

International Florida Adlerian Society 17th Annual Conference

Beyond Success and Failure

March 1-3, 2012

Safety Harbor Resort and Spa
105 N. Bayshore Dr., Safety Harbor, FL 34695



Featured Presentations

Peter Breggin, M.D., is regarded by many as “the conscience of psychiatry” for his efforts to promote mental wellness and reform health care. Dr. Breggin is a staunch advocate against the over-diagnosis and overuse of psychiatric medications, the oppressive drugging of children, electroshock “therapy,” and fictitious biological theories promoting “chemical imbalances” in the brain. Dr. Breggin will present a full-day workshop and give the plenary. He is a Harvard-trained, former full-time consultant at the National Institute of Mental Health, and the author of dozens of scientific articles and books, including *Toxic Psychiatry*. His views have been widely covered in *The New York Times*, *Wall Street Journal*, *Time*, *Newsweek*, the *Larry King* show and *60 Minutes*.

Also presenting:

Roger Ballou on *Purpose & Emotion*, **Geri Carter** on *Couples*, **Frank Walton** on *ADHD*,
Roy Kern on *Organization & Research*, **Dan Eckstein** on *Family Therapy*,
Alyson Schafer on *Parenting*, **Al Milliren** on *Anger*, **Rob Guttenberg** on *Fun*, **John Newbauer** on
Religion & Spirituality, **Wes Wingett** on *Adlers’s letters* during Luncheon

Adler Created a Psychology for the “Common Man.” This conference is for anyone who wants to improve their relationships with themselves and others, educators, parents, leaders, students, mental health professionals.

Location: Safety Harbor Resort & Spa

Our conference location is a luxury resort, peaceful sanctuary, and world-class day spa set on 22 beautiful acres of Tampa Bay coastline. The resort’s 175 spacious rooms and suites include views of Tampa Bay, wireless Internet access, and many other amenities. Recreational opportunities include the 50,000-square foot AVEDA spa and fitness center, three heated pools (1 leisure, 1 lap, and 1 indoor), and biking and walking trails. The resort is just 15-20 minutes from both Tampa and St. Petersburg/Clearwater International Airports.

Continuing Education Credits

Offering up to 19 hours of Professional Continuing Education Credits including LMHC, LMFT, NBCC, AASECT and other professions.

Social Events

Thursday, March 1: International Encouragement Exchange - 8:00 p.m.
Friday, March 2: FAS Bookstore Reception / Enjoy Hors D’Oeuvres & Cash Bar - 4:30 p.m.
and Rock Band sponsored by Alfred Adler Elementary School - 8:00 p.m. - poolside.

Sponsored by the Florida Adlerian Society
www.adlerflorida.org



Thursday, March 1, 2012

Full Day Workshops 9:00 AM - 4:30 PM

R1) Adlerian Family Counseling: Demonstration, Analysis, & Skill Building

Frank Walton, Ph. D., Private Practice, Columbia, South Carolina and Daniel Eckstein, Ph.D., Professor of Medical Psychology, Saba University School of Medicine, Dutch Caribbean

This workshop will consist of two family counseling demonstrations based on Adlerian/Dreikursian theory, followed by an analysis of the sessions. Subsequently, skill-building opportunities will be provided to strengthen participants' ability to use the most memorable observation and their sensitivity to superiority/inferiority relationships.

R2) Family Strengths - My Family's Courage

Wes Wingett, Ph. D., Private Practice, Norfolk, NE

This didactic and experiential workshop will focus on identifying and supporting the assets, contributions, resources, and strengths of all family members. Specific strategies will be identified and demonstrated to identify the positive character traits and resources of members of the family system. Specific encouragement strategies will be identified and demonstrated to empower self and others.

R3) Anger Intelligence: An Introduction to the Process of Anger Therapy

Al Milliren, Ed. D., Anger Clinic, Chicago, Illinois

There is more to managing anger than "Control yourself," "Let it go," "Grow up!" or "Put it behind you." Suppression is not the answer to anger management. In this workshop you will learn what anger is, where it comes from, and some of the basics for conducting anger management therapy.

R4) An Introduction to Individual Psychology of Alfred Adler

Anthony Miller, MA., Private Practice, Brandon, Florida, and Randal Gainforth, MA., Private Practice, Tampa, Florida

This workshop will provide an overview of the theory and practice of Adlerian Psychology and its application to the many models of service delivery to individuals, families, couples, and the workplace.

R5) The Challenge of Intimacy- Couples Relationship for Everyone

Meaningful relationships are central to the good life. The choices we make will determine their quality. Most people are happiest in a satisfying intimate relationship. A good relationship is a blessing; a poor one is pure hell. This full day workshop will explore Adler's Life Task - Intimacy. There is no greater test of cooperation than an intimate relationship. We will focus on the psychological aspect necessary to meet someone, maintain, and create a satisfying relationship.

International Encouragement Exchange 8:00 - 9:15 PM

Friday, March 2, 2012

Full Day Workshop 9:00 AM - 4:30 PM

F1) How and Why To Do Psychotherapy Without Resorting to Psychiatric Drugs

Peter Breggin, M.D.,

The morning session will focus on "How and Why To Do Psychotherapy Without Resorting to Psychiatric Drugs." The afternoon will focus on Part II, "Psychotherapy Without Drugs, Including Cases of Suicide, Violence, and Psychosis."

Half Day Workshops 9:00 AM - 12:00 PM

F2) The Joys and Fears of the Teen Years

Alyson Schafer, B.Sc., M.A. in Counseling, is the best-selling author of "Honey, I Wrecked the Kids" and "Breaking the Good Mom Myth." A psychotherapist and Adlerian parent education, she is one of Canada's leading parenting experts and hosts TV's "The Parenting Show." She is a member of the Ontario Association of Counsellors, Consultants, Psychotherapists and Psychometrists.

Just mention the word teenager and watch people moan and roll their eyeballs. A psychotherapist, parenting expert and mother of two teens, Alyson Schafer will offer good news and updated research data about the state of today's teens and their so called "off line" brain. Alyson will re-frame our parenting role and offer ideas for managing social media, sex, homework etc...

F3) Creating Satisfaction in the Workplace

Gabriella Harmon, Ph.D. Candidate, Saybrook University, San Francisco, CA & Elli von Planta, M.B.A., University of Zurich (law degree), Switzerland

Employees spend at least 40 hours a week "on the job," and keeping them engaged and committed has a lot to do with social interactions at work. This interactive workshop will explore ways to increase employee's creativity, tenure and contribution by encouraging social interest at work.

F4) Funtastic Adlerian Techniques for Change

Rob Guttenberg, M.A., Youth and Family Counselor/Director of Parenting Education, YMCA Youth and Family Services, Silver Springs, Maryland

This workshop demonstrates the power of jokes, metaphors, stories, songs, cartoons and experiential exercises for demonstrating Adlerian concepts to diverse populations in a variety of settings. Participants will learn how to apply these motivational techniques in parenting classes, counseling and psychotherapy, in school settings, human relations training, or for personal growth in their life.

Saturday, March 3, 2012

Keynote Address 9:00 - 10:30 AM

Dr. Peter Breggin

Dr. Breggin is an expert in clinical psychopharmacology. A Harvard-trained psychiatrist and best-selling author who wrote *Toxic Psychiatry, Medication Madness, Talking Back to Prozac*, and co-wrote *Your Drug May Be Your Problem*, will be keynote speaker.

Regarded by many as "the conscience of psychiatry" for his efforts to promote mental wellness and reform health care, Dr. Breggin is a staunch advocate against the over-diagnosis and overuse of psychiatric medications, the oppressive drugging of children, electroshock "therapy," and fictitious biological theories promoting "chemical imbalances" in the brain. His views have been widely covered in *The New York Times*, *Wall Street Journal*, *Time*, *Newsweek*, *Larry King* and *60 Minutes*, to name a few. Dr. Breggin will present a full-day workshop, "How and Why to do Psychotherapy without resorting to Psychiatric Drugs," and the plenary session, "Are Adlerian Principles Incompatible with Modern Psychiatry?"

Steven Stein, President of the North American Society of Adlerian Psychology, will provide an update on NASAP. *John F. Newbauer, Executive Director of ICASSI*, will provide an update on ICASSI.

Two-Hour Workshop 10:45 AM - 12:45 PM

___) Adlerian Parenting Primer - or Parenting 101

Alyson Schafer, B.Sc., M.A. in Counseling, _____

Alfred Adler and Dr. Rudolf Dreikurs had a child guidance system that was based on some sound principles of democracy and basic tools that replaced traditional punishment or rewards. Alyson will review the Adlerian parenting approach and demonstrate the how the tools work.

Workshops Session A 10:45 AM - 12:00 PM

A1) Understanding & Helping Children Who Meet the Criteria for the ADHD Diagnosis

Francis X. Walton, Ph.D., Private Practice, Columbia, South Carolina

"Dr. Russell Barkley spoke at a national conference citing medication as the best and most trusted method of treatment [for ADHD]. Unfortunately, dinosaurs like Barkley do exist, are respected, and yet completely propagate information that has no substance in current research." Barkley also stated "ADHD is a biologically based inborn temperamental style." If not inborn, if we are not to treat with drugs, what does Adlerian psychology have to offer? This workshop will help participants understand and treat children who meet the criteria for ADHD and their parents.

A2) Adlerian Constructs and Organizations: a Creative Way to Learn and Teach Individual Psychology

Roy Kern Ed. D, Scientific Professor Department of Theoretical Psychology, Milda Astrauskaite Ph.D candidate in the Department of Theoretical Psychology, Vytautas Magnus University, Kaunas Lithuania

The seminar provides teaching and learning Individual Psychology as it relates to leadership, corporate culture, employee relations, through the use of the film *The Devil Wears Prada*. Participants will learn methods of integrating the principles of ordinal position, lifestyle, social interest, family atmosphere, methods of child training and superiority/ inferiority dynamics with organizational dynamics. Empirical findings related to Individual Psychology will be included.

A3) Uses and Abuses of Religion: An Adlerian Exploration of Religion and Spirituality

John F. Newbauer, Ed.D., DNASAP, Private practice psychologist, Executive Director, NASAP and Administrator, ICASSI

Adlerian Psychology is a psychology of use. Religion can be used in many ways. This presentation will examine views of God, religion and spirituality expressed in Adlerian writings from Adler to current authors. Social interest will be explored as a goal and value of Adlerian Psychology. Participants will brainstorm uses/abuses of religion followed by report of previous results.

A4) A Fundamental Adlerian Technique in Psychotherapy: Uncovering the Purpose of Your Client's Psychological and Emotional Symptoms

Roger Ballou, Ph. D., LMFT, Director of Clinical Licensing Programs, Adler Graduate School of Minnesota.

Adler said, "An invisible symptom is useless." In addition, he advanced the idea that every psychological and emotional symptom has a purpose and is the service of the goal. This program describes a procedure to aid counselors and therapists in unmasking the purposes of client symptoms. Understanding the reasons your client is symptomatic is a critical step in the healing process.

Luncheon/Speech 12:30 - 1:45 PM

Encouragement by Example:

Alfred Adler's Letters to his Daughter, Valentine
Wes Wingett, Ph.D. Buffet Luncheon Included.

Workshops Session B 1:45 - 3:00 PM

B1) Classrooms That Work – Discipline Without Stress

Stanley Shapiro, M.A. Parent and teacher educator, University lecturer, author, Toronto, Ontario

The presentation will introduce the theoretical and philosophical teachings of Adlerian classroom management. The historical movement towards social equality will help to understand the increased difficulties educators are encountering in the classrooms. The rebellion and disrespect of our youth will be placed into the 21st century. Ideas will be offered to turn uncooperative students into productive individuals.

B2) High Road/Low Road – Navigating the Experience of Our Lives

Pepper Sarnoff, M.S., M.A. Therapist in Private Practice, Adjunct Webster University, Charleston, SC.

Moving through the constantly changing experiences of our lives, we are self-organizing and actively creating coherent narratives that guide us from low road reactions toward high road responses. With insight from Adler, Daniel Siegel, and others, let us explore how we regulate our own emergence and create a purposive and uniquely meaningful future.

B3) What I Have Learned and How I Have Used It

Jody E. Housker, PhD, Private Practice Atlanta, GA

In this workshop you will experience a variety of interventions/techniques I have learned and used in my work with individuals, couples and groups. You will learn how to use these interventions through the four phases of the teleoanalytic process - forming relationships, investigating and exploring the client's lifestyle with him/her, helping the client to gain insight, and reorienting the client.

B4) The Priorities of Lifestyle: Revisited

Al Milliren, Ed. D., Private Practice, Chicago, Illinois

A key element in Adler's Individual Psychology is that behavior is chosen to move us from a position of "felt minus" to that of a "perceived plus." This is the basic process to the Priorities of Lifestyle. This session will identify a person's #1 priority, strengths, and over-use and underuse of those strengths.

B5) Two Points on a Line: Training Clinicians in Mini-Life Style Assessment

Rob Guttenberg, M.A., Youth and Family Counselor, Silver Springs, Maryland

According to Dreikurs "If a client reveals two apparently independent and contrary facts, a line of logic can be drawn to create a picture of a unified, self-consistent life style. The counselor attempts to find the line of logic through intelligent guessing. Techniques for improving the clinicians' intelligent guessing skills will be demonstrated.

Workshops Session C 3:15 - 4:30 PM

C1) Belonging in the Workplace

Frederick Wilson, EdD, Adjunct Professor, Department of Psychology, NC Wesleyan College, Rocky Mount, NC

Gemeinschaftsgefühl, the experience of making, creating, and maintaining a community of equals, can encourage a more cohesive and inviting workplace. This workshop will emphasize how community feeling, personal responsibility, and the power to create are all important in the life task of work. Group participation will provide experiential adventures that include metaphors usable for team building.

C2) Using the BASIS-A Inventory in Couples Counseling

Dr. Gary Bauman, Associate Professor of Psychology, Brenau University, Supervisor at Georgia State University

The Adlerian Lifestyle is a chosen strategy for making life work. When two people are in relationship, differing lifestyles can cause tension and misunderstanding. Participants will learn how to do a lifestyle assessment using the BASIS-A Inventory and to provide feedback to identify the patterns of communication and misunderstanding.

C3) Six types of counseling related metaphors: Theory and Case study demonstration

Daniel Eckstein, Ph.D., and Nicole Russo, MS, Mental health and Substance Abuse Therapist, Naples, Florida

Metaphors are a powerful therapeutic tool for therapists. The workshop will feature an overview of two presenter published articles identifying six specific types of metaphors. Following a theory input, participants in small groups will generate some examples of their own metaphors they have used professionally and personally. A demonstration and discussion will conclude the session.

C4) Playing with a Purpose

Matt Welch, M.A., Director of Cooperative Concepts, Dunedin, Florida

As Plato once said, "You can discover more about a person in an hour of play than in a year of conversation." This workshop provides a unique approach to teaching Adlerian Psychology. It's great for teachers, parents, therapists, and anyone who just wants to have some fun!

C5) Will the Real Men Please Stand UP?

Timothy D. Evans, Ph.D., Carter and Evans Marriage and Family Therapy. and Michael Pagoni, D.O.M., L.M.T., Radiance Wellness, Tampa

Men today may question their masculinity. Adler described this confusion as the masculine protest. Both sexes may over value the importance of being masculine. Consequently, men set out to prove their masculinity through power or withdraw into "weakness". The psychology to masculinity and its impact on interpersonal relationships will be discussed.

Hotel Lodging Information

*** Be sure to mention FAS when you register. ***

Safety Harbor Resort & Spa 1-888-237-8772
www.SafetyHarborResort.com

approx. \$ 144/night plus \$15 rec. fee
Ibis Bed & Breakfast (<1 mile away) 727-723-9000

www.ibisbb.com approx. \$139/night

Mar Bay Suites (2.5 miles away) 727-723-3808

MarBaySuites@verizon.net approx. \$100/night

Fairfield Inn & Suites (4 miles away) 727-724-6223

www.fairfieldinnclearwater.com approx. \$129/night

Registration Form: FAS 17th Annual Conference

March 1-3, 2012

Name: _____

Phone: _____

Address: _____

City/State/Zip: _____

Email (Required): _____

Prof. License #: _____

Workshop Selections

Thursday, March 1, 2012

Full Day Workshops (choose one) 9:00 AM - 4:30 PM

- R1 - Adlerian Family Counseling
- R2 - Family Strengths - My Family's Courage
- R3 - Anger Intelligence
- R4 - An Introduction to Individual Psychology of Alfred Adler
- R5 - The Challenge of Intimacy
- International Encouragement Exchange 8:00 - 9:15 PM

Friday, March 2, 2012

9:00 AM - 4:30 PM

Full-Day Workshop (choose one)

- F1 - How & Why to Do Psychotherapy ...

Half Day Workshops (choose one) 9:00 AM - 12:00 PM

- F2 - The Joys and Fears of the Teen Years
- F3 - Creating Satisfaction in the Workplace
- F4 - Funtastic Adlerian Techniques for Change

Saturday, March 3, 2012

Keynote Address 9:00 - 10:30 AM

Two-Hour Workshop 10:45 AM - 12:45 PM

- Adlerian Parenting Primer

75-Minute Workshops (choose three)

10:45 AM - 12 PM

- A1 - Understanding & Helping Children...
- A2 - Adlerian Constructs and Organizations
- A3 - Uses & Abuses of Religion
- A4 - A Fundamental Adlerian Technique in Psychotherapy

Luncheon/Speech 12:30 - 1:45 PM

1:45 - 3:00 PM

- B1 - Classrooms That Work - Discipline Without Stress
- B2 - High Road / Low Road - Navigating the Experience of Our Lives
- B3 - What I Have Learned and How I Have Used It
- B4 - The Priorities of Lifestyle: Revisited
- B5 - Two Points on a Line: Training Clinicians in Mini-Lifestyle Assessment

3:15 - 4:30 PM

- C1 - Belonging in the Workplace
- C2 - Using the BASIS-A Inventory in Couples Counseling
- C3 - Six Types of Counseling-Related Metaphors
- C4 - Playing with a Purpose
- C5 - Will the Real Men Please Stand Up?

To receive Continuing Education Credits, please add \$15 for each day (credits available: 5-6 Thursday; 6 Friday; 7 Saturday).

Check all that apply (*Early Registrations must be postmarked by Feb. 13, 2012*)

	Early	Regular	Student	CEU's
<input type="checkbox"/> Thursday	\$95	\$105	\$75	\$15
<input type="checkbox"/> Friday	95	105	75	15
<input type="checkbox"/> Saturday	95	105	75	15

Questions? Contact Tim Evans, 813-251-8484 or tim@evanstherapy.com

Please charge my _____ Visa _____ MasterCard _____ AMEX _____ Discover _____
Account # _____ Exp. _____

Please make check or money order payable to Florida Adlerian Society (FAS)

Mail to: FAS, 2111 W. Swann Ave., Suite 104, Tampa, FL 33606

OR REGISTER ONLINE at www.adlerflorida.org & SAVE \$25 on 3-DAY FEE!

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