NASAP 2022 Presentation Summaries and Objectives

70th Annual NASAP Conference

Thursday Pre-Conference Workshops:

Thursday Full Day 8:30-4:30 (6 Hours of CEs)

Barbara Fairfield

Adlerian Group Therapy: A Model for Developing Social Interest

Social interest is best developed in relationship. The Adlerian therapy group is a real-time laboratory for challenging social biases and social insecurities and for developing social interest. This workshop will describe a model of Adlerian group therapy and demonstrate a variety of practical group therapy techniques, including the use of early recollections and dream-work.

Participants will be able to:

1. Demonstrate how a solid sense of self and social interest are developed in group therapy.
2. Utilize principles of encouragement in on-going groups.
3. Apply the concepts of equality/social interest to the challenge of therapists and clients working together to assist group members in their individual therapeutic work.
4. Utilize the special technique of drawing early recollections in a group therapy setting
5. Make particular use of dream-work in an ongoing way that keeps group members intrigued and participating;
6. Create experiences for clients that enhance the group process and lead to more depth of experience for group members.
7. Identify the particular role and therapeutic approaches that therapists can effectively apply in the group therapy situation.
8. Critique and distinguish the approach therapists use in group therapy as different from doing individual therapy.

Terry Kottman and Nikki Pauli (Ψ approved)

Adlerian Family Play Therapy

Wear comfortable clothes and come prepared to play in this fun, experiential workshop designed to teach you exciting ways to include families in the therapy process. Learn play therapy techniques for involving family members in play therapy and use the power of play to help strengthen family relationships and communication.

Participants will be able to:

1. Explain the rationale for family play therapy.
2. Describe the 4 phases of Adlerian family play therapy.
3. Describe 3 play therapy techniques they could use with families in Adlerian family play therapy

4. Describe 3 elements of Adlerian lifestyles they could use to conceptualize family members and develop a treatment plan for the family in Adlerian family play therapy.
5. Discuss how to custom-design a family play therapy treatment plan for individual family members and the family as a whole.
6. Demonstrate helping the family members generate ideas about activities that would contribute to the "Positive Energy Bank" for the family.

Wes Wingett

Mapping Memories, Creating Understanding, Seeking Solutions

This didactic and experiential workshop will focus on development of life style through the creation of a childhood memory map. Components of the map will include perceptions of family, friends, school, community, and philosophical values. Pertinent personal perceptions will be utilized in seeking strength-based solutions to a current challenge.

Participants will be able to:

1. Discuss several principles of Adlerian psychology,
2. Create a childhood memory map focusing on family, friends, school, community, and emerging philosophical values,
3. Identify personal perceptions of childhood family, friends, and community,
4. Utilize the perceptions as a source of strengths and socially useful strategies,
5. Assess a current challenge, and utilize personal strengths and resources to move toward a solution of the identified challenge.

CANCELED - Rebecca Dickinson and Erica Wassenaar

Adlerian Play Therapy: The Basics

Adlerian play therapy (AdPT) provides a developmentally appropriate intervention utilizing Adler's basic tenets of Individual Psychology through the medium of play. AdPT is much more than distracting a child with a toy while encouraging them to talk. This workshop includes the rationale for and AdPT and instruction on basic techniques.

Participants will be able to:

1. Explain how the basic concepts of Adlerian theory apply to play therapy.
2. Demonstrate at least two basic skills in Adlerian play therapy.
3. Explain at least one strategy for exploring each lifestyle element in Adlerian play therapy.
4. Explain the purpose of conceptualizing clients in Adlerian play therapy.
5. Describe the four phases of Adlerian play therapy.
6. Demonstrate metacommunication in Adlerian play therapy.
7. Explain the steps of limit setting in Adlerian play therapy.
8. Explain the Adlerian stance on being directive sometimes and nondirective other times in play therapy.

Calvin Armerding

Adlerian Lifestyle Investigation for Brief Therapy

Brief therapy requires a high level of efficiency and focus. Adlerian lifestyle investigation strategies efficiently assess clients' issues, conceptualizes cases, identifies the most effective treatment interventions, and provides therapeutic focus. Five different lifestyle investigation strategies will be demonstrated: early recollections, dreams/daydreams, family constellation, exogenous factors, and childhood inferiorities/mistakes.

Participants will be able to:

1. List Adler's five "windows" into the lifestyle.
2. Demonstrate simple procedures for exploring the lifestyle in a first session with a client.
3. Describe how lifestyle investigation information relates to common treatment concerns that present in brief therapy.
4. Explain how lifestyle investigation enhances efficient case conceptualization and treatment planning.
5. Discuss the importance of lifestyle in choosing appropriate therapeutic interventions.
6. Utilize lifestyle investigation strategies to focus treatment and avoid unhelpful distractions.

Thursday Half Day AM 8:30-11:45 (3 Hours of CEs)

CANCELED - Rocky Garrison (Ψ approved; Virtual Session)

Co-Constructing the Change Plan and the Case Formulation

Co-construction engages the client in the process of mutually assembling a change plan and a case formulation as one way to elaborate informed consent, empower the client, demystify the therapy process, and strengthen the therapeutic alliance. Strategies using client speech, metaphors, and early recollections will be discussed and demonstrated.

Participants will be able to:

1. Identify a client aspiration and invite the client into a dialogue that elaborates their aspiration into one or more treatment goals, objectives, methods, criteria for success, and potential interfering factors.
2. Engage the client in a process of collaboratively hypothesizing and verifying lines of psychological movement as they become evident.
3. Engage the client in a dialogue about the unifying factors in the various lines of movement that have been identified.

Pascale Brady and Cathy Nugent

How to use Psychodrama in Coaching

In this highly participative and fun workshop, we will demonstrate the synergies between Adler’s and Moreno’s work. Participants will expand their coaching toolbox by practicing how to use at

least three psychodramatic action structures in coaching sessions within the framework of a 9-step integrated coaching model.

Participants will be able to:

1. Describe who Jakob Moreno was and the tenets of Moreno's Psychodrama
2. List the commonalities and differences between Adler and Moreno's work
3. Assess why and how psychodramatic action structures can support productivity in coaching
4. Explain the 9-steps of the Integrated Coaching Model
5. Utilize at least three psychodramatic action structures and apply them in coaching

Thursday Half Day PM 1:15 - 4:30 (3 Hours of CEs)

CANCELED - Les White (Ψ pending CE approval)

A Gathering of Adlers (Alfred and Mortimer): Group Interpretation of Lifestyles

Personality or Lifestyle interpretation (mostly the narrative-like Early Recollections) can seem daunting. This workshop explores how applying literary interpretive methods endorsed by educational organizations such as The Great Books Foundation (educator Mortimer Adler founder), which promote better comprehension of a text, can be applied to (Alfred) Adlerian psychotherapy and Lifestyle interpretation.

Participants will be able to:

1. Apply and utilize a Life Style questionnaire to assess personality.
2. Discuss and demonstrate Adlerian/Individual Psychology concepts as they apply to personality assessment and psychotherapy; concepts include holism, movement, goals/future orientation, purpose of behavior. social influences, choice and creativity, inferiority-superiority, how tasks of life (occupation, friendship, intimacy/sex) are solved, the influences of the family constellation and early recollections on perception and behavior, and the importance of Social Interest for a betterment of all mankind.
3. Demonstrate how The Great Books Foundation's Socratic-Questioning methods of analyzing texts (Shared Inquiry) can be adapted to test interpretations of Life Style data (mostly Family Constellation and Early Recollections) for personality assessment and psychotherapy purposes.
4. Apply group therapy techniques to assist with personality assessment.
5. Describe and explain personality formation, family dynamics and values.
6. Summarize a client's personality in order to critique and apply counseling interventions.

Rob Guttenberg (Suggested Parent Track Session)

'Fun'tastic Adlerian Techniques for Change

This workshop shares the power of jokes, metaphors, stories, fables, songs, cartoons, and other experiential exercises demonstrating Adlerian concepts to diverse populations in a variety of

settings. Participants will learn how to apply motivational techniques in parent education, private practice, human relations training, or for personal growth in their own lives.

Participants will be able to:

1. Describe over twenty experiential techniques for demonstrating Adlerian theory and practice.
2. Summarize the theory of experiential learning.
3. Discover the power of utilizing humor and metaphor to facilitate the 'change' process counseling and psychotherapy.
4. Explain how various Adlerian concepts in the Adlerian galaxy are related to each other, and when applied together, create a synergistic effect on improving individual mental health community well-being.
5. Lead an experiential group technique for stress reduction.

Thursday Opening Session with Ansbacher Lecture 7:00-9:00

Marina Bluvshtein (Ψ approved; 1.25 hours of CEs)

Say Their Names. Raise Your Voice. Build the Future Together.

This lecture presents demographic profiles of the first known 500 ASAP(NASAP) applicants for membership, and thematic observations of these 500 membership applications. The themes of professional identity, theoretical orientation, and commitment to Adlerian values will be explored. The presence of mentors and teachers as well as being a mentor and a teacher in applicants' presentations will be examined. Based on these observations, participants will consider the impact of Adlerian mentorship and teaching on one's commitment to active participation in the Adlerian movement, to upholding Adlerian philosophy of life in clinical and social practice, and to bringing Adlerian ideas into the future of humanity.

1. Participants will explain demographic profile and thematic highlights in the first 500 ASAP(NASAP) applications
2. Participants will hypothesize the impact of Adlerian mentorship and teaching on one's commitment to active participation in the Adlerian movement.
3. Participants will start constructing their own Adlerian movement continuity plans

---

Friday Presentations:

Friday 8:00 – 9:00 am (1 Hour of CEs)

Constance Victor

Navigating the Covid-19 Pandemic through Individual Psychology

This presentation will discuss the current research surrounding the physical, mental and social impact of the COVID-19 pandemic on individuals and the ways in which Individual Psychology can explore and manage this biopsychosocial impact.

The three main educational objectives for this session are that people will be able to

1. Describe the current biopsychosocial impact of the Covid-19 pandemic.
2. Apply Adlerian theory in their work as they navigate the pandemic.
3. Utilize interventions aimed to address the biopsychosocial impact of Covid-19 with clients.

Courtney Evans & Erica Wassenaar

Using Play to Heal: An AdPT Approach for Trauma

In trauma informed therapy, the therapist considers the widespread impact of trauma on a person's life. This session will focus on the application of AdPT in the context of trauma. Specifically, basic tenets of AdPT will be described with the addition of how to utilize AdPT in a trauma-informed way.

1. Participants will be able to: define trauma-informed care.
2. Participants will be able to: discuss basic tenets of AdPT.
3. Participants will be able to: apply AdPT in a trauma-informed way.

Becky LeBow (Suggested Parent Track Session)

Using the Crucial C's to move Children to the Positive Side

Children who are discouraged engage in the "Four Mistaken Goals"--AKA the "Goals of Misbehavior." By applying the Crucial C's: CONNECT, CAPABLE, COUNT, and COURAGE, parents and teachers can interrupt the cycle of discouragement, and use targeted encouragement strategies instead.

Participants will be able to:

1. List the 4 Crucial C's
2. Describe how they correspond with the four Mistaken Goals.
3. Describe an encouraging strategy that relates to a Crucial C and its corresponding Mistaken Goal.

Paige Trevor (Suggested Parent Track Session)

Clearing the Way: Organizing & Parenting

Did you know good organizing can improve parenting, or that good parenting can improve organization? It's true, these two skills go hand in hand. This session will give practical tips, ideas and inspiration to share with parents how to streamline their stuff, de-clutter their calendars and improve everyone's quality of life. It also describes particular Adlerian parenting concepts

that support families working together. Less stuff means less to fight about! Come learn how to spread the peace that is possible in families.

Participants will be able to:

1. Demonstrate how organizing and parenting go to gather.
2. Discuss ideas and skills that support parents learning how to organize.
3. Inspire parents to harness Adlerian concepts to gain cooperation and grow organization in their families.

Ashley Greensmyth & Jennifer Lee

Igniting Social Interest: Re-Sparking Community After Social Distancing

People have felt especially isolated during the pandemic. Common interests and support for social movements united people across the world. Now is the time to reunite with our neighbors and communities. We'll discuss how to reconnect and move forward with community feeling in an experiential presentation.

Participants will be able to:

1. Explain how Adler's principles of social interest, life tasks, and belonging relates to maintaining and creating social connections during a global pandemic,
2. Describe strategies to reconnect with others as we search for normalcy,
3. Apply principles of social interest and reconnection with clients to help facilitate social interest

Dinko Aleksandrov & Madeline Hartline (Ψ approved)

Encouragement, discouragement, and praise: The importance of phenomenology

How do we know that what we believe is an encouraging statement or attitude is indeed received that way by the other person? This presentation will attempt to merge the gap between phenomenology and encouragement. Because of their relevance, the concepts of discouragement and praise will also be discussed vis-a-vis empirical evidence and clinical examples.

1. Participants will be able to list 3 variables that comprise encouragement.
2. Participants will be able to apply this material to evidence-based clinical practice.
3. Participants will be able to explain the advantages and disadvantages of encouragement, discouragement, and praise.

Hallie Williams (Virtual Session)

An Introduction to Adlerian Psychology

For those new to Adlerian Psychology, and the experienced practitioners, this presentation will

provide a unique introduction and understanding to the precepts of Adlerian Psychology. This interactive class will facilitate an in-depth understanding of the tenets of Individual Psychology and allow all to analyze the basic propositions of Individual Psychology.

Participants will be able to:

1. Analyze the basic propositions of Individual Psychology
2. Explain the tenets of Individual Psychology
3. Recall key points of Individual Psychology well enough to recite 3 key basic propositions of Individual Psychology

Satoshi Kato (Virtual Session)

Vygotsky's thought on Adler's Social Interest: The relationship between Disability and Compensation

The purpose of this presentation is to discuss the relationships between Adler and Vygotsky, and describe the importance of interpersonal communication with Social Interest. In order to do so, this presentation introduces previous research of Adler impacting Vygotsky's works and tracks Adler's transformation of ideas about the presence of others.

1. Participants will be able to discuss relationships between Vygotsky and Adler.
2. Participants will be able to assess the effect of Vygotsky's idea on Adler's Social Interest.
3. Participants will be able to describe the importance of Social Interest in today's world.

Friday 9:15 – 10:45 am (1.5 Hours of CE)

Nadine Gaudin

Navigating Disagreements in a World Full of Conflict....Moving Towards Greater Social Interest

In this interactive program, participants will learn different ways to discuss things they do not agree with. They will look at issues from the perspective of fighting against things or fighting for things. We will look at individual and group polarities. Individuals will look at personal interest, and moving towards greater social interest.

1. Learn words and questions to disagree horizontally
2. Choose how to navigate moving towards socially useful behaviors
3. While strongly wanting causes to go towards more social equality, be aware of the individual/group polarity

Wes Wingett & LaShanna Stephens (Ψ approved)

Using Early Recollections: Facilitating Change, Recognizing Strengths

This didactic and experiential workshop will focus on utilizing early recollections as an opportunity for change and as a source of personal strength. Demonstrations of this process will be an integral part of the workshop including clarification of the change process and identification of personal strengths and the strengths of others.

1. Participants will describe and write an early recollection.
2. Participants will discuss the change process as applied to early recollections.
3. Participants will apply the change process to an early recollection.
4. Participants will discuss the strengths identification process.
5. Participants will apply the strengths identification process to an early recollection.

James Bitter

Adlerian Counseling; The First Hour

The first hour of therapy is often the most important—and sometimes, it may be our only session. To counsel as if it is our only session, there must be a focus on relationship, pattern, and narrative understanding. A demonstration will highlight interventions that facilitate an effective first hour.

1. Describe at least three interventions that can facilitate effective first hour counseling.
2. Utilize a pattern-focused approach to assess and understand clients.
3. Summarize the issues and counseling goals for future sessions.

Barbara Berger & Heather Leigh

An Adlerian Approach to Group Dreamwork Using Art

A dream can be thought of as a reflection of how our unconscious responds to something that happened in our waking life. Drawing the dream helps us express through the language of image, symbol and metaphor what often we cannot put into words. The group setting promotes bonding and social interest.

1. Participants will be able to: explain the creative purpose of dreaming.
2. Participants will be able to: utilize group dreamwork to see multiple perspectives and solve problems in a new way.
3. Participants will be able to: describe the benefit of working with dreams in a group setting.

Calvin Armerding

“Useful” Grieving: An Adlerian-based Three-Step Grief Process

Adler emphasized the purposeful nature of emotions, including sadness. Sadness, the emotion at the center of grief, alerts us to the loss of something meaningful. This workshop will explore a

basic three-step grief process that properly attends to the usefulness of sadness and endows the grieving individual with courage.

1. Participants will discuss the proposed grieving process.
2. Participants will describe how each step in the process relates to Adlerian theory and concepts.
3. Participants will explain how this process can be used in a variety of clinical and educational settings.

LaTysa Flowers & Alisha Pope (Virtual Session)

Disrupting Brilliance Moving from Implicit Bias in Early Education Settings to Belonging and Significance

Children's success in early learning settings is inextricably tied to their relationships with their educators and caregivers. Implicit bias has an impact on these relationships and in turn, affects student wellness and achievement. Join us for a workshop session that explores the historical context of bias and implicit bias in U.S. classrooms, and a discussion of how useful strategies like Positive Discipline can promote belonging, significance, and student success

1. Examine origins of disparities in preschool suspension and expulsion that contribute to discouragement in young children.
2. Discuss the importance of horizontal relationships and ways in which horizontal relationships provide encouragement.
3. Utilize Positive Discipline tools and strategies that demonstrate that center relationships and the dignity of the child.

Pascale Brady (Suggested Parent Track Session)

How to face the great challenges of Single Parenting

Parenting is hard. Solo parenting in a pandemic is in a class all on its own. Single parents must juggle the work of the family and make parenting decisions by themselves. Come discover how to help these parents stay encouraged and resourceful while remaining connected with their empowered children.

Participants will be able to:

1. Describe and practice patience and empathy toward themselves and how to apply those learnings to children.
2. Discuss how parents can find confidence in their own parenting decision-making process
3. Explain how to build children's independence and social interest and demonstrate how to set boundaries with them when single-parenting.

Dan Williamson, Jennifer Nivin Williamson, Jon Sperry, Susan Belangee, Erika Kern, Marina Bluvshtein, and Candace Sneed (Virtual Session)

Telemental Health Counseling and Supervision: What We Have Learned in the Last Few Years-A Panel Discussion

The Covid-19 pandemic changed the perception of distance counseling and supervision from that of avant-garde practice to that of mainstream necessity. This panel presentation, comprised of leaders, researchers, and clinicians in this area, seeks to explore areas of growth in distance counseling and supervision as well as ethical, legal, and practical considerations that impact the abilities of mental health providers to deliver quality services via technology.

1. Participants will be able to: utilize the ethical and legal considerations related to distance counseling and supervision.
2. Participants will be able to: apply the practical and technological considerations to professional practice and supervision.
3. Participants will be able to: identify potential pitfalls and ways to avoid them as well as best practices.

11:00 am – 12:00 pm Plenary Session Bowie State University Through the Years **(Virtual Session)**

We would like to thank NASAP for the opportunity to share Bowie State's historical and cultural significance and its enduring Adlerian ties. Bowie State is a preeminent institution and HBCU. For decades, the Bowie State campus has welcomed Adlerians and proponents of Individual Psychology. It is an honor to showcase current and past professors, current graduate students, and alums for this panel discussion.

Participants will be able to:

1. Discuss the well-established Adlerian heritage at Bowie State University
2. Explain core Adlerian principles that undergird the graduate program at Bowie State
3. Describe how those principles influence graduates and professors from the program

Confirmed panelists

1. Dr. Cubie Bragg (current chair of the counseling department)
2. Rob Guttenberg, LCPC (alum and former president of MAAPS)
3. Dr. Rosalyn Green (former department chair and Adlerian author)
4. Dr. Masica Jordan-Alston (current professor and distinguished professional)
5. Tim Sebian-Lander, LCPC (alum and MAAPS VP)
6. Christine Gregory, LCPC (alum and MAAPS President)
7. Rachel Wagner (current graduate student and president of the Student Adlerian Society)

12:15 – 1:30 pm Lunch & Business Meeting

Friday 1:45 - 2:45 PM (1 Hour of CE)

Benjamin Rader & Aaron Pressie (Ψ approved; Virtual Session)

Healing and Growth Through Cross Cultural Encounters

Through embarking upon the treatment of diverse communities, we as therapists ultimately learn to expand our view of the world and to evolve the foundations of our own identities. In this compelling demonstration, we will explore how cross-cultural encounters in the context of psychotherapy can have a transformative impact upon the client and therapist, alike.

1. Participants will be able to identify the change agents associated with a contextual view of healing
2. Participants will be able to explain how a therapist's own internal growth occurs as bi-product of cross-cultural psycho-therapy, and to be able to apply this to the individual's own experience in serving diverse clientele
3. Participants will be able to discuss the factors that are associated with positive outcomes, with regards to cross-cultural treatment and social justice work.

Doone Estey (Suggested Parent Track Session)

What Teenagers Need Now

Life seems to be changing at an ever-increasing pace. It is hard to remain resilient and anxiety rates have gone up in teens and university students. While parents can't slow down the rate of change, we can help our children develop resilience and manage the stress in their lives better.

1. Help teens learn to manage anxiety.
2. Discuss better ways to communicate with teens.
3. Address how parents contribute to teens' anxiety and how they can change

Rocky Garrison & Jill Sisk

A Case Study Method for Leading Parenting Groups

We will present a different style, professional manual, for leading parent education groups based upon case studies rather than reading assignments. It also includes an orientation session recognizing the importance of informed consent.

1. Will be able to describe what the Case Study method is in application to parenting groups.

2. Will be able to explain the importance of orientation sessions and informed consent as related to parenting groups.
3. Will recognize the different tenets of Individual Psychology in the application of the Case Study Method for parenting Groups.

Hallie Williams

Alfred Adler and the Trauma of Racism

Isolation, prejudice, and other forms of social hostility are frequently found as expressions of the lack of social interest. Utilizing any of those is an inadequate/dysfunctional way to increase self-esteem. Prejudice is learned and can be unlearned. Individual Psychology is the perfect mechanism to use to accomplish that. Social Interest is the cure.

Participants will be able to:

1. Explain how social interest is the cure to prejudice
2. Discuss ways that Adlerian principles connect with social justice and can be used to create systemic change
3. Describe how social hostility exemplifies a lack of social interest

Brian Lewis & David Drazen (Suggested Parent Track Session)

Parenting Education for Dads: 7 Year Experience and Successes

The Parent Encouragement Program (PEP) of Kensington, Maryland has enrolled and engaged parents in positive discipline in-person and remote learning since 1982. This presentation describes the development, introduction, evolution and success of novel programming targeted to Dads, who are traditionally and currently underrepresented in community parenting education.

1. Participants will be able to list some of the methods used by one community-based parenting education non-profit to understand Dads' resistances to engaging in parenting education.
2. Participants will be able to describe some of the Dad’s self-reported fears related to parenting and parenting education.
3. Participants will be able to discuss the modifications to parenting education programming used to successfully facilitate greater interest, enrollment and participation by Dads.

Kimberly M. Martin (Ψ approved)

What the world needs now: Radical and Liberating Psychology

What the world needs now: Radical and Liberating Psychology. This presentation compares the theories of Liberation psychology, Radical Therapy and Adlerian Psychology. Through dialogue and presentation participants will examine and identify theoretical components and principles

that may assist in the development of a more inclusive and socially aware therapeutic environment.

1. Participants will be able to list ways that they can apply liberation psychology into their therapy practice.
2. Participants will be able to describe similarities between Adlerian Psychology and Liberation Psychology.
3. Participants will be able to critique their current therapeutic practices and identify any needed changes to engage in more inclusive approaches.

Julia Yang Blagen & Mark T. Blagen

Understanding and Treatment of Addiction: A Return of Wholeness

Adler's original contribution of holism, when combined with recent insight of neural adaptation and epigenesis, provide a contextual framework for understanding the unique etiology of addiction. Regarded as a dis-ease of despair, addiction will be examined via scientific lenses of biology of trauma as well as psychological/ environmental/spiritual disconnects. Restoration of community feeling as the main treatment goal and modality will be suggested.

1. Describe the biological, psychological, environmental and spiritual factors in understanding the person in relation to their addictive behavior
2. Demonstrate how "treating the whole person" of IP provides the best commensurate framework for practitioners to integrate with the contemporary scientific evidence of neural adaptation and epigenesis concepts in addiction assessment and treatment.
3. Utilize a case study to exemplify how wholeness as healing can be attained by such techniques as early recollection, self-awareness via Socratic questioning, the critical 4Cs, and contemplative meditation.

Monica Nicoll (Virtual session)

Early Memory Reorientation: From Trauma to Resilience

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood. ACEs can include violence, abuse, and growing up in a family with mental health or substance use problems. With the use of the specific body/mind experience of the individual and their early memories, it will be introduced and demonstrated how reorientation of the early memory will allow a person to have greater understanding of their schemas/patterns. Through understanding of the early memory reorientation, the workshop will demonstrate the healing that can occur.

1. Identify specific Early Memories for the individual.
2. Score the ACE test for indicating trauma.
3. Identify three areas of resilience

Friday 3:00-4:30 (1.5 Hours of CEs)

Timothy S. Hartshorne

Responding to problem behavior

Perspectives on intervention for problem behavior come from behavioral, cognitive, and Adlerian traditions. Adlerians recognize that all behavior has a purpose and is chosen in order to move from a felt minus to a felt plus. This presentation considers the implications of behavior as chosen, and 13 principles for intervention.

1. Critique three different orientations to problem behavior.
2. Explain what is meant by behavior as chosen.
3. Identify and describe different considerations in thinking about problem behavior.

Jon Sperry, Maria Jimena Lopez, Christopher Patrick, Hannah Hlavacek, Mintu Joshi, and Barbra Quirk

Utilizing Client Feedback in Adlerian Counseling

Feedback Informed Treatment (FIT) is an evidence-based counseling strategy that has become commonplace in contemporary psychotherapy practice. This presentation will articulate and demonstrate how FIT can be easily and effectively practiced within an Adlerian counseling framework.

1. Participants will be able to: explain how Feedback Informed Treatment (FIT) can be used in Adlerian counseling practice.
2. Participants will be able to: describe evidence-based skills for improving client engagement and decreasing dropout rates in treatment services
3. Participants will be able to: explain the importance of monitoring treatment outcomes and soliciting feedback from clients throughout the therapy process.
4. Participants will be able to: demonstrate how to use outcome and alliance feedback in Adlerian practice

James Robert Bitter

The second or perhaps the third hour of counseling

If the first hour of counseling is devoted to developing a subjective understanding of the client, the second or perhaps the third hour of Adlerian counseling is more objective, focusing on lifestyle assessment. This program includes a demonstration of lifestyle investigation into the predispositions and narratives of the client's life.

1. Describe the process of lifestyle assessment and its place in Adlerian counseling.

2. Utilize family constellation, life task, and early memories in constructing an assessment.
3. Discuss the implications of lifestyle assessment for understanding the client and the client's issues.

Debbie Joffe Ellis (Virtual Session)

Creating Stability, Love and Compassion Through the Wisdom of REBT, Ellis and Adler.

This seminar, containing a live demonstration, will present the how-to's of applying the wisdom, compassion, no nonsense practices, and humanistic philosophy infusing the REBT of Albert Ellis, including Adlerian Principles which Ellis greatly admired and incorporated into his approach. That's what the world needs now!

1. Participants will be able to apply: The holistic and compassionate philosophy, methods and techniques of REBT
2. Participants will be able to be able to utilize : Overlapping core aspects in REBT and Adlerian Psychology, and the REBT aspects that add to and enhance IP
3. Participants will be able to demonstrate: The humanistic elements in both IP and REBT.

Marina Bluvshtein (Suggested Parent Track Session)

Open-Forum Family Education Demonstration

The Open-Forum Family Demonstration is an educational demonstration based on the original model developed by Rudolf Dreikurs and further expanded by next generations of Adlerian practitioners. The session focuses on collaborative exploration of challenges experienced by a family and collaborative search for strengths-based solutions.

Participants will be able to:

1. Identify family dynamics reinforcing and maintaining child's/children's misbehavior
2. Connect presented child's misbehavior to mistaken beliefs of the adult parents/caregivers
3. Formulate culturally-meaningful and strengths-based strategies aimed to help clients change useless dynamics

Clinton Germond

Using Puppets in Adlerian Play Therapy

The presentation will explore how clinicians can enhance their clinical work with children utilizing puppets to explore Adlerian concepts. Participants will discover the benefits of using puppets in therapy, gain tips for creating captivating performances, and conduct interventions with children.

1. Participants will be able to describe at least two benefits of using puppets in Adlerian play therapy.
2. Participants will be able to demonstrate three techniques for creating captivating puppet performances during Adlerian play therapy sessions.
3. Participants will be able to describe at least three puppet-based Adlerian play therapy interventions to use with children.

Jess Minckley

How Art Therapy Can Integrate Adlerian Psychology, Somatic Theory, & Buddhism for clients with Trauma

Art therapy can integrate a variety of theoretical approaches. See how one practitioner uses Adlerian art therapy alongside Buddhist concepts such as mindfulness meditation, and attachment through somatic healing of trauma. An art directive will be part of this presentation and materials will be provided for those attending in person.

1. Attendees will be able to describe how Adlerian psychotherapy can be integrated with Buddhism, somatic theory, and art therapy.
2. Attendees will be able to discuss their own experience of art therapy in a group setting.
3. Attendees will be able to illustrate the strengths of an integrated theoretical orientation

Jen Dryer & Gabriele Nicolet (Virtual Session; Suggested Parent Track Session)

Parenting Strategies for Understanding and Addressing Behavior in Neurodiverse Children

Parenting is exhausting work, and parenting a neurodiverse child is often exponentially more exhausting and challenging. Understanding the functions of a neurodiverse child's behavior-- the roots, triggers and motivations--is critical to identifying and adapting commonly used parenting strategies to mitigate challenging behaviors. We will learn strategies to identify the specific challenges and strengths of neurodiverse children (including their sensory profile) to set up the supports and interventions to help them thrive. We will explore strategies for front-loading support to avoid predictable challenging behaviors and better set up your child for success.

1. Discuss 5 primary functions of behavior for neurodiverse children.
2. Identify 2 primary sensory profiles, and the gray area in between, and how those impact behavior.
3. List and explain "antecedent interventions" that can impact behavior; list and discuss how and when logical and natural consequences may need to shift to meet the needs of neurodiverse children's brains.

Friday Evening - Social Interest Activity 7:00-8:00 PM

Inna Pavlova-Rosenfeld & Nikita Pavlov

Dance and the Three Life Tasks

Adler said "Trust only movement." This educational, fun, and dynamic hands-and-feet-on event will address Adlerian concepts of belonging, improvement, significance, courage, cooperation, and social interest through dance as an effective way fulfilling all three tasks of life: Love, Work, and Social.

Participants will be able to:

1. Describe four psychological needs of humans from Adlerian point of view
2. Assess the connection between the Crucial Cs, dance and Life Tasks
3. Apply the dance movement to demonstrate self-awareness, connection, and cooperation

---

Saturday Presentations

Saturday 8:00-9:00 AM (1 CE) 60 Minutes

Erik Mansager

Striving, Integration, Self-transcendence: Adler and Spirituality

After a brief history of the concept of spirituality, a deep dive into the topic is undertaken from Adler's writings. Four salient characteristics of spirituality are examined as they pertain to Individual Psychology: striving, integration, self-transcendence, and ultimate value. After operationalizing each characteristic, clinical applications are shared and discussed.

1. Participants will be able to describe the four major components of spirituality from an Adlerian conceptualization.
2. Participants will assess these components for utility within clinical practice with spiritually-oriented clients.
3. Participants will be able to distinguish between spirituality as a self-transcendent phenomenon and as the academic undertaking which studies such phenomena.

Noah DeBruyn

The search for belonging in all the wrong places: A look at white supremacy

We cannot find a way to combat white supremacy without first understanding why people find it so appealing as joining white supremacist movements is an endeavor largely guided by mistaken beliefs of belonging and social interest.

Participants will be able to:

1. Describe different major white supremacist movements within the United States of America
2. Apply Adlerian tenets of belonging, mistaken beliefs, and social interest to individuals involved within White Supremacist groups in the United States of America
3. Critique how psychology has historically interacted with the problem of White Supremacy

David Drazen (Suggested Parent Track Session)

Tackling Technology: How to build cooperation and mutual trust around screen limits

We will discuss the role of screens in children's lives today and how parent educators can help parents understand how children are using screens, the concerns parents have, and how to effectively set limits for children while building a sense of connection.

Participants will be able to:

1. Describe the rate of technology adoption and the role that technology will play (good and bad) in children's lives
2. Summarize the concerns that parents typically have around screens and how they are fraught with uncertainty due to their new role in our lives
3. Apply the principles of problem solving and limit setting to the topic of screens in a way that helps to build connection to our children.

Rocky Garrison

Consultant Role in Client Present Consultation

Client present consultation (CPC) is a semi-structured brief therapy model focused on co-constructing a case formulation based on a style of living interview and early recollections. A CPC interview by Bob Powers and Jane Griffith (1989) is used to define and illustrate the CPC process and the clinical skills used in the consultant role. Implications for clinical supervision and training are discussed.

Participants will be able to:

1. Describe five clinical skills used by a clinician in the consultant role in CPC.
2. Explain the sequence of meetings in CPC.
3. Discuss the process of co-constructing a case formulation with a client.

Leigh Johnson-Migalski (Ψ approved; Virtual Session)

Learning from Each Other on the Development of the Therapeutic Relationship in Treatment of Depression: Adlerian and CBT

In working with veterans, psychologists can apply both CBT and Adlerian strategies related to military culture and socio-cultural frameworks to develop therapeutic rapport. Presenter will describe and demonstrate strategies that build rapport recognizing culture in the therapy room.

1. Participants will describe Adlerian theory and strategies rapport building
2. Participants will describe CBT theory and strategies of rapport building
3. Participants will apply rapport techniques regarding military culture

CANCELED - Les White

Stability of Personality: Revisiting Lifestyle Assessments of Holocaust Survivors and Other Individuals

A 2001 NASAP presentation considered a study on formal Lifestyle interviews (and assessments) that had been conducted with Holocaust survivors. Decades later, some of the original subjects, now in their mid+-90s, were interviewed again. Have their "movements" changed? Can the Adlerian Lifestyle be considered a reliable and valid personality measure?

Participants will be able to:

1. Discuss Adlerian/Individual Psychology concepts (e.g., holism, movement and goal-orientation, phenomenology, purpose of behavior, the influence of the social field on choice, perceived ordinal position in the family, the striving for significance, and the narrative or Life Style one creates).
2. How to apply an Adlerian Life Style interview for research and clinical purposes
3. Assess the validity of using Life Style assessment as a measure of the stability of personality

Margaret Wadsley

Evaluating Adlerian Supervision Practice Using Metaphor Based Research

Metaphor is evaluated as an element of Adlerian practice. The use of Rich Pictures as an inclusive research method for practice evaluation introduced at this presentation. The challenges and implications of using a creative approach are explained alongside a key question.

Participants will be able to:

1. Explain the value of metaphor within the Adlerian approach
2. Discuss how Rich Pictures cold provide them with a creative evaluation format that is relevant to Adlerian supervision practice

3. Critique Rich Pictures as a creative research method for evaluating Adlerian supervision practice: “How do Rich Pictures inform practice evaluation within the supervisory relationship?

Xiaoxuan Qu & Melissa Luke (Virtual Session)

Adlerian supervision: A Synthesis and Review of the Literature

This presentation centers the use of Adlerian Psychology in contemporary clinical supervision. The presenters provide a review of the conceptual Adlerian supervision literature to reveal the evolving trends. Following that, the presenters will address the untapped potential of Adlerian Psychology within clinical supervision in the contemporary interdisciplinary training context.

Participants will be able to:

1. Describe two Adlerian Psychology-based supervisory actions they can enact within supervision with their supervisees.
2. Discuss three ways the theoretical underpinnings of Adlerian Psychology are taken up in the clinical supervision literature.
3. Critique at least two theory-related issues in Adlerian Psychology pertinent to clinical supervision.

Saturday 9:15-10:30 AM (1.25 CE) 75 Minutes

Bengu Tekinalp, Marina Bluvshtein & Susan Belangee

Singing the Unsung: Sharing the Wisdom of Adlerian Women

Women in psychology experience marginalization and devaluation, dating back to the birth of psychology as a field. Adler recognized the struggle women face and had strong women around him, yet still not next to him as professional equals. This presentation shares names and contributions of women in Individual Psychology from Adler's time to present

Participants will be able to:

1. Explore the history of Adlerian Theory with a gender lens, including social and political influences over time.
2. discuss how the era in which Adlerian theory developed influenced the downplaying of women's voices in the field
3. Explain (where and how) the placement of specific Adlerian women (fit into) in the lineage and development of Adlerian psychology
4. Learn about and from forgotten Adlerian women; describe the contributions of the forgotten Adlerian women into the development of ip (and utilize) by utilizing a contemporary lens (to understand the relevance of these contributions)

Alyson Schafer (Suggested Parent Track Session)

Overcoming Power Struggles: 4 steps to move from conflict to cooperation.

Tired of locking horns with your kids? Feeling a loss of control when they dawdle or don't listen? In this workshop you'll learn a 4 step process and many new tools to win your child's cooperation.

Participants will be able to:

1. Explain the goal of power and understand the use of anger.
2. Explain a 4 step process to disengage from fighting without winning or losing
3. Describe new responses to de-escalate conflicts and improve the relationship.

Patricia Cancellier

Sibling Fighting--Should Parents Always Stay Out of It?

Parents learn in Adlerian parenting classes that siblings fight to get parents' attention. The way to stop it is to ignore it. A recent study demonstrated an association between sibling aggression and mental health. Are we failing to address serious sibling conflict by assuming that it is only for attention?

Participants will be able to:

1. List the first three mistaken goals of children's behavior.
2. Participants will describe when parents can ignore sibling fighting and when parents need to apply the encouragement strategies for power struggles and revenge instead.
3. Participants will demonstrate some of the pertinent encouragement strategies for sibling fighting when it is a power struggle or revenge.

Deborah Owen-Sohocki

Living and Breathing Gemeinschaftsgefühl with Challenging People

Globally, humanity is experiencing polarization in relationships at all levels: micro to the macro. Long ago Adler envisioned that Gemeinschaftsgefühl was the answer to bring peace to our planetary home. This interactive session has practical tools to embody and anchor Adler's vision: to live and breathe it into reality.

Participants will be able to:

1. Discuss what relationships in their lives are easy to practice and live Gemeinschaftsgefühl and identify what characteristics make it easy to do so
2. Assess relationships in their lives that are difficult, even feel impossible to practice and live Gemeinschaftsgefühl and produce othering and demonizing and identify what makes it difficult

3. Demonstrate with practice, tools that will create opportunities to embody Gemeinschaftsgefühl in difficult and challenging relationships that foster belonging, inclusion, horizontal Relationships, social justice, and respect for self, others, and the needs of the situation

John Newbauer (Ψ approved)

The Rorschach Performance Appraisal System (R-PAS) as Life Style Tool

This presentation will address important aspects of lifestyle that can be derived from the Rorschach (R-PAS) such as images of self, others, the world, biased apperception, common sense, private logic, and feeling of ability to handle life stressors as well as deep seated feelings of inferiority.

Participants will be able to:

1. Discuss relationship between observed behavior on the R-PAS and elements of Adlerian Life Style
2. List R-PAS variables related to images of self, others and the world
3. List R-PAS variables related to community feeling, common sense, biased apperception, and private logic

Gary Bauman

Fear, Fog and Familiarity: Overcoming Client's Obstacles to Change

Change is scary. Change is difficult. Change is something that is often avoided, even when individuals recognize that change is necessary. In this presentation, we will examine the biggest obstacles to change, which can often lead therapists frustrated in their well-planned efforts to invoke healthy adjustments in their clients' lives, and help clients to envision the benefits of making a positive change despite not having prior experiences of success.

1. Participants will be able describe at least 3 significant obstacles to change and be more prepared to assess these obstacles during a counseling session.
2. Participants will be able to utilize a change-helping metaphor to explain how these obstacles keep clients from making continual movement towards change.
3. Participants will be able apply the concept of building a corrective relational experience towards helping clients to overcome obstacles to change.

Jill Duba Sauerheber (Virtual Session)

Neuropsychology: A Professional and Personal Supplement to Indivisibility, Holism and Wellness

Two foundational models frequently used in trauma-informed therapy, the Triune Brain model and Porges' Polyvagal Theory will be introduced. Participants will have opportunities to consider application of the models in their professional practice as well as how such pertains to illustration of their own Lifestyles within daily interactions.

1. Learners will be able to explain and apply the Triune Brain Model in personal and professional practice
2. Learners will be able to explain and apply Polyvagal Theory in personal and professional practice
3. Learners will discuss how brain- and nervous-system based approaches provide a supplement to Adler's holistic approach

Rachelle Reinisch (Virtual Session)

Grief Recovery and Mistaken Beliefs

Incomplete recovery from grief has a significant lifelong impact on an individual's capacity for forward movement. We have been socialized incorrectly on the topic of grief and rely on mistaken beliefs. Grief recovery is saying goodbye to unmet hopes, dreams, and expectations in an environment of safety and community.

Participants will be able to:

1. Describe the myths associated with grief and loss
2. Discuss the impact of mistaken beliefs on the ability to recover from grief and loss
3. Utilize the Grief Recovery Method concepts to help people recover from the pain of loss

10:45-11:45 AM - Amna Nawaz Plenary Presentation (Virtual Session)

12:00-1:00 PM Lunch with local social interest award presentation

1:15-2:00 PM Section Meetings

Saturday 2:15-3:45 PM (1.5 CE) 90 Minutes

Robert Rebecca

Adlerian Ju-Jutsu

Ju-Jutsu is a martial art created by samurai intended for close combat on the battlefield. In this hands-on presentation we will integrate Ju-Jutsu (in its modern form) and Adlerian Psychology.

Together, we will put the combination into practice and explore how we can use learned techniques in the therapeutic relationship.

Participants will be able to:

1. Explain Ju-Jutsu as an art and a science.
2. Discuss how Ju-Jutsu and Adlerian Psychology are similar, while acknowledging key differences.
3. Practice (safely) techniques to offer participants new tools to use with clients.

Ben Rader & Elishia Pulliam (Virtual Session; Ψ approved)

Why am I?

This compelling workshop will take an experiential approach in helping participants understand directly, the variable ways in which experiences in child protective services can shape and distort a sense of self and views of others and the world in general. After considering some research and reviewing some crucial Adlerian constructs, participants will encounter this material through subjective participation. At the end of the presentation, participants will walk away with a clear understanding of the needs of the system involving children, and modifications we can make as providers in more effectively serving this population.

1. Participants will be able to assess current practices in serving clients, and identify specific modifications that can be made when working with youth experiencing long-term systemic involvement.
2. Participants will be able to utilize new conceptualization techniques to more appropriately account for missing family members (family members who may be unknown or uninvolved in client's life)
3. Participants will be able to better incorporate role models, professional supports, community members, and "chosen family" into treatment practices.

Kristin Belkofer

Punk Rock Therapy: Building Healing Community in Times of Isolation

Punk Rock Therapy is a community that started as a forum to connect therapists, artists, musicians, and folks who embrace the healing potential of music and art. Membership and interest exploded, leading to amazing moments of connection and painful conflict and divisiveness. This presentation tracks the evolution of this intentional community.

1. Participants will apply knowledge of the development of an intentional online community with mental health themes and considerations, using it as a model for the critical development of online healing spaces.
2. Participants will critique benefits and challenges to this model, especially related to ethics and boundaries as mental health professionals.

3. Participants will receive guidelines for "creating healthy communities," which can be applied to online forums, clinical and community groups, and clinical culture.

Antoinette Kranenburg

React or Respond? — Alexander Technique as a Resource

Adler and Alexander share confidence that people can function better and respect the courage it takes to be imperfect and step into the unfamiliar. With simple activities and demonstrations, participants will explore the Alexander Technique to intercept the automatic response to a trigger and gain the freedom to respond.

Participants will be able to:

1. Discuss how Alexander Technique can for improve functioning when habits are triggered
2. Demonstrate a more accurate body map
3. List at least 3 ways in which Adlerian practitioners and their clients can use Alexander Technique to their benefit

Patricia Cancellier & Paige Trevor (Suggested Parent Track Session)

Help Parents Jumpstart Their Family Council Meetings

The Family Council Meeting is a cornerstone of democratic parenting. It facilitates belonging in family members in a way that no other activity can. It is also a neglected tool because of misconceptions, negative experiences, and perceived lack of time. Learn how to motivate parents to conduct more effective meetings.

1. Participants will be able to list a minimum of one of the five cardinal rules for conducting a Family Council meeting.
2. Participants will experience the components of the problem solving process used in Family Council meetings.
3. Participants will be able to list at least two pitfalls that prevent a successful Family Council meeting.

Arthur Clark & Carrie Butler

Dawn of Memories: An Empathy-Based Early Recollections Interpretation Approach

Interlinked perspectives of core themes, personality dimensions, and perceptual modalities are conceptualized in the dawn of memories model. A core theme captures the main idea of the memory. Dimensions of personality and perceptual modalities are accessed for integration and holistic knowing of the client. Empathy is central to this process.

1. Participants will be able to: conceptualize the meaning of early recollections.

2. Participants will be able to: understand how to administer and interpret early recollections.
3. Participants will be able to: understand how definitions of empathy facilitate a richer understanding of the client's experiences through the application of early recollections in the therapeutic process.

Pascale Brady

What the World needs Now: Courage and Resilience

This workshop discusses strategies on how to stay mentally, emotionally and physically healthy through challenges and crises. In this very interactive and dynamic workshop, participants will not only learn practical steps to grow their own courage and resilience, but also how to use them with others.

1. Participants will be able to: Describe and practice the ABCDs of Resilience on their own personal challenge(s)
2. Participants will be able to: Use the ABCD method to help others build their own courage and resilience in order to get through crises
3. Participants will be able to: Explain and apply the four pieces of the puzzle of wellness, and learn concrete tools to practice wellness for each of the four pillars.

Timothy Hartshorne, Teal Maedel, Debbie Joffe Ellis (Virtual Session)

Dealing with the Loss of a Loved One: Personal and Professional Perspectives

Grief and mourning are natural experiences in the life of most people. The death of a loved one is a time of significant challenge. We will explore from a personal and professional perspective the consequences of grief, how people cope, and how to assist others through this crossroad in life.

Participants will be able to:

1. List how therapeutic concepts from both Adlerian Psychology and REBT offer helpful intervention strategies in dealing with grief and loss.
2. Describe how to honor and enhance their own resiliency in addressing loss from a professional and personal basis.
3. Explain how death provides opportunities for choice making and personal growth.

Saturday 4:00-5:15 PM (1.25 CE) 75 Minutes

Lynne Ticknor

Designing More Inclusive Parenting Programs

Parent educators strive to deliver educational programs that are culturally competent and free of stereotypes and biases. To keep parents engaged, we must acknowledge that they may engage with Adlerian parenting approaches in different ways, depending on race, culture, ethnicity, gender, sexual orientation, sexual identity, family structure, income, or disability.

Participants will be able to:

1. List three ways parent educators may unknowingly and unintentionally make parents feel uncomfortable in parenting programs.
2. Describe something a parent educator could do or say that would make minority participants more likely to connect with the content, the educator, or other parents in the program.
3. Discuss if any biases exist in a sample parenting program.

John Newbauer & Teal Maedel (Virtual Session; Ψ approved)

Creating Safety from Sex Offenders and Clergy Who Abuse

People who have committed sex offenses are not all alike. We will discuss different types of sex offending, grooming, clergy abusers, child pornography offenses, paraphilias, behavioral progression (crime cycle) and provide an overview of risk assessment and intervention strategies.

Participants will be able to:

1. Differentiate types of sex offending and the risk dynamics.
2. Identify risk assessment tools and behavioral progression.
3. Discuss the unique impact that clergy abuse has on individuals and on congregations.

Erik Mansager

Adler, Maslow and Applied Therapeutic Justice

Revisiting Adler's and Maslow's vision of self-other-task actualization, the presenter explores the constructs of both their theories with an eye toward dismantling discrimination and privilege. The presentation goes beyond theoretical extrapolation with an aim to creatively address current intersectionality in many of its forms.

1. Participants will be able to explain three major constructs of Adler's and Maslow's original theories.
2. Participants will critique the impact of these constructs within the cultural and gender intersection of discrimination and privilege.
3. Participants will be able to utilize the newly-framed constructs to the benefit of their clients.

Rebecca Dickinson & Nikki Pauli

Adlerian Play Therapy with Teens & Adults

Adlerian Play Therapy (AdPT) isn't just for children! Playful interventions can be used with teens/adults to meet clients where they are and to circumvent cognitive defenses. This presentation will cover considerations for engaging teens and adults in AdPT as well as tips and techniques to apply AdPT to these populations.

1. Participants will be able to: explain the appropriateness of engaging teens and adults in AdPT.
2. Participants will be able to: list 3 considerations for engaging teens and adults in AdPT interventions.
3. Participants will be able to: utilize 3 AdPT interventions to use with teens and adults.

Robert Saxner (Suggested Parent Track Session)

Uncovering Coping Strategies using the Crucial Cs and the Connexions Focusing Technique Chart

This presentation utilizes Lew and Bettner's Connexions Focusing Technique (CFT), which provides mental health professionals with an effective model for problem-directed therapy. The model embodies a Crucial Cs lens for Adlerian case conceptualization and treatment for diverse populations.

Participants will be able to:

1. Describe the CFT model
2. Critique the CFT model / chart
3. Apply the CFT model / chart for therapy

Calvin Armerding

Not Your Average Ethics Seminar

Helping professionals regularly discuss the ethical "hot spots" of confidentiality, dual relationships, gifts, etc. However, there is little conversation about the ethics of counseling practice like caseload size, self-care, or cancellation policies. This presentation will address these issues using Adlerian ideas of equality and social interest as guiding principles.

1. Participants will describe core ethical principles that guide counselor/helping professional behavior.
2. Participants will list practical issues not commonly discussed in relation to ethics.
3. Participants will assess their own decision-making in regards to the guiding ethical principles of equality and social interest.

Barbara Fairfield

Crucible Neurobiological Therapy: Use of the Dialogue Tool for Brain Change

Dr. David Schnarch (deceased) developed Crucible Neurobiological Therapy, a differentiation-based therapy that helps clients develop a more solid self. In 'Brain Talk", he introduced the use of the dialogue tool as a way to process and heal the client's early recollections of traumatic mind-mapping experiences. This workshop will explore the use of this brain-changing tool as an extension of the use of early recollections to help clients develop a healthy brain/mind.

Participants will be able to:

1. Crucible Neurobiological Therapy will be described and its application to Adlerian Psychotherapy will be explained.
2. The concept of mind-mapping in the development of trauma in childhood and the effects on the developing brain will be described.
3. How the dialogue tool expands the use of early recollections and allows the client's brain to engage in a healing process will be demonstrated.

Jennifer Williamson, Daniel G Williamson, William Attridge, and Phyllis Eicher (Virtual Session)

Techniques to Promote Student Success in Online Education: A Panel Discussion

The world of online learning has changed the face of the university more than any innovation since the printing press. The typical tools utilized by instructors to promote student success must be adjusted with the needs of students. This panel discussion will explore techniques to help promote student success in online graduate programs especially those training mental health practitioners.

Participants will be able:

1. To explore pedagogy and supports for online learners
2. To identify best practices
3. To provide a venue for synergy between counselor educators.
4. To explain ways in which faculty can build rapport and relationship among online learners.

Sunday Workshops

Sunday Half Day AM 8:30-11:45 (3 Hours of CEs)

Becky Lebow

Applying the Crucial C's and Personality Priorities to the Adlerian Life Tasks in Counseling and Coaching

Using experiential and demonstration techniques, participants will move toward finding solutions in the life tasks by matching problem-solving strategies, based on the Crucial C's (Bettner & Lew), to the Personality Priority (Kefir, Personality & Priorities, A Typology) of the client. Through exploring their own priority, the clinician can gain understanding of ways they may more effectively understand the needs of the client.

Participants will be able to:

1. List the Crucial C's and match them with the Personality Priorities
2. Identify their own Priority
3. Develop targeted strategies to better meet the needs of clients.

Mel Markowski (Ψ approved; Virtual Session)

Adlerian Dream Interpretation & Appreciation

Alfred Adler was a proponent of purpose and usefulness in all aspects of human nature. For him both the unconscious and conscious states are intimately connected to an individual's personal life style. This workshop will demonstrate how understanding dreams can help clients resolve current life challenges.

Participants will be able to:

1. Obtain client dreams in a non-intrusive, non-threatening manner.
2. Analyze dream material in accordance with the client's present circumstances and life style.
3. Extend the usefulness of unconscious dream material through dream reconstruction in conscious state.
4. Utilize dream understanding and interpretation to move clients toward the resolution of immediate life challenges.

Pascale Brady

Adlerian Coaching in Practice

(This is the 2021 presentation that was never presented due to the presenter’s family emergency)

This workshop offers an introductory model of Adlerian Coaching through a creative and interactive approach. We will describe why and how Adler is the grandfather of coaching. Then, for each of the five assumptions of Individual Psychology, we will draw parallels with coaching and practice relevant coaching tools.

Participants will be able to:

1. Explain key concepts of Adlerian Psychology and their use in coaching

2. Demonstrate key concepts of an ICF coaching conversation framework
3. Describe coaching and its relationship to desired change
4. Apply effective questioning skills in coaching
5. Examine the role of choice in coaching and the change process