, Macpherson & Davies
- P. Lifestyle Assessment: Co-authoring the Dynamic Story for the Developing Clinician - Boldt & Schneider

Conference Site

Springmaid Beach Resort Hotel & Conference Center

3200 South Ocean Boulevard

Myrtle Beach, SC 29577

843-315-7100

Toll free: 800-770-6895

FAX: 843-315-7237

Website: www.Springmaidbeach.com



Room rates for the conference are \$89.00 single or double. All room have two queen size beds, refrigerator, microwave, and most importantly, a view of the ocean.

Deadline for reservations is May 1. After that date rooms may not be available. If they are available, you will be charged the full price for

your room rather than the guaranteed rate. You must make your own hotel reservations separate from the conference registration PRIOR to the deadline. There will be a \$25 cancellation fee if cancellation is not received 10 days prior to the conference. Cancellation fee less than 10 days prior to the conference will be one night's room rate. The Springmaid will honor extended stays for a limited time if you are booked for the conference. Call the Springmaid for more details. NOTE: If you are flying into the Myrtle Beach Airport (MYR) you must arrange for shuttle pickup when booking your room. There is car rental available on site.

ABOUT THE HOTEL AND CONFERENCE CENTER:

Springmaid Beach Resort Hotel and Conference Center in Myrtle Beach, S.C., provides lodging on a secluded 27-acre retreat on the Atlantic Ocean at the south end of Myrtle Beach's famous Grand Strand, close to Myrtle Beach's key family attractions. Enjoy swimming in the beautiful Atlantic Ocean, lounging on their quarter mile of quiet and clean beaches, or fishing from their fishing pier.

Location: The Springmaid Beach Resort is located along SC Business Route 17, just minutes from Myrtle Beach International Airport. From I-95, exit at Latta and follow signs to Highway 501S. turn right onto 3rd Avenue South and follow it to Ocean Blvd. (Business route 17). Turn right and continue to Springmaid Beach Resort on the left hand side (next to Damon's Restaurant).

NASAP

The mission of NASAP is to foster and promote the research, knowledge, training and application of Adlerian Psychology, maintaining its principles and encouraging its growth.

The North American Society of Adlerian Psychology was founded in 1952 under the leadership of psychiatrist Rudolf Dreikurs to promote the growth and understanding of the philosophy of psychiatrist Alfred Adler (1870-1937). Adler's ideas embraced the concepts of social equality, mutual respect, encouragement, holism, and an optimistic view of human potential. He pioneered ideas and techniques now familiar to practitioners in Cognitive Therapy, Reality Therapy, Ericksonian Therapy, Rational Emotive Therapy, Existential Psychotherapy and Family Therapy, to name but a few. Adlerian concepts are used creatively by human resources professionals, marriage and family therapists, addictions counselors, parent educators, health care professionals, parents, and many others who have discovered the effectiveness of Adlerian Psychology.

In keeping with its democratic principles and strong educational thrust, membership in NASAP is open to professionals and non-professionals alike. Its roster includes psychologists, psychiatrists, counselors, educators, social workers and ministers, as well as parents, other interested individuals, and community organizations.

CE Credits

NASAP is approved by the American Psychological Association (APA) to offer continuing education for psychologists and is recognized by the National Board of Certified Counselors (NBCC) to offer continuing education for counselors. In addition, the Canadian Guidance and Counseling Association (CGCA) has approved the NASAP Conference and Workshops for continuing education. There is an additional fee of \$25 for non-members of CGCA who wish to receive CGCA continuing education units. NASAP maintains responsibility for the program.

Psychologists and counselors may gain seven Hours of Continuing Education for attending one full-day or eight credits for two half-day pre-conference workshops. A total of 11 Hours of Continuing Education may be gained for attending the Friday/Saturday portion of the conference, including the Friday keynote at lunch. Another two credits are available for the Ansbacher Lecture on Thursday evening. The Sunday post-conference sessions provide four credits. The maximum number of Continuing Education Hours that can be earned for this conference is 25. All participants wishing to receive CE Hours or CEU's must complete the appropriate forms and have their attendance of each activity verified by the appropriate room monitor. To receive CE Hours or CEU's, participants must attend the entire workshop or presentation for which credit is requested and complete the evaluation form for that workshop or presentation.



Program Information

Thursday - June 3

Heinz L. and Rowena R. Ansbacher Lecture

This lecture, which honors Heinz L. and Rowena R. Ansbacher for their dedication and exceptional contributions to advancing the ideas of Alfred Adler, will be held on Thursday, June 3, beginning at 7:00 pm. Dr. Leo Gold will deliver the eighth Ansbacher lecture, entitled “**Adlerian Thought in Relationship to Current Scientific Theory**” See page 4 for details.

Willard & Marguerite Beecher Foundation Reception

This wonderful reception sponsored by the Willard & Marguerite Beecher Foundation follows immediately after the Heinz L. & Rowena R. Ansbacher Lecture. Come and enjoy the Beecher’s Hospitality.

Friday - June 4

First-Timers’ Breakfast: 7:30 am

A special get-together for first-time attendees. Please stop by and meet members of the NASAP Board and Council of Representatives as well as other first-timers. This is an excellent opportunity to get acquainted and become a part of this exciting conference; includes a light breakfast.

Section Meetings: Family Education, Clinicians and ACT: 8:00-9:00 AM

The time for SECTION MEETINGS is NEW this year. We have scheduled them on two days with half of the sections meeting on Friday and the other half on Saturday in the early morning. This will allow members who belong to more than one section to attend two meetings. Come network as each section meets separately for their annual business meeting, concurrently. All sections welcome new members and potential members; attend the section meeting of your choice and participate in its governance.

International Forum on Work & Play: Two Sides of the Same Coin

This is a conference within a conference focused on work and play, two major aspects of our lives. The speakers have been chosen because of the relevance of their presentations to this topic.

Friday Luncheon: 11:45 - 12:45

Speaker: 12:40 - 1:30

Dr. Lew Losoncy will provide the keynote following the luncheon. (See page 5 for details.) All conference participants are welcome to attend Dr. Losoncy’s presentation, even if they do not attend the luncheon.

Silent Auction

Participate in NASAP’s Tenth Annual Silent Auction. Bids on unique and exciting auction items will be taken between 8:00 am and 6:30 pm on Friday in the conference bookstore. Please indicate your donation for the silent auction on your registration form.

Oyster Roast and Shrimp Boil on the Beach Under the Stars

Friday Evening 7:00 - 10:00

For an evening of fun, food and companionship, join us for dinner on the beach. Dress this year is CASUAL and be prepared for fun. NASAP’s own auctioneer extraordinaire, Dan Eckstein, will be with us to auction a few select items. Following this traditional low country seafood dinner, a lively sing-a-long will be held. This delightful dinner will take place right at Springmaid Landing giving diners the opportunity to take an after dinner stroll along Springmaid’s beautiful beach. Cash bar will be available.

Saturday - June 5

Affiliates Breakfast, 7:30-9:00

This is an opportunity for Affiliate Organization Representatives to network with each other and share ideas for successful operation of an Affiliate Organization.

It is also a great place for those interested in starting an Affiliate Organization to ask questions and get information.

Section Meetings: Education, Organization Development, and Theory, Research & Teaching 8:00-9:00 AM

The time for SECTION MEETINGS is NEW this year. We have scheduled them on two days with half of the sections meeting on Friday and the other half on Saturday in the early morning. This will allow members who belong to more than one section to attend two meetings. Come network as each section meets separately for their annual business meeting, concurrently. All sections welcome new members and potential members; attend the section meeting of your choice and participate in its governance.

Saturday Luncheon: 11:30-12:30 General Assembly: 12:30-2:15

Join us at the General Assembly, presided over by President John Newbauer. This will be an opportunity to ask questions and discuss the business of NASAP, as well as to recognize and thank fellow Adlerians for their many contributions.



Saturday Moonlit Dinner Cruise

A moonlit cruise with dinner and dancing, what better way to bring your NASAP conference experience to a close? Join us Saturday for a dinner cruise down the Intercoastal Waterway. The cruise departs at 7pm and returns

approximately 9:30pm. Transportation is provided from Springmaid Beach to the dock by motorcoach at 6:30pm. A dinner of prime rib, chicken cordon bleu, or vegetarian lasagna includes salad, roll, rice or potato, vegetable, dessert, and beverage. There is a cash bar on board.

Badges & Dress

Please wear your conference badge at all times. It will be your admission to all sessions and will help us to welcome you to activities. Dress code for the conference is casual.



Some Information About NASAP

Board of Directors

President: John F. Newbauer, Ed.D.,
Fort Wayne, Indiana

Vice President: Wes Wingett, Ph.D.,
Norfolk, Nebraska

Secretary: Steven Stein, M.A., M.Ed.,
Rockville, Maryland

Treasurer: Joyce L. McKay, Ph.D.,
Tucson, Arizona

Director: Teal Maedel, M.A., Vancouver, BC

Director: Al Milliren, Ph.D., Odessa, Texas

Director: John Petersen, Psy.D.,
South Bend, Indiana

Past President: James R. Sulliman, Ph.D.,
Abilene, Texas

President Elect: Daniel Eckstein, Ph.D.
Toronto, Ontario

Executive Director: Becky LaFountain, Ed.D.
Hershey, Pennsylvania

No organization grows without leadership. We are proud to list the presidents who have served NASAP in the past. The leadership of NASAP also includes members of the Board, the Executive Committees, and the Delegate Assemblies and Councils of Representatives over the past 50 years. Their names are too many to include but their contributions are noted.

Past Presidents of NASAP

1952-53 Alexandra Adler, M.D.*

1953-54 Lydia Sicher, Ph.D., M.D.*

1954-56 Rudolf Dreikurs, M.D.*

1956-60 Heinz L. Ansbacher, Ph.D.

1960-62 Bernard H. Shulman, M.D.

1962-63 Kurt A. Adler, M.D.*

1963-65 Helene Papanek, M.D.*

1965-67 Manford A. Sonstegard, Ph.D.

1967-68 Harold H. Mosak, Ph.D.

1968-71 W.L. Pew, M.D.*

1971-72 Walter E. O'Connell, Ph.D.

1972-75 Robert L. Powers, M.A.

1975-76 Leo Gold, Ph.D.

1976-78 Francis X. Walton, Ph.D.

1978-79 Harold V. McAbee, Ed.D.*

1979-80 Edna M. Nash, M.Ed.

1980-82 Ronald J. Pancner, M.D.

1982-84 Kathleen A. Walton, B.A.

1984-86 Guy J. Manaster, Ph.D.

1986-90 Don Dinkmeyer, Jr., Ph.D.

1990-92 Joyce L. McKay, Ph.D.

1992-94 Robert Armstrong, Ph.D.

1994-98 Mary Jamin Maguire, M.A.

1998-00 Jane Griffith, M.A.

2000-02 James R. Sulliman, Ph.D.

*deceased

Diplomates

The diplomate in Adlerian Psychology is the highest professional recognition offered by NASAP. The diplomate is awarded to those NASAP members who demonstrate the highest level of professional accomplishment in and contribution to Adlerian Psychology through the many fields in which it is applied. Please contact the NASAP office regarding more detailed information about the diplomate.

717-579-8795 or info@alfredadler.org.

NASAP Diplomates as of May 2003

Alexandra Adler

Heinz L. Ansbacher

Robert Bartholow

James Bitter

Jon Carlson

Oscar Christensen

Daniel Eckstein

Eva Dreikurs Ferguson

Jane Griffith

Rob Guttenberg

Chris Higgins

Riki Intner

Becky LaFountain

Lynn Lott

Guy Manaster

Erik Mansager

Edward Mel Markowski

Steven Maybell

Robert McBrien

Gary McKay

Joyce McKay

Al Milliren

Jane Nelsen

Robert L. Powers

Mark Stone

Robert Willhite

THURSDAY, June 3, 2004
FULL DAY WORKSHOPS

A. Adlerian Group Counseling & Therapy: Step-by-Step

James Robert Bitter, Ed. D.

Participants will be introduced to an Adlerian group counseling & therapy process developed by Manford Sonstegard and Rudolph Dreikurs and applied in contemporary school and community agency settings. Participants will be given the opportunity to be part of a group experience or part of a reflecting team to that experience.

Educational objective #1: Participants will learn a step-by-step process for conducting Adlerian group Counseling & Therapy.

Educational objective #2: Participants will learn Adlerian interventions designed to form a group relationship, conduct a psychological investigation and disclosure and engage in group work.

B. Adlerian Psychology in the Workplace

Eva Dreikurs Ferguson, Ph.D.

Problems occur at work, as in all human relations and in the three life tasks; Adler-Dreikurs principles and methods help us understand and improve relations at work in unique ways. The workshop deals with participants' own examples.

Educational objective #1: Participants will learn basic principles and methods for applying Adlerian Psychology to work place problems.

Educational objective #2: Participants will learn how to analyze work place problems from an Adler-Dreikurs perspective.

C. Spiritual Metaphors in Dreams and Early Recollections

Erik Mansager, Ph.D., Leo Gold, Ph.D., and Mim Pew, MSW

This interactive workshop combines the original contributions of Dream Theater (Gold), Metaphor Therapy (Kopp) and Psychodrama (Pew) in the context of spirituality and Individual Psychology (Mansager). After discussing the most recent theoretical developments each of the presenters will engage participants in exploring their spiritual/religious pathways by means of specific modalities.

Educational objective #1: Participants will learn to work therapeutically with spiritual themes when presented by clients through dreams and early recollections.

Educational objective #2: Participants will learn some personality correlates of their clients' self-identified spiritual quests.

D. Understanding Life-Style

Robert L. Powers, M.Div., M.A.

The goal of the workshop is to teach "understanding" as (1) sympathetic recognition that mistakes made in a given situation were likely in that situation and (2) encouragement toward recognizing what was once chosen, and until now rehearsed as necessary, can from now on be reconsidered and better adapted to the requirements of social living.

Educational objective #1: Participants will learn the meaning and use of Life-Style assessment.

Educational objective #2: Participants will learn how various data lead with equal validity to provide an understanding/encouragement of the unique person.

**THURSDAY, June 3, 2004
FULL DAY WORKSHOPS**

E. Loss/Grieving and Creative Arts Therapies

Judy Sutherland, Ph.D., ATR-BC, LCPC and Renee Dushman, M.A., AMFT, LCPC

Loss/Grief issues supplied by group participants will be combined with psychodrama and art-making to explore the meaning we give to these life events, and to offer hope and encouragement to each other.

Educational objective #1: Participants will gain knowledge of loss and grief issues.

Educational objective #2: Participants will gain an understanding of the grief-work process using psychodrama and art therapy.

**THURSDAY, JUNE 3, 2004
HALF -DAY MORNING WORKSHOPS**

F. "Funtastic" Adlerian Techniques for Change

Rob Guttenberg, M.A.

In this action-oriented workshop, participants will learn to apply Adlerian child guidance principles and practices to stimulate co-operation and mutual respect. The presenter will demonstrate over fifteen experiential exercises, metaphors, anecdotal stories and jokes.

Educational objective #1: Participants will learn over fifteen experiential exercises and assorted techniques demonstrating Adlerian child guidance concepts.

Educational objective #2: Participants will learn how to utilize humor effectively when working with parents.

G. Building the Encouraging School

District, Agency, or Company

Lewis Losoncy, D.Ed.

Participants will learn how to encourage themselves to encourage their organization to build an encouraging culture and teach the skills of encouragement to leadership teams and build self-motivated people in a 4 step positive approach to new levels of moral productivity.

Educational objective #1: Participants will learn how to implement the goals of an encouraging organization.

Educational objective #2: Participants will learn the 4-step process of building an encouraging company.



Pre-Conference Workshops - Half Day 8 - 12

H. Play Therapy with Abused Children: Using Adlerian Principles for Healing

Joanna White, Ed.D.

Participants will learn about play therapy, its therapeutic powers, its developmental appropriateness, its strong connection to Adlerian principles, and how it can be used effectively with abused children.

Educational objective #1: Participants will learn the basics of play therapy and how they relate to child development.

Educational objective #2: Participants will learn toy selection for play therapy and the rationale for setting up a play room.

Pre-Conference Workshops - Half Day 1 - 5

THURSDAY, June 3

HALF-DAY AFTERNOON WORKSHOPS

I. Early Recollections – The Individual as Creative Artist

Betty Lou Bettner, Ph.D., LPC

One of Adler's most important discoveries was the significance of early memories as the most revealing representation of the lifestyle of an individual. There are no "chance memories." They represent the story of the client's life and they are essential for understanding an individual and the presenting issues.

Educational objective #1: Participants will learn a method for interpreting early recollections.

Educational objective #2: Participants will learn how to use early recollections as a therapeutic tool.

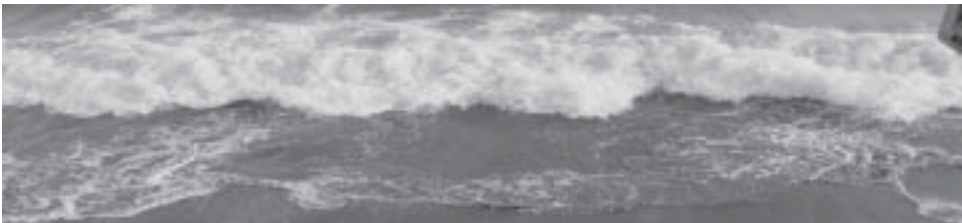
J. Resistance or Therapist Error in Marital Therapy?

James Croake, Ph.D., F. Don Kelly, Ph.D. and Stephen I. Hirschorn, Ph.D.

The goal is to present techniques and strategies which will improve cooperation between the marital spouses and also between the couple and the therapist. Adlerian principles will be presented followed by suggestions and procedures for the first and subsequent sessions. A marital interview will conclude the presentation.

Educational objective #1: Participants will learn Adlerian principles underlying marital therapy.

Educational objective #2: Participants will learn suggestions to increase cooperation in first and subsequent marital sessions.



Pre-Conference Workshops - Half Day 1 - 5

K. Sea Shells and Sand:

Creativity in Adlerian Psychology

Mel Markowski, Ph.D., Ed Markowski, B.A.

The creativity inherent in the application of Individual Psychology to contemporary social, educational, and mental health issues will be explored and developed.

Beginning with a metaphor using beach materials and concluding with contemporary case examples, creative solutions to disturbing thought and inappropriate behavior will be emphasized and demonstrated.

Educational objective #1: Participants will learn and/or review selected Adlerian principles.

Educational objective #2: Participants will learn creative methods for applying these principles in work with individuals and families.



Post-Conference Workshops - Half Day 8-12

SUNDAY, June 6, 2004
HALF-DAY WORKSHOPS

L. Art Therapy and the Body:

Exploring Adlerian Applications of Body-Mind Connections

Hala Buck, M.A., LCPC

The body and senses are part of early childhood experience and therefore important in the formation of the lifestyle. Participants will use art materials to explore the language of the body and its relationship to mental and physical health. This is also helpful in cross-cultural applications. No artistic talent required. Limit: 12 participants.

Educational objective #1: Participants will learn the value of art in making visible Adler's "organ dialect."

Educational objective #2: Participants will learn how to integrate the body in search of the lifestyle.



SUNDAY, June 6, 2004
HALF-DAY WORKSHOPS

**M. Adlerian Group Psychotherapy:
A Model for Mutual Encouragement and Personal Development**
Barbara Fairfield, M.Ed., LCMFT

The goal of the session is to provide participants with an understanding of the principles and practice of Adlerian psychology as applied to group psychotherapy.

Educational objective #1: Participants will learn the principles of Adlerian psychology as applied to Group Therapy.

Educational objective #2: Participants will learn innovative ways of facilitating an Adlerian therapy group for both men and women participants.

N. Ethics: From the Inside Out!
Al Milliren, Ed.D., Wes Wingett, Ph.D.

An understanding of the standards of ethical conduct is a necessity on the part of each counselor/therapist. This workshop allows for the examination of ethical canons in a context of the counselor's/therapist's personal priorities.

Educational objective #1: Participants will learn the various elements of good ethical practice.

Educational objective #2: Participants will learn the types of personal elements that support as well as interfere with good ethical practice.

O. Secrets of Success: Using Adlerian Methods in the Workplace
**Les White, Psy.D., Kevin Stoltz, MS, LPC, NCC, Joanne Macpherson, MA,
and Brian Davies, MBA**

This workshop shows how to apply Adlerian methods to career and organizational settings.

It is open to NASAP members and members of the Myrtle Beach business community.

Participants learn how to better recognize the work/life styles of individuals and work groups, cooperative team building, and becoming one's own "coach."

Educational objective #1: Participants will learn how to apply principles of Adlerian psychology to career and workplace/organizational issues.

Educational objective #2: Participants will learn how to better identify participants' and co-workers' goals and leadership styles regarding career and the workplace, in order to engender greater contribution and cooperation in the workplace.

P. Lifestyle Assessment: Co-authoring the Dynamic Story for the Developing Clinician

Roseanne Boldt, Psy.D., Mary F. Schneider, Ph.D.

This session is designed to discuss Lifestyle assessment as a dynamic tool and to introduce clinicians to basic narrative concepts that facilitate understanding of the lifestyle for the developing therapist and his/her client. It is designed to help the developing clinician organize lifestyle data, graph the dynamic meaning of the lifestyle data and construct a narrative summary story from the lifestyle material. The process of co-authoring the dynamic life style will be demonstrated through the use of case studies.

Educational objective #1: Participants will learn the application of narrative concepts (story, theme, character) to the dynamic lifestyle process.

Educational objective #2: Participants will learn the methods and processes for co-authoring lifestyle from data collection through therapy.

FRIDAY 9:10 - 11:30

Program Descriptions

Friday 9:10 - 11:30

Teaching Adlerian Psychotherapy:

A Research Based and Skill Development Approach (CL)

Richard R. Kopp, Ph.D.

A new structure for teaching Adlerian Psychotherapy is presented integrating evidence-supported outcome research and experiential skills-development. A course outline, mini-lectures and skill-building exercises for identifying a client's movement and goals, ER interpretation, and rapid resolution of resistance through goal alignment are presented and illustrated with case examples.

Educational objective #1: Participants will learn empirically supported common factors in therapy relationships associated with positive outcomes in psychotherapy.

Educational objective #2: Participants will learn how evidence-supported outcome research offers a research base for teaching and learning Adlerian theory and methods of psychotherapy.

FRIDAY 9:10 - 10:25

Friday 9:10 - 10:25

Learning to be Married (FE)

William Glasser, M.D. and Jon Carlson, Psy.D., Ed.D.

This session is to help people once they get married to stay happily married. Only a few people learn to do this, perhaps only 10-15% of those who marry. The problem is that this cannot be learned until after the person is married. What has to be learned is to deal with each other through Choice Theory right from the start of the marriage.

Educational objective #1: Participants will learn that falling in love or becoming infatuated is not necessarily a good preparation for marriage.

Educational objective #2: Participants will learn that for a successful marriage a lot has to be learned and can't be learned until after the person is married.

An Initial Counseling Session Followed by an Analysis (ACT)

Francis X. Walton, Ph.D., and Daniel G. Eckstein, Ph.D.

This session will demonstrate how one Adlerian clinician structures the initial session so as to form a positive relationship while beginning to understand and disclose to the client how the belief system is related to his or her presenting problem, while subsequently offering an analysis of the session by a trainer of psychologists.

Educational objective #1: Participants will learn how Adlerian theory can be applied creatively in a private practice setting.

Educational objective #2: Participants will learn the ways in which a number of innovative techniques can foster personal growth and social interest in individual, family, and group therapy with children, teens, and adults.

Relationship Counseling: Having Emotionally Intelligent Relationships (CL)
Timothy D. Evans, Ph.D., Randy Gainforth, M.A., LMCH
and Cameron W. Meredith, Ph.D.

Meaningful relationships are central to the good life. The choices we make will determine their quality. We can create them only if we take responsibility for our selves without attempting to change other people. When we choose to change our attitude and behavior for improving relationships, life will become more satisfying.

Educational objective #1: Participants will learn to become more inner-directed or intrinsically oriented.

Educational objective #2: Participants will learn to become more aware of their power to change.

Are We Having Fun Yet?:

Play, Fun and Humor as Encouragement for Families (FE, WP)
Robert McBrien, Ph.D.

Glasser teaches that laughter and learning is the hallmark of successful relationships. Encouragement-focused parenting methods use play and fun to help families grow stronger, to teach children positive forms of play, and to prevent burnout in parents. We discuss how healthy fun and laughter promote social equality. Participants take home effective applications that encourage the growth of strong families.

Educational objective #1: Participants will learn to discriminate healthy from toxic play and fun.

Educational objective #2: Participants will learn to select effective parenting methods focused on family fun.

Using Bowenian Constructs to Assess One's Readiness to Practice
Adlerian Psychotherapy: The Differentiation of Self Inventory (TR&T)
Roger A. Ballou, Ph.D.

Dreikurs stated, "It has often been said that the therapeutic efficacy of psychiatric work depends on the therapist's personality." Using the *Differentiation of Self Inventory* to investigate Bowenian constructs, participants will self-examine their level of personal readiness to engage in successful therapy without the problems of emotional reactivity, triangulation, and emotional projection.

Educational objective #1: Participants will learn Murray Bowen's concept of "differentiation of self" and problems associated with lower levels of differentiation such as emotional reactivity, triangulation, and emotional projection.

Educational objective #2: Participants will take the newly developed *Differentiation of Self Inventory* (Pennsylvania State University), confidentially self score to determine their personal level differentiation, and discuss the relationship of a therapist's level of personal differentiation to the practice of Adlerian psychotherapy.

Building Bridges: A Project of Rescuing History for the Purpose of
Understanding, Dialogue and Healing (GI)
Ellen Mendel, CSW, MSW

The speaker who is German-born will describe her experiences of speaking to German students and adults. Using personal photos, about the years from WW1 to the present, she will share their responses. Her goal is to acknowledge and discuss the difficult German past for the purpose of creating better understanding.

FRIDAY 9:10 - 10:25

Educational objective #1: Participants will learn about a “no blame, no shame, only sharing” consciousness-raising model used in Germany with German students and adults.

Educational objective #2: Participants will learn about the possibility of “opening doors” for further dialogue and new projects and experiences based on this model.

Individual Psychology and Eating Disorders (ACT)

Susan E. Belangee, Ph.D.

This program is designed to be informative and useful. Attendees will gain an understanding of how eating disorders are conceptualized through Adlerian theory. Research study results will be shared and practical applications of lifestyle, purposefulness of behavior, encouragement, and other constructs will be demonstrated and discussed.

Educational objective #1: Participants will learn how eating disorders are conceptualized in I.P. terms.

Educational objective #2: Participants will learn research outcomes and practical applications of theoretical constructs.

FRIDAY 10:40 - 11:30

Friday 10:40 - 11:30

Connecting Adler, Dreikurs, and the “Crucial Cs” (FE)

Betty Lou Bettner, Ph.D., LPC

The focus of this presentation is to teach some basics of Adler and Dreikurs in an easy-to-remember model that can be useful when describing Individual Psychology to parents, educators, clients and children. The emphasis is on understanding behavior.

Educational objective #1: Participants will learn the connection between Adler’s human needs, Dreikur’s mistaken goals and the “Crucial Cs” as a teaching tool.

Educational objective #2: Participants will learn the relationship between the “Crucial Cs” and the life tasks.

Active Empathy: A Simple Formula for Constructing Effective Empathic Responses (ACT)

Stephen G. Saiz, Ed.D., NCC, ACS, LPC and Jody E. Housker, Ph.D., NCC, LPC

Constructing empathic statements is an advanced counselor skill believed useful to helping clients become more authentic. The three-step formula including encouragement, acknowledgement of the dilemma, and challenge, allows the therapist to enter the private perceptual world of the client, providing the client with the experience of being accurately heard.

Educational objective #1: Participants will learn about empathy and advanced empathy from both a practical and historical perspective.

Educational objective #2: Participants will learn about the power of encouragement.

An Adlerian Approach to Classroom Management for Early Childhood Educators (ED)

Cindy Walton-McCawley, M.Ed.

This presentation will give an overview of the Individual Psychology of Alfred Adler. The motivation to belong, striving for superiority, use of behavior, encouragement, techniques for fostering self reliance and the development of social interest in children will be addressed.

Educational objective #1: Participants will learn to understand children's behavior from an Adlerian perspective.

Educational objective #2: Participants will learn classroom management strategies that promote healthy social and emotional development in children 0-5 years of age.

Transformational Themes within Spiritually Oriented ERs

Erik Mansager, Ph.D. (TR&T)

This interactive presentation offers original research on ERs collected within the context of spiritual exploration. There will be a discussion of themes that indicate the trajectory of persons' spiritual quest and an exploration of implications for clinicians and individuals regarding Adlerian wellness criteria. A demonstration of how the ERs are gathered and interpreted is presented. **(Limited to 15 participants)**

Educational objective #1: Participants will learn the breadth of Adlerian literature on spirituality in the clinical setting.

Educational objective #2: Participants will learn some of the themes that research indicates appear in spiritually oriented early recollections.

Yin, Yang and Social Interest: In Search of Laws of Social Living across Cultures (TR&T)

Julia Yang, Ph.D. and Alan Milliren, Ed.D.

This program cross-examines the Adlerian theory of social interest and the Taoist thoughts on the ideal human being, the ideal society, and the ideal living. This program is of interest to those who desire to exchange on how Adlerian psychology and eastern philosophy converge on the two dimensional whole: and uniqueness and the common weal of humanness.

Educational objective #1: Participants will learn about the Tao in the form of two opposite principles, Yin and Yang, each produces the other cyclically and constantly.

Educational objective #2: Participants will learn about the inter-relatedness of Gemeinschaft and Gefuehl, conveying two dimensional whole of social interest.

Gender Stereotypes and Personal Guiding Lines: Uses and Abuses of Gender Biases in Psychotherapy (ACT)

Jane Griffith, M.A.

This session will review research into gender stereotypes, similarities, and differences, and address personal guiding lines in order to uncover convictions relative to gender that may interface with therapist effectiveness.

Educational objective #1: Participants will learn about research into gender stereotypes, differences, and similarities.

Educational objective #2: Participants will learn about convictions relative to gender that may interfere with therapist effectiveness.

FRIDAY 10:40 - 11:30

Introduction to Adlerian Psychology (GI)

Francis X. Walton, Ph.D.

This is a presentation emphasizing the foundational constructs and concepts of Adlerian Psychology: holism, social embeddedness, teleology, phenomenology, inferiority feelings, compensation, the striving for superiority, community feeling and lifestyle. The way in which Adlerian theory is translated into practice will be introduced.

Educational objective: Participants will learn the basic elements of Adlerian Psychology.

FRIDAY 2:30 - 4:50

Friday 2:30 - 4:50

Called To Play (WP)

Daniel Caron, M.A.

This workshop spans the past 12 years of the presenter's relationship with children and wild animals, teaching him more than most any class or textbook. His teachers have included whales and dolphins, bears and manatees, wolves and special needs children. Their lessons in kindness, clarity, connection and love have pulled him from an academic world into a new existence. Their timeless gifts have sustained him everyday in the adult world of contests, fear and aggression. These lessons have called him to a lifestyle and vocation of play.

Original Play is the kindest way of relating to the world. It sends a message of love, trust and connection. The practice of play promotes personal safety while also encouraging the safety of others around you. Many view play as the busyness of children with no value for adults. Original Play is different because it calls us to respond to the world with messages of unconditional kindness, clarity and safety- a valuable skill for personal and professional development. This skill requires daily practice, which can take our relationships with family, friends and the business world to a new level. Join us as we move from our heads to our hearts and connect with each other through play.

Program objective #1: Participants will learn the differences between responding to others using power, force and conflict as compared with responses of kindness, clarity and safety.

Program objective #2: Participants will learn helpful practices to use when responding to difficult people and challenging situations.

FRIDAY 2:30 - 3:45

Friday 2:30 - 3:45

Emotion and Early Recollections: In Appreciation of Ed & Barbara Janoe (ACT)

James Robert Bitter, Ed.D.

Ed and Barbara Janoe used a structured approach to early recollections that allowed adults and children to attach meaning to difficult emotions and gain control over emotional reactivity. This workshop will demonstrate an enhancement of their model for working with anger/depression/anxiety as well as trauma.

Educational objective #1: Participants will learn how to use early memories to work with difficult emotions, symptoms, of life experiences.

Educational objective #2: Participants will learn how to re-support difficult early memories through and increase in self-awareness and therapeutic contact.

Leaders for Life – Training Adlerian Parent Educators (FE)

Linda E. Jessup, MPH, FNP

This session will share PEP's well-tested approach to formalizing leadership training via a three-level certification process. This preparation equips selected parents to be exciting instructors, skilled Study Group Leaders, creative presenters, and both competent and confident small and large group leaders; enhancing loyalty and retention.

Educational objective #1: Participants will learn a well tested process for preparing parent educators.

Educational objective #2: Participants will learn the actual content of the Leadership Training course.

21 Tools for Avoiding Power Struggles while Empowering Children with Social Skills for Good Character (ED)

Jane Nelsen, Ed.D.

When parents say "I've tried everything," they really mean they have tried every punishment and reward. It is helpful when they understand the long term effects of what they do and learn non-punitive tools that are more effective than punishment and rewards.

Educational objective #1: Participants will learn 21 non-punitive parenting tools.

Educational objective #2: Participants will learn how to present these tools in a lively and engaging manner.

The Joy and Importance of Music in the Family (FE)

Susan Patricia Golden, MA, LCPC

Stress in families, especially after 9/11, increases each year, while family time and a sense of community decrease. Creative expression, especially music, offers short term relief, and long term learning. Join us for important information, inspiration and JOY.

Educational objective #1: Participants will learn why music is important in the home.

Educational objective #2: Participants will learn why music is important in the education of our children.

Obsessive – Compulsive Disorder – A Case Study (ACT)

R. John "Jack" Huber, Ph.D.

This lecture will illustrate the successful treatment of obsessive/compulsive disorder with Adlerian and social learning techniques and the two approaches will be compared.

Educational objective #1: Participants will learn the creative use of Adlerian concepts with OCD.

Educational objective #2: Participants will learn a creative interface of Adlerian & social learning concepts.

Developing Effective Schools and Capable Students: A Comprehensive and Research Based Approach for Adlerian Psychology in Schools (ED)

William G. Nicoll, Ph.D.

This workshop will introduce participants to the extensive research base supporting the implementation of a comprehensive application of Adlerian principles in education so as to improve academic achievement. Participants will learn to advocate effectively for such programs utilizing current research. A parent-teacher consultation session will be demonstrated and participants will participate in classroom Character Education activities based in Adler's concept of Social Interest.

Educational objective #1: Participants will learn how to conceptualize a comprehensive approach to applying Adlerian psychology in school settings.

Educational objective #2: Participants will learn the research evidence supporting Adlerian principles in education including impact on academic achievement.

Adlerian Based/Solution-focused Supervision: Meeting Supervisees' Needs in Today's Time Limited World (ACT)

Kenneth McCurdy, Ph.D.

Participants will learn a model of supervision based on Individual Psychology and structured in a Solution-focused format to meet the needs of today's time limited counseling settings including schools and clinical environments. Adlerian supervision at its best!

Educational objective #1: Participants will learn about the components of Solution-focused supervision.

Educational objective #2: Participants will learn to apply Adlerian techniques including encouragement, addressing fictitious goals, "Acting as if," "Catching one's self," and the "push button technique" in a Solution-focused supervision format.

Friday 4:00 - 4:50

Using Constructivist and Social Constructionist Techniques in an Adlerian Context (TR&T)

Richard E. Watts, Ph.D., Daniel Williamson, B.S., and Jennifer Williamson, M.A.

This presentation briefly overview points of resonance between Adlerian and "constructive" (e.g., constructivist, solution focused, narrative) theories and then, via discussion and demonstration, presents selected interventions original to and /or derived from "constructive" approaches that participants may find helpful to use in Adlerian contexts.

Educational objective #1: Participants will learn points of theoretical common ground between "constructive" (constructivist and social constructionist) theories and therapies and Adlerian theory and therapy.

Educational objective #2: Participants will learn procedures original to/adapted from "constructive" perspectives that have utility in Adlerian context.

Are You Glad You “Get” Mad? (ED)***Jane Lawther, Ph.D., and Don Robinson, M.D.***

This is an interactive session that will demonstrate how we choose to perceive and show our angry feelings in respectful or disrespectful ways. A physician will describe the physiology of anger. Participants will engage in mini labs. A reproducible therapeutic flyer will be provided for use in therapy and schools.

Educational objective #1: Participants will learn how choice and perception influence feelings and behavior.

Educational objective #2: Participants will learn what happens physiologically when events anger them.

Adlerian Strategies for Reducing Bullying Behavior at School (ED)***Patti Agatston, Ph.D.***

This session will familiarize participants with the dynamics of bullying behavior at school and will teach strategies consistent with Adlerian theory for reducing this behavior. Common myths regarding bully/victim behavior will be exposed and contrasted with actual research findings. Conceptualizing bully/victim behavior as an imbalance of power will be addressed as well as the use of classroom meetings to teach social interest and “empower bystanders” to reduce bullying.

Educational objective #1: Participants will learn research on the dynamics of bullying behavior at school.

Educational objective #2: Participants will learn strategies and techniques for reducing bullying behavior.

No Fault Marital Assessment: A Rewarding Beginning (ACT)***Steven J. Stein, M.A., M.Ed., LCPC, LMFT, LPC***

Participants will learn a structured interview that assesses a couple’s strengths and weaknesses, as it launches them toward a positive outcome in marital therapy.

Educational objective #1: Participants will learn a structured couple interview that avoids uni-dimensional culpability.

Educational objective #2: Participants will learn to assess the strengths and weaknesses of a couple’s relationship.

How We Become Who We Are: What the New Neuroscience Has To Say About Adlerian Psychology – A Research Summary (TR&T)***Jody McVittie, M.D. and Cheryl Erwin, MA, MFT***

Participants will become familiar with information from the growing field of developmental neurobiology, and learn how it supports Adler’s observations and conclusions about “life style.” The biology supports many of Adler’s tools and therapeutic approaches, particularly the exploration of early memories and lifestyle assessment, and suggests other steps that may be useful adjuncts.

Educational objective #1: Participants will learn how the new information from developmental neurobiology supports Adlerian approaches to therapeutic issues.

Educational objective #2: Participants will learn some of the probable biological basis for “life-style” development and gain insight that will support and enhance their therapeutic work.

FRIDAY 4:00 - 4:50

Adlerian Supervision for Countertransference and the Hidden Client in Counselor Training (ACT)

David Tobin, Ph.D., and Kenneth McCurdy, Ph.D.

Countertransference is a common construct in counselor training and supervision. Our training model offers an expanded conceptualization of countertransference. In order to counteract countertransference, an Adlerian based supervision approach is utilized to promote counselor self-awareness and self-reflection. Specific strategies for active learning will be discussed.

Educational objective #1: Participants will learn a multidimensional training model for countertransference.

Educational objective #2: Participants will learn to promote active learning in counselor trainees through Adlerian based supervision.

The F.A.C.E. Screening: An Adlerian – Based Assessment (ACT)

Jim Holder, M.A.

Early recollections are key in determining who will abuse or become dependent on substances such as alcohol, sugar, carbohydrates, cocaine, nicotine, benzodiazepines, opiates, etc. This workshop will introduce the F.A.C.E. screening a simple to use instrument for the prevention, intervention, and treatment of all substances of abuse.

Educational objective #1: Participants will learn to use the F.A.C.E. screening.

Educational objective #2: Participants will learn how genetics and early recollections blend to predict addictions.

SATURDAY 9:10 - 10:25

Saturday 9:10 - 10:25

Adlerian Brief Therapy w/Individual Clients (ACT)

William G. Nicoll, Ph.D.

This workshop will introduce participants to a conceptual framework for understanding the brief therapy process from an Adlerian perspective. Specific, innovative techniques will be presented which enable therapist and client to quickly identify the key lifestyle themes underlying the circular causality pattern in their presenting concerns along with strategies for facilitating change beginning in the first session while avoiding resistance.

Educational objective #1: Participants will learn a conceptual framework for understanding the process of Adlerian brief therapy.

Educational objective #2: Participants will learn innovative techniques to quickly identify key lifestyle themes.

Interactive Creativity in Couples Counseling (ACT)

Pepper Sarnoff, M.S., M.A. and David P. Sarnoff, Ph.D.

Adlerian concepts will be woven into a framework for interactive creativity with applications for couples counseling based on marital therapy research and clinical experience. Understanding interactive creativity, and utilizing creative problem solving methods, counselors can encourage couples in the clarification of developing visions and the promotion of cooperative behavior.

Educational objective #1: Participants will learn the use of Adlerian concepts in a framework of interactive creativity.

Educational objective #2: Participants will learn applications of creative problem solving techniques to Adlerian couple's therapy.

Open Forum: Family Counseling Demonstration (GI)

Oscar Christensen, Ph.D.

This session will feature an overview of the methodology of Adlerian family counseling, followed by a demonstration of the techniques involved. Chris will demonstrate that family problems can be discussed and solved in an open atmosphere of mutual respect and encouragement. The family will be guided to freely participate in developing specific agreements for improving their family life.

Educational objective: Participants will learn how to create an atmosphere of cooperation with this Adlerian counseling method.

FEC's: A Design for the 21st Century (FE)

Mary Jamin Maguire, MA

The Family Education Center is a unique aspect of the Adlerian approach to working with families; there used to be many FEC's throughout North America and they seem to be slowly dying out. This workshop will present a model for an FEC for the 21st Century, and will include a discussion of parent assessment, parent education (for parents and others who parent), open-forum family counseling, working with diverse families, workshops, and training, as well as organizational and financial issues.

Educational objective #1: Participants will learn a design for setting up and maintaining an expanded FEC.

Educational objective #2: Participants will learn a model to assess, train and counsel parents regarding their parenting skills.

Stages of Loss – Stages of Gain: 'Innovative Adlerian Techniques for Counseling Persons Experience Loss' (CL)

Rob Guttenberg, M.A., LCPC

Clinicians will learn how planting "seeds of gain" with clients early on in the loss healing process increases the likelihood that clients will be well-prepared to harvest the benefits of painful growth endured during their time of grieving.

Educational objective #1: Participants will learn ways to help grieving clients plant "seeds of gain" early on in the counseling process that can be harvested at a later point in life.

Educational objective #2: Participants will discover the benefits of utilizing Early Recollections and Music Therapy techniques in counseling persons experiencing loss.

Counseling Techniques for Behavior Change (ACT)

Susan Pye Brokaw, M.A.

In this presentation some specific techniques will be taught that can be used in counseling that result in behavior change. These visual and hands on techniques have proven to be very effective with clients. Techniques includes: The five tasks treatment plan, the perfectionist scale, six steps of problem solving, transforming memories and steps to achieve goals.

Educational objective #1: Participants will learn some specific and useful techniques for behavior change.

Educational objective #2: Participants will learn how to use the techniques in therapy.

Family Meetings Matter! (FE)

Mary L. Hughes, M.H.R., and Gary Hughes, M.A.

Are your families foregoing family meetings because “there isn’t time;” or because they’ve become “Mom’s meetings?” Interacting and working together is just as important today as it was in Adler’s day. Leave this session re-energized to teach the basics of family meetings to families who don’t know they need them!

Educational objective #1: Participants will learn how family meeting dynamics can lead to Cooperation, Caring, Commitment, and Connection, Capability, and Contribution (the six C’s).

Educational objective #2: Participants will learn and practice the skills needed in order to teach effective family meetings to parents and other family members by participating in a family meeting experience during the session.

POSTER SESSIONS - Please consult the program grid to be distributed at the conference for the entire list.

A School Resource Guide on Gay and Lesbian Student Issues

Amber Brundage and Tim Hartshorne, Ph.D.

Therapeutic Alliance, Resolution of Alliance Ruptures, and Termination Outcome

Corbin Ireland, M.A. and Tim Hartshorne, Ph.D.

If it Weren’t for You We Could Get Along

Lewis Losoncy, D. Ed.

HIV/AIDS and Depression: Using Adlerian Interventions when Working with Older Clients

Ileana H. Nesbitt, Psy.D.

An Empirical Examination of Lifestyle within the Family

Cayce Sirpak, M.A.

Running a Group Therapy like a Writers Workshop

Les White, Psy.D.

Saturday 10:35 - 11:25

Principles and Procedures in Play Therapy: A Brief Introduction (ACT)

Richard E. Watts, Ph.D.

This presentation provides a brief overview of basic principles and procedures in play therapy. Participants will be introduced to: (1) the importance of viewing the world from the child’s perspective; (2) toys, Toy media, and locations for play therapy; (3) the

facilitative language used in play therapy to build the therapeutic relationship; and (4) the role of setting limits in the play therapy process.

Educational objective #1: Participants will learn awareness of the child's world as viewed by the child.

Educational objective #2: Participants will learn the importance of toys, toy media, playrooms, and "portable" play therapy.

Repressive-Defensiveness and Lifestyle: Linking Adler's Theory to Cognitive Research (TR&T)

Paul R. Peluso, Ph.D. and Jennifer P. Peluso, Ph.D.

Lifestyle is the individual's primary strategy for coping with life's challenges. Social-cognitive researchers are increasingly interested in a coping style known as "repressive defensiveness." This style is associated with decreased accessibility of negative autobiographical memories and particular attachment patterns. Empirical research investigating relationships between repressive defensiveness and lifestyle is presented.

Educational objective #1: Participants will learn about the relationship between repressive-defensiveness and lifestyle.

Educational objective #2: Participants will learn how Adlerian constructs can be related to areas outside of traditional counseling and education for research purposes.

Opportunities and Options to Create Encouraging Classrooms (ED)

Patricia Kyle, Ph.D.

Opportunities and Options provide valuable Adlerian tools to have a positive impact upon teaching, discipline and management in schools to foster learning, encouragement and responsible behavior. This interactive presentation is uniquely organized around four major components emphasizing the integration of effective teaching (CLEAR), proactive preventive strategies (PACE), practical corrective strategies (ABC's of Intervention), and positive supportive techniques (RESPECT).

Educational objective #1: Participants will learn to identify CLEAR teaching strategies that benefit all students.

Educational objective #2: Participants will learn to apply creating environments more conducive to learning through PACE preventive strategies.

Using Early Recollections in Case Consultation (CL)

John F. Newbauer, Ed.D.

Case consultation is a way to enhance therapist development and understanding both of self and of the process of therapy. Early recollections are a goldmine of resources to help the therapist develop creative solutions to difficult therapeutic situations through application of a relatively simple method which will be presented.

Educational objective #1: Participants will learn to use ER's as metaphors of the therapy/counseling relationship to provide insight into therapeutic impasses and challenges.

Educational objective #2: Participants will learn to use ER's to assist in developing alternative ways of perceiving the client and therapist.

Mistaken Games Adults and Children Play at Home and School (FE)

Mel Markowski, Ph.D.

Many discipline practices used by adults are ineffective and result in unproductive game playing with children. Typical games that highlight mistakes, why they are made, and more effective discipline procedures based on principles of equality, cooperation, responsibility, mutual respect, and the four goals of children's misbehavior will be demonstrated.

Educational objective #1: Participants will learn the common mistakes adults make when interacting with children.

Educational objective #2: Participants will learn more productive methods for developing competent and cooperative children.

A Psychologist Looks at Religion and a Theologian Looks at Psychology (TR&T)

Robert L. Powers, M.Div., M.A.

This session will consider how psychology theory and practice can meet theological reflection in mutually instructive dialogue. A leader, educated in both theology and psychology, will engage participants in a seminar format.

Educational objective #1: Participants will learn to use psychology to understand religious ideas and behavior.

Educational objective #2: Participants will learn to consider how psychological theory and practice can be studied and pursued as a devout extension of religious fidelity.

Chicken Soup from the Slammer:

Critical Incident Stress Management in Federal Parole (OD)

Teal Maedel, M.A., and Susan Kim, M.Sc.

As CISM team leaders in federal parole, the presenters see the positive impact CISM has on employee wellness. This organizational program helps people to cope with critical incident stress. Team development and basic interventions will be outlined. They hope to encourage each participant to develop a CISM team in his or her workplace.

Educational objective #1: Participants will learn that establishing a critical incident stress management (CISM) team in the workplace will facilitate employee wellness and organizational health as supported by Adlerian principles.

Educational objective #2: Participants will receive an overview of used techniques to help people experiencing stress related problems and learn how to establish a CISM team.

Teaching Adler in Graduate Level Psychology Programs:

A Sharing Session for College Level Educators (GI)

Stephen G. Saiz, Ed.D. and Rebecca LaFountain, Ed.D

College level educators will support one another in the teaching of individual psychology, through the sharing of ideas, resources and the syllabi they use to teach individual psychology.

Educational objective #1: Participants will learn ways to successfully integrate the ideas of individual psychology into standard graduate level psychology curriculum.

Educational objective #2: Participants will learn of a variety of resources that support the teaching of individual psychology.

Saturday 2:30 - 4:50

The Challenge of Marriage: 58 Years Later (WP)

Clair Hawes, Ph.D.

Although Rudolf Dreikurs could not have predicted the many challenges that couples would face 58 years after he published his seminal book on marriage, his general guidance and comments are as pertinent now as they were in 1946. This presentation will explore practical ways couples can cope with the demands of work while keeping their relationships thriving and playful. Materials and ideas will be helpful to both those who work with couples and those who are part of a couple.

Educational objective #1: Participants will learn the relevance of Dreikurs' writings for couples in the 21st century.

Educational objective #2: Participants will learn how to help couples balance the demands of work and play.

Saturday 2:30 - 3:45

Calming the Family Storm:

Anger Management for Moms, Dads and Kids (FE)

Gary D. McKay, Ph.D.

Through lecture and audience participation, attendees will learn how to help families manage anger. The program will include: understanding anger, deciding whether or not to be angry; how to express anger appropriately; creating "cooling thoughts" and positive purposes; techniques for managing anger on the spot and for the long term.

Educational objective #1: Participants will learn how inappropriately managed anger interferes with positive family relationships.

Educational objective #2: Participants will learn how to assist family members in effective communication of anger and in managing their anger through reexamining and creating new purposes, beliefs and behaviors.

Adlerian Family Counseling and Families Coping with Narcissism (CL)

Mary F. Schneider, Ph.D.

This session discusses the seductive marital bond, the development of the fear bond, the process of awakening to the effects of NPD in family life, the role of malignant optimism in the family structure, and the long term effects of narcissism on children. The session offers personal stories and examples of the deconstruction of the fear bond and the use of reality experiences to decipher true optimism from malignant optimism. The nature of power vs. love and issue of rebalancing power in the family system are addressed in detail. Discussion offers debate regarding the appropriate use of couples and family therapy with families challenged by the effects of narcissism.

Educational objective #1: Participants will learn an Adlerian perspective on the effects of narcissism on family life.

Educational objective #2: Participants will learn the process of awakening to narcissism, rebalancing power in the family system and the uses and misuses of family therapy with families challenged by narcissism.

An Adlerian Perspective on Working with Children (ED)
Fran Mullis, Ph.D., Dana Edwards, Ph.D., JoAnna White, Ph.D., and Yuehong Chen, MBA

This presentation will offer an overview of basic Adlerian principles that influence children's social interest. Also discussed will be strategies for building social interest in children, the importance of using play techniques including filial play therapy, and implications for Adlerian theory in multicultural counseling with children.

Educational objective #1: Participants will learn how to foster social interest in children.

Educational objective #2: Participants will learn the relationship between play and healthy life style development.

**A Multiple Intelligences Approach to Conflict Resolution:
Drawing on an Adlerian Framework (ED)**

Nadine Garner, Ed.D.

Drawing on an Adlerian framework, this lively, experiential workshop will show you numerous ways to integrate the concepts of multiple intelligences into an environment that promotes conflict resolution. The activities will heighten students' awareness of diversity and social equality issues. Get ready for a hands-on experience and engage your own multiple intelligences!

Educational objective #1: Participants will learn how an Adlerian framework is an integral part of conflict resolution.

Educational objective #2: Participants will learn how to integrate the concepts of multiple intelligences into an environment that promotes conflict resolution.

A Gathering of Eagles: Diplomates in Adlerian Psychology Share Wisdom (ACT)

Robert McBrien, Ph.D.

Achieving Diplomate status is a reflection of the contributions Diplomates are making to the growth of Adler's Psychology and the strengthening of NASAP. In turn, Diplomates share their decision to follow the Adlerian path and their understanding of what works. A key to each presentation is a description of the "signature" work the Diplomate is doing that has been most useful in their Adlerian career.

Educational objective #1: Participants will learn the application of Adler's psychology in diverse populations.

Educational objective #2: Participants will learn the benchmarks of Adler's theory that are most useful in the new millennium.

The Work of Clinical and Counseling Psychologists in Complex Organizations (ACT)

James P. McSherry, Ed.D., and Mary E. Walsh, Ph.D.

Adlerian clinical and counseling psychologists are uniquely qualified to provide consulting services to organizational executives who constantly try to improve selection, training and development processes. This consulting entails the psychological evaluation of individuals and groups of executives toward the end of improving individual and organizational effectiveness.

Educational objective #1: Participants will learn similarities and differences in ethics and practices in evaluation, counseling and development when the primary client is the organization and not the individual.

Educational objective #2: Participants will learn the applicability of clinical and counseling skill is broader than is often assumed, but professional and ethical responsibility expands as boundaries expand.

“ADHD:” Disorder or Difference? (ACT)

Mary Jamin Maguire, M.A., L.P., L.I.C.S.W.

Many children today are labeled as “ADHD.” Participants in this workshop will discuss the pros and cons of this diagnosis, and a strengths-based model for assessment and intervention of the challenging behaviors that lead to the label. An approach based on Adlerian Psychology will be presented.

Educational objective #1: Participants will learn the assessment/diagnostic criteria for ADHD.

Educational objective #2: Participants will learn an Adlerian based approach for intervention.

Saturday 4:00 - 4:50

Are you Ready for the Coming Online Parent Education Revolution? (FE)

Michael Popkin, Ph.D.

The unique technology of online training over the internet is allowing leaders and parents who could not otherwise participate in a parenting group to join one complete with video, group discussion and leader feedback. Learn how the growing online training revolution can provide new ways for you to reach parents with powerful Adlerian skills and concepts. Led by the author and creator of Active Parenting Online this session will include demonstration, lecture and discussion.

Educational objective #1: Participants will learn how the internet is being used to deliver an Adlerian-based video and group discussion parent education program.

Educational objective #2: Participants will learn how online training solves the three greatest problems in parent education.

“Adlerian” as a Second Language: The Basics of Adlerian Terminology

Jane Griffith, M.A.

The goal of the session is to familiarize participants with specialized terms (“terms of art”) commonly used in Adlerian discourse. Many are unique to Individual Psychology; some, borrowed from other systems, have particular significance in the context of Individual Psychology.

Educational objective #1: Participants will learn basic Adlerian terms.

Educational objective #2: Participants will learn basic Adlerian concepts.

State Shifting: Accessing Our Full Neurobiological Resources (TR&T)

Linda J. Page, Ph.D.

Mental states involve typical and interconnected perceptions, memories, emotions, physical sensations, and behaviors. Maturity of mind enables us to recognize states that limit our ability to connect with others and to contribute to social life. This presentation will help participants develop “stateshifting” techniques so as to access nascent resources.

Educational objective #1: Participants will learn how to identify when their mental state is inflexible or not resilient.

Educational objective #2: Participants will learn some ways to shift to a more resourceful state of mind.

The Healing Powers of Creativity: Writing Family Stories that Heal (CL)

Rachell N. Anderson, Psy.D.

This presentation is designed for people who are interested in understanding writing as an avenue to healing emotional pain and promoting personal growth. The process involves remembering and recording scenes and incidences from everyday life during early childhood and building stories that are then synthesized to make for greater understanding on the family's dynamics and challenges.

Educational objective #1: Participants will learn techniques for writing family stories.

Educational objective #2: Participants will then learn to heal emotional pain, estranged relationships and distorted memories through their writing.

The Interpretation of Details in Early Recollections (ACT)

Arthur J. Clark, Ed.D.

Details are of utmost importance in the early recollection interpretation process. The presentation focuses on identifying and evaluating details expressed by individuals in early recollections. Detail analysis includes: sensory impressions, color, location, and physical objects. Discussion will also emphasize counseling implications of detail considerations with a diverse range of clients.

Educational objective #1: Participants will learn to differentiate between details of sensory impressions, color, location, and physical objects.

Educational objective #2: Participants will learn counseling implications of details in early recollections.

The Intrapsychic Genogram Interview: Peeking Into Private Logic/Mini Life Style (CL)

R. Jeff Lupient, LMFT, M.Div.

This demonstration is a unique genogram interview method integrating elements of Adlerian Psychology and Bowen Systems Theory. As a result of the interview clients feel stronger rapport with the therapist, more connection with their own family system, and are more able to release "shoulds" while embracing concrete growth goals.

Educational objective #1: Participants will learn to playfully, and respectfully establish rapport with client and establish family systems perspective.

Educational objective #2: Participants will learn to use genogram techniques to uncover self concept, self ideal and typical relationship patterns and generate a modest treatment plan for implementation.

Raising Money-Savvy Children (FE)

Riki Intner, M.A.

With few schools providing courses in money management, the job of preparing children for the world of budgets and bills falls on the parents. Through experiential activities participants will learn how to use allowance, create jobs for pay & deal with credit/loans.

Educational objectives: Participants will learn how to teach children money management skills and how to use allowance to teach long-term goal planning.

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