

PROGRAM FOR THE 2019 NASAP CONFERENCE

PRE-CONFERENCE WORKSHOPS

Thursday May 30, 2019

8:00 am - 12:00 pm

Sailing the Seven Cs: Adlerian Couples Counseling

Gary Bauman

Description: Adler acknowledged that intimate relationships were one of the most significant tasks of life. To succeed, the task requires much social interest and cooperation. Unfortunately, couples often feel defeated when relationships seem to capsize and they seek out help from clinicians who can guide them through treacherous waters and help keep the relationship afloat.

Researching Adlerian Psychology to Validate its Effectiveness in the 21st Century

Margaret Wadsley

Description: This experiential workshop aims to advance the scope of research by Adlerian practitioners. A range of methodologies will be visited, with a practical exploration of Living Educational Theory Methodology shared to illustrate how multi-media data can be used to create explanatory principles unique to Adlerian Psychology.

Thursday May 30, 2019

1:00 pm - 5:00 pm

Exploring Cultural Self-awareness Through Doll Making:

An Insightful Tool to Create Movement Towards Multicultural Competence

Craig Balfany

Description: In order for healing in our communities to occur, therapists need awareness, skills and knowledge to strive towards multicultural competence to better serve diverse communities. This experiential workshop will engage participants in a personal doll making and a creator / doll interview process to gain insight into their cultural identity and biases.

Understanding Trauma Through An Adlerian Lens And Treating It In Conjunction With Ancillary Modalities

Marc Davis

Description: Understanding trauma through an Adlerian lens and treating it in conjunction with ancillary modalities such as Brainspotting (BSP), Eye Movement Desensitization Reprocessing (EMDR), and/or focused mindful approaches (e.g., hypnosis, mindfulness meditation).

*Through the Eyes of Eagles -- Life Style Assessment and Shared Inquiry: A Gathering of Adlers**

Les White

Description: Alfred Adler and American educator Mortimer Adler (1902–2001), the founder of The Great Books Foundation (GBF), were not related; however, both developed systems to analyze and interpret a text's "evidence" (in Alfred's case, a Life Style narrative). This seminar adapts GBF's Socratic-Questioning/Shared-Inquiry system to Life Style interpretation.

*Alfred Adler and Mortimer Adler, the founder of The Great Books Foundation; "Adler" means "eagle" in German

Thursday May 30, 2019

8:00 am - 5:00 pm

Adlerian Family Therapy: Theory and Practice

James Bitter

Description: The workshop provides an orientation to and overview of Adlerian family therapy as well as demonstrations of the model in practice. This particular orientation takes the model beyond a four-goal orientation, and presents processes for working with difficult cases--even those in which one or more parents may be disordered.

Life Style: Understanding Self/Understanding Others

Wes Wingett

Description: Life Style: Understanding Self/Understanding Others is a didactic/experiential workshop utilizing Alfred Adler's five "most trustworthy approaches to the exploration of personality" to develop an understanding of self and others. This multi-modal presentation will focus on identifying and clarifying perceptions of self, others, and the events of the world.

CONFERENCE PRESENTATIONS

Friday May 31, 2019

8:00 am - 9:30 am

Reflective Listening as Adlerian Couples Counselling: A Demonstration

Ishtar Beck

Description: In this live demonstration of Adlerian couples counselling, Ishtar Beck will demonstrate how she continues to work with a couple following the initial interview at intake (as presented at NASAP 2018). The central technique presented will be the facilitation of a reflective listening conversation between the couple. (Section: ACT)

Adlerian Lifestyle Assessment: A Demonstration

James Bitter

Description: At the heart of an Adlerian psychological assessment is a process for illuminating an individual's movement through life. Adlerians refer to this as lifestyle assessment. This workshop uses a volunteer for the purpose of demonstrating a structured interview, shared interpretations, and collaboration for shared understanding and meaning. (Section: Clinicians)

Fundamental Adler for Everyday Courageous and Cooperative Living

Marina Bluvshstein

Description: This workshop introduces participants to the fundamental principles of Adlerian theory that are essential for everyday courageous and cooperative living. Major tenets are discussed in a historical context and a context of Adler's life. Experiential activities will enable participants to create an Adlerian community within the workshop and to carry it into the entire conference. (Section: TRT)

Dawn of Memories: An Early Recollections Interpretation Approach

Arthur Clark, Carrie Butler

Description: The workshop addresses the understanding and meaning of early recollections with a diverse range of clients. Participants will gain skills in the administration and interpretation of the projective technique through the introduction of a contemporary approach, dawn of memories. (Section: ACT)

Demonstration Insomnia Counseling

Rocky Garrison

Description: The demonstration counseling method and core constructs of Individual Psychology (IP) are used in a demonstration of the treatment of insomnia. Like IP, Insomnia treatment uses health education as an intervention, a purposive and holistic understanding of symptoms, and poor preparation in understanding the development of symptoms. (Section: Clinicians)

Adlerian Dream Analysis and Current Dream Research

Leigh Johnson-Migalski, Chelsea Rainer, Bethany Mendoza, Christine Henry, and Martina Madrid

Description: Adlerian dream analysis involves the interpretation of the unique images and feelings based on the phenomenological, teleological, holistic client experience. Participants will learn the steps of current Adlerian dream analysis, see a demonstration of analysis, and see how Adlerian dream analysis compares to the current research about dreaming and sleeping. (Section: Clinicians)

An Adlerian Approach to Group Dreamwork Using Art Therapy

Judy Sutherland

Description: A dream can be thought of as a projection/reflection of how our unconscious responds to what is happening in our conscious life. Drawing our dreams helps us express through the language of image, symbol and metaphor what often we cannot put into words. (Section: ACT)

Friday May 31, 2019

9:45 am - 10:45 am

Managing Life Transitions

Marion Balla

Description: This course is designed to assist participants to identify and explore the losses and gains inherent in major life transitions. Through the use of early recollections, anniversary dates and the exploration of life tasks, participants will gain increased insight and strategies to manage major life transitions. (Section: Clinicians)

Purposefulness of Behavior: The Key Concept to Use In Therapy

Susan Belangee

Description: Clients are more able to make lasting changes when they understand the reasons why they do what they do. Adler's concept of purposefulness of behavior is the mechanism by which these reasons can be uncovered. Through video clips, attendees will explore the concept and discuss/demonstrate its utility in therapy. (Section: ACT)

Counseling Parents of Children With Severe Disabilities

Timothy Hartshorne

Description: While many individuals may be poorly prepared for marriage, or for parenting, even fewer are prepared to parent a child with severe disability. This presentation addresses the issues that these parents might bring to therapy, the pitfalls for therapists in working with the parents, and the objectives for therapy. (Section: ACT)

Practical Applications of Adlerian Play Therapy

Sunny Teeling, Amy Holsinger, and Amy Harberg

Description: This presentation will explore practical applications of Adlerian play therapy. Presenters will explore the common childhood mental health concern anxiety, including how it might present in the room and the ways it can be addressed in the play room utilizing the Adlerian play therapy framework. (Section: Clinicians)

Mindfulness and Its Healing Effect on Trauma Clients

Rojarani Vivekanand, Linda J. Page

Description: Mindfulness practices have been recently applied to treatment of psychological and health related problems. Research is also showing successful outcomes in psychological interventions incorporating mindfulness practices. Application on mindfulness can be beneficial to the individuals who have experienced traumatic events and are exhibiting post-traumatic stress disorder. Presentation will be addressing a) the application of mindfulness techniques as a behavioral approach to benefit trauma clients, b) describe how mindfulness, connections, acceptance and therapeutic relationship can address trauma symptoms.

(Section: Clinicians)

Introduction to Adlerian Psychology

Wes Wingett

Description: This presentation will focus on the principles and practices of Adlerian psychology. Participants will learn about the life of Alfred Adler and the evolution of his theoretical approach. Emphasis will be on the theoretical components of Adlerian psychology and the application of those components to families, schools, and communities. (Section: TRT)

Friday May 31, 2019

11:00 am - 12:15 pm

An Adlerian Perspective of Moral Injury of Combat Veterans:

Emerging Implications for Military Psychology Theory and Practice in the Adler University MA Program

Barton D. Beuchner

Description: We discuss ways that principles of Adlerian psychology uniquely serve to interpret and address the profound disorientation that many combat veterans experience when coming home - termed "moral injury" - and ways that Military-connected students at Adler University are applying Adlerian and Social Construction theory in research, advocacy, and practice. (Section: Education)

The Adlerian Research Task Force: An Update on the Evidence-based Research Project

Bill Curlette, Susan Belangee, Leigh Johnson-Migalski, Dan Williamson, and Jennifer Williamson

Description: The Adlerian Research Task Force was created by NASAP to address through research the need for evidence-based support for Adlerian psychology. This session includes information about the progress on the research and invites input/questions from attendees about how they can help with the project. (Section: TRT)

Theoretical Variance Between Adler and Dreikurs

Erik Mansager, Jane Griffith

Description: When NASAP began in 1952, its mission made clear its focus was to be on Adler's "originating" theory and therapy. Still, there are many discussions remembered and recorded about the differences between the Chicago school (i.e., Dreikurs' views) and the New York school (Kurt and Alexandra Adler's views). To preserve the integrity of Adler's psychology, it is imperative that we Adlerians recognize and accept the differences that have emerged over the years between the teachings of Adler and Dreikurs. There may be occasional minor issues, but there is one issue that stands out as major, which we need to accept as a significant difference in the views of the two men: Namely, Adler taught that the goal of the personality is the personality ideal (Persönlichkeitsideal), while Dreikurs asserted that the goal of the personality is to belong, a conviction apparently based on the work of Karen Horney for whom "to belong" is a premier concept. Efforts have been made to persuade Adlerians that Adler, too, embraced and promulgated to belong as the goal of the personality, but there is simply no convincing evidence of this, either in Adler's written material or in the writings of his biographers. Let's face it: The men had different opinions as to the goal of the personality. We propose that we accept this genuine difference between them. (Section: TRT)

Sex Offenders 101 and Clergy Abusers

John Newbauer, Teal Maedel

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

Is Your World too Small?: Implicit Bias as a Safeguard

Laure Schwartz

Description: Come explore how the neurology of one's implicit bias psychologically affects the capacity for social interest. Underdeveloped courage leads to a lack of interest in others. Bringing consciousness to this method for safeguarding can open up one's world for greater connection, understanding, and hope. (Section: Education)

Group Drumming and Social Interest

Jon Sperry, Abigail Rinard, Andrew Baker, and Matthew D'Urso

Description: Group drumming can assist individuals, families, groups, and organizations to foster social interest and well-being. This presentation will review a group drumming protocol that can be used to foster social interest among groups in various settings. This presentation will be highly experiential and will also review group drumming research findings. (Section: Clinicians)

Researching Adlerian Psychology to Validate its Effectiveness in the 21st Century

Margaret Wadsley

Description: This experiential presentation aims to advance the research interests of Adlerian practitioners as a means to validate our approach. A range of methodologies will be visited, with a practical exploration of Living Educational Theory Methodology shared to illustrate how multi-media data can be used to communicate meanings unique to Adlerian Psychology. (Section: TRT)

Friday May 31, 2019

2:10 pm - 3:25 pm

How Should I Say This?

Tessa Brock

Description: Approaching challenging conversations can be difficult – yet incredibly important! In this lighthearted and insightful presentation, participants will self-reflect on their personal intentions for conversations and styles of holding “emotionally charged” or “high stakes” conversations. Participants will use real life scenarios to gain skills for holding difficult conversations. (Section: FamEd)

Leadership Styles and Their Importance

Eva Dreikurs Ferguson

Description: Leadership styles, as studied by Kurt Lewin, were recognized by Dreikurs as important for understanding and improving the dynamics of groups, including families and classrooms. Adlerian training for democratic leadership with parents and teachers has shown many benefits, and the underlying principles affect all aspects of human relationships. (Section: TRT)

Burn-out in Therapists: Early Intervention Methods Through Mindfulness and MUSE Neurofeedback

Mishy Elmpak, Christy Huang

Description: Burn-out in therapists can lead to reduced therapeutic effectiveness and negative consequences on clients' mental health. The combined effects of two interventions, Mindfulness and Neurofeedback training, are examined in mitigating the effects of burn-out. A newly advanced Neurofeedback device, Muse, is being introduced as an effective tool for therapists. (Section: Clinicians)

Parenting our Parents: Belonging and Significance Across the Lifespan

Lois Ingber, Yogi Patel

Description: Many adults find themselves in the “sandwich” generation: caring both for children and aging parents. This presents challenges as well as opportunities for all family members. Many of the same principles and tools of child guidance apply when caring for aging parents and will be explored experientially in this workshop. (Section: FamEd)

Evidence-Based Adlerian Therapy: The Future is Now

Len Sperry, Jon Sperry

Description: This presentation provides essential background information to understand why Adlerian Therapy must achieve the status of an evidence-based counseling approach. It also describes the requisite elements for achieving this goal: establishing a unique Adlerian therapeutic strategy, a treatment manual, and clinical trials that ensure that Adlerian Therapy will survive and thrive. (Section: Clinicians)

Heartfulness: Cultivating Community Feeling Through Mindfulness

Bengu Erguner Tekinalp

Description: In this workshop variety of mindfulness methods will be shared with the aims of opening our hearts to embrace social interest. The heartfulness practices will be informed by sacred wisdom traditions with a secular perspective. Various contemplative practices to build peace within and around us will be presented. (Section: Clinicians)

Techniques for Teaching Research and Stats to Muggles and Other Non-stat Folk

Daniel Williamson, Jennifer Williamson

Description: Research and statistics can sometimes feel like a foreign language. Students often experience extraordinary stress and anxiety when approaching this topic. This session seeks to explore pedagogical suggestions for teaching research and stats that can be "hands-on" and fun. Toys, manipulatives, memes, and playing cards will be employed. (Section: TRT)

Friday May 31, 2019

3:35 pm - 5:05 pm

Adlerian Family Counseling: A Demonstration

James Bitter

Description: This program presents a demonstration with a volunteer family of the original open-forum family counseling model developed by Dreikurs and expanded by Oscar Christensen. The open-forum model will follow the outline created by Christensen (2004) in the third edition of his book, *Adlerian Family Counseling*. (Section: FamEd)

Cross-cultural Adlerian Art Therapy: Early Recollections and Intergenerational Patterns

Hala Buck

Description: Art therapy case studies will illustrate the power of Early Recollections, art, intergenerational patterns, the body to understand self in order to understand the other. (Section: Clinicians)

Applying Diversity to Adlerian Case Conceptualization

Leigh Johnson-Migalski, Marc Chaney, L. Pascale Moises, Angélica Velez-Giraldo, and Constance Victor

Description: Incorporating diversity into case conceptualization and treatment leads to positive therapeutic outcomes. Adlerian theory historically has integrated socio-cultural contextual information into understanding a person. Through the live demonstration, participants will learn how to incorporate and interpret socio-cultural aspects of a person. Presenters will share other lifestyle inventory examples from non-majority cultures. (Section: TRT)

The Evolution of Adlerian Family Counseling- Version 2.0: Building on Oscar Christensen's Legacy

William G. Nicoll

Description: Participants will be introduced to new, Adlerian-based strategies and techniques for assessing family system dynamics along with strategies for empowering growth and development in the family system to improve the presenting issue(s). A live family counseling demonstration and case material will be used to illustrate the application of these methods in "Adlerian Family Counseling version 2.0". (Section: ACT)

It's Time to Bring Adler into the Locker Room

Sonia Nicolucci

Description: The evolution of sports has expanded beyond physiological attributes into the domains of mindset and mental acuity. An athlete's movement is thoroughly comprehended when a holistic perspective is taken. This experiential presentation will provide participants with various techniques that can be used when coaching athletes in different sports; in personal wellbeing; and mentoring young athletes supporting wellness and movement. (Section: Education)

Overdose Prevention and Response

Robert Rebecca

Description: Overdose deaths are increasing, even though they are entirely preventable. Participants will learn to support clients in minimizing their risk of overdose and will, themselves, be trained to recognize and respond to an overdose, including how to administer naloxone. Each participant will leave with an overdose response kit. (Section: Clinicians)

An Integrated Approach: Individual Psychology, the Medicine Wheel and Creativity

Patricia Welch, Erin Rafferty Bugher

Description: The commonality of Individual Psychology and the Indigenous Medicine Wheel is in the shared concept of holism. Art therapy within in a combined context allows Indigenous clients to explore cultural symbolism and metaphor in the healing process. (Section: Clinicians)