

A life filled with meaning

***Adler's impact on family, school and
the global community***

Webster University Geneva Switzerland
Alfred Adler Institute in Suisse Romande

**ANNUAL
COUNSELING
CONFERENCE**

April 2nd & 3rd, 2022

A life filled with meaning

Adler's impact on family, school, and the global community

	<i>Saturday, 2 April</i>		<i>Sunday, 3 April</i>	
12:30 – 12:45 [15 minutes]	Opening Remarks—Glaveanu Keynote Introduction		Keynote Introduction	
KEYNOTE 12:45 – 13:40 [55 minutes]	<i>Home Democracy: Adler and the Family</i> Schafer		<i>Using the Crucial Cs, An Adlerian Theoretical Construct, across the Counseling Spectrum</i> Lew	
Presentation 1 13:45 – 15:00 [75 minutes]	<i>Achieving an Outstanding System of Schools—Recontextualising Alfred Adler</i> Punton		<i>Civil Rights as Psychological Necessity</i> Bluvshstein, Wilson, Moore, Napoleón, Watkins	
Snack Break 15:00 – 15:20 [20 minutes]				
Presentation 2 15:20 – 16:20 [60 minutes]	<i>Gender Issues in Today's Family</i> Schafer		<i>The Crucial Cs and Adlerian Parent Education</i> Lew	
Simultaneous Presentations 3a & 3b 16:25 – 17:25 [60 minutes]	<i>Bullying and Cyber-Bullying. A Holistic Approach to Prevention</i> Schläpfer	<i>Matchmaking or Mismatching? Applying Adler in Couples' Counseling</i> Mansager	<i>Dealing with Memories through Individual Psychology and EMDR</i> Cechova	<i>Applying Classic Adlerian Family Diagnosis</i> Pfefferlé & Hayes
Panel Presentation 17:30 – 18:30 [60 minutes]	<i>Adler in Switzerland</i> von Planta, Borboa, Gogalniceanu		<i>Concluding Panel: A life filled with meaning</i> Schafer, Lew & Panel Moderator	

Saturday, 2 April

Keynote. *Home Democracy—Adler and the Family*

Alfred Adler gave us a psychology for understanding human behaviour, but also a philosophy for living. This keynote has two emphases: First, the presenter will discuss Adler's emphasis on democracy, social equality and mutual respect in the family and society at large. Adler challenged the cultural tradition of raising obedient children in favor of raising kids who were co-operative. He predicted the chaos and revolts we're seeing in families and classrooms as the concept of social equality is taking root faster with our children than with their caregivers. Second, she will discuss the solution: adults *have to* catch up and learn the tools and techniques for respectful child guidance.

Presenter. Alyson Schafer is a 3rd generation Adlerian, with a Master's degree from the Adler School (Toronto). She has been an active participant in the boards and committees of The North American Society for Adlerian Psychology (NASAP). She has also been faculty at the International Committee of Adlerian Summer Schools and Institutes (ICASSI), the international Adlerian summer school.

A family counsellor in private practice in Toronto, Ontario, Canada, Alyson is also one of Canada's most notable parenting experts. She is the resident expert on many national TV and radio shows, as well as hosting her own TV show, "The Parenting Show" and the podcast "Parenting the Adlerian Way."

She has three best-selling parenting books with Harpers Collins Canada: *Breaking The Good Mom Myth*, *Honey I Wrecked The Kids*, and *Ain't Misbehavin'*. Her books have been translated into many languages. Alyson has spoken around the globe, including Bulgaria, Uruguay, Belgium, and Switzerland. You can find Alyson's parenting tips on any of her social media channels, including her popular Facebook group for parents of teens.

Presentation 1. *Achieving an Outstanding System of Schools—Recontextualising Alfred Adler*

This presentation describes the influence of Adlerian Psychology in supporting educational excellence within a system of disadvantaged schools in regional Victoria, Australia. The presentation outlines the challenges and obstacles to improving educational outcomes for children and youth experiencing impoverishment and how the work of Alfred Adler has both inspired and harnessed school improvement efforts.

Presenter. Debra Punton, MA, is currently the Deputy Director of Catholic Education in the Diocese of Sale, located in the State of Victoria, Australia. Her career has involved working as a teacher, principal, and system leader in Catholic education in Australia. Debra studied Adlerian Psychology under Associate Professor Maurice Balson and assisted him with the establishment of the Monash Parent Teacher Education Centre at Monash University in the 1990s. The Centre delivered a range of education programs to parents and teachers with Open Centred Counselling as a program feature. Debra lives in Melbourne, Australia.

Presentation 2. *Gender issues in today's family*

“Hi, I am Alyson and I go by the pronouns She/Her.” Teens in my family practice want to be identified by their chosen pronouns and to be clear about whether they identify as being pan, cis, bi, trans, fluid or some other term. Many of us have had a steep learning curve in working with teens and their parents in the last few years and the presenter is excited to discuss mutual experiences with the attendees. We need to develop respectful best practices as counsellors together. The aim of this presentation is to open up this discussion.

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The following, Presentations 3a & 3b, run simultaneously which offers attendees a choice of one or the other.

Presentation 3a. *Bullying and Cyber-Bullying. A Holistic Approach to Prevention*

Bullying and Cyberbullying are still big issues in many schools. Numerous affected students don't get help because they fear the bullying situation could become worse. In this presentation will address why intervention is essential with bullying and cyberbullying; why there were rising numbers of cyberbullying during the recent pandemic and how Adler's holistic approach can help to reduce bullying and cyber-bullying drastically.

Presenter. Christelle Schlöpfer, MA is an Adlerian Counsellor, and was a former high school teacher where she was Head of Education & Counseling for Schools and families (edufamily®). She is a faculty and board member at the international Adlerian Summer School (ICASSI). Christelle also holds faculty positions in the Master in Adlerian Counselling at Blanquerna University in Barcelona, and at the Institut Alfred Adler de Paris.

Presentation 3b. *Mismatching or Matchmaking? Applying Adler in Couple's Counseling*

What initially attracts couples to one another? And why does the attraction all too often wear thin? The presentation explores typical lifestyle (personality) dynamics of couple interactions to illustrate how insecurities and compensation can be addressed to help couples turn toward a mutually encouraging relationship.

Presenter. Erik Mansager, PhD, is a certified Classical Adlerian Depth Psychotherapist and Training Analyst with the Alfred Adler in Suisse Romande in affiliation with the Alfred Adler Institute of Northwestern Washington. Erik is Diplomate in Adlerian Psychology and a past president of the North American Society of Adlerian Psychology. He teaches at Webster University in Geneva and was on faculty at Adler University in Chicago and the international Adlerian summer school, ICASSI. He is both a Licensed Clinical Professional Counselor in the State of Illinois (USA) and a Psychosocial Counselor in the Swiss Association for Counselling (SGfB).

Panel Presentation. *Adler in Switzerland*

Three professionals who have been educated in Adlerian psychology make up the panel. They will share how they were introduced to Adler's thoughts, how they currently apply this thinking within their profession, and answer questions about Adler's broad application in their profession and avocations.

Presenters.

Elli von Planta, MBA, a native German, married in Switzerland in 1971, where her four children were born. As a single mother, she completed a law degree at the University of Basel in 1992. While working, she trained as a psychological counselor at the Adler Institute in Zurich (1999) and earned an MBA certificate from the University of Zurich (2005). Until 2010, she worked for the major Swiss bank UBS, where she held the position of president of the Employee Representation Committee during the financial crisis, where she gave voice to over 20,000 employees.

Cosmin-Razvan Gogalniceanu, MD, has been an instructor in the Romanian Adlerian formation program since 2010. In Romania he was involved in private-practice as an Adlerian psychotherapist in Bucharest. He is currently a Swiss psychiatrist-psychotherapist (FMH) and is the Head of the ambulatory psychogeriatric consultation unit at CCPP Monthey, canton Wallis. Dr. Gogalniceanu has a double psychotherapeutic specialty in Adlerian and Systemic approaches.

Roman Borboa, PhD, is a licensed psychological psychotherapist in Switzerland who works with individuals and organizations. He is the main principal of Borboa & Partners and a faculty member at the Swiss Business School in Zurich.

Sunday, 3 April

Keynote. *Using the Crucial Cs, An Adlerian Theoretical Construct, across the Counseling Spectrum*

Sunday's Keynote addresses the Crucial Cs. This is a construct developed to introduce Adlerian theory in a usable and easy to understand format which is applied to work with families, schools, and couples, as well in clinical settings. The Crucial Cs (the need to connect, feel capable, believe one counts and have courage) help us understand behavior, provide direction, and empathize with and encourage the people we live and work with, as well as ourselves.

Presenter. Amy Lew Ph.D., LMHC, is an Adlerian therapist working with individuals, couples and families. She works as a trainer, supervisor and mentor, internationally. Along with Betty Lou Bettner she developed the model of the Crucial Cs and the Connexions Focusing Technique for interpreting and using early recollections in all types of therapy.

Amy, and her co-author Betty Lou Bettner, Ph.D. have written the series *Raising Kids Who Can* for parents, teachers and therapists and *Cinderella the Sequel: When the Fairy-tale Ends and Real Life Begins*. An "adult fairy tale" designed to help couples better understand some common pitfalls found in intimate relationships. Amy lives and works in Gloucester, Massachusetts, USA.

Presentation 1. *Civil Rights as Psychological Necessity*

This presentation consists of five contemporary responses to Dr Kenneth Clark's 1967 keynote address at the 15th Annual Conference of the American Society of Adlerian Psychology held in New York. The responses concern race, racism, Black psychology, and social justice in clinical practice, higher education, and general social living. The presenters pose questions to clinicians, educators, researchers, public policy administrators and conclude with calls to action.

Presenters

Marina Bluvshstein (she/her/hers), is a director of the Center for Adlerian Practice and Scholarship at Adler University. Bluvshstein is a NASAP Diplomate in Adlerian Psychology, president of the International Association of Individual Psychology, and a founder of Adler Academy of Minnesota. Her research interests include the history of Individual Psychology, metaphors, early recollections, cross-language and cross-cultural issues in psychotherapy, and Adlerian therapy as a holistic approach.

Marquez Wilson (they/them/their), is a postdoctoral scholar at the University of Nevada, Reno. They are a recent graduate of Adler University (Chicago). Marquez' research interests revolve around bringing voice and preventive psychological perspectives for groups who historically have had their voices muted or silenced. In clinic, Marquez predominantly works with persons working through identity development, life and social transitions, trauma, and persons who identify as members of the SGBTQIA+ community.

Theo Moore (he/him/his), is a predoctoral clinical psychology student at Adler University. He has clinical experience working in community mental health, private practice, and university counseling settings. His clinical and research interests include acculturative stress, relationship distress, and traumatic experience in minority and underrepresented communities. Theo believes in a collaborative, culturally sensitive approach and values client identities and strengths.

Johannil Napoleón (she/her/hers), is a predoctoral clinical psychology student, and bilingual (Spanish and English) Licensed Professional Counselor (LPC) and Board Certified Art Therapist (ATR-BC). She is faculty at the School of the Art Institute of Chicago, teaching in the Art Therapy Department. She has practiced in the United States and abroad at community organizations and universities. Her work centers on serving Black and Indigenous youth of color in under-resourced communities who have been affected by trauma and violence and facilitating art-based workshops around mental health and self-care. Johannil subscribes to therapy where the creative process is a tool for transformation and healing.

Kia A. Watkins, PsyD (she/her/hers), is a licensed clinical psychologist who received her doctorate in clinical psychology from Adler University in Chicago, IL. She has extensive clinical training working within a variety of settings including residential, inpatient psychiatric facilities, outpatient clinics, college wellness centers, and primary schools. She has worked with individuals across the lifespan providing individual, couples, and group therapy services. She is trained in conducting psychological assessments for adult learners. Her clinical areas of interest include issues related to diversity, trauma, ADHD, mood disorders, grief and loss, sexuality, spirituality, substance dependence, and stress management. Her research interests focus on the intersectionality of social injustice and its mental health implications.

Presentation 2. *The Crucial Cs and Adlerian Parent Education*

In these times of stress, we are confronted with the fact that we cannot protect our children from life, but we must prepare them for it! All children need to feel connected, capable and that they count. Children with courage develop these perceptions constructively. As is so frighteningly evident from today's news, children who don't feel these "Crucial Cs" create problems for themselves, their families, and society.

This presentation will provide therapists with an effective model to bridge intervention and prevention, in both clinical and parenting education settings. This Adlerian model uses the Crucial Cs to provide an encouraging approach for understanding and redirecting misbehavior. Using the Crucial Cs enables parents to find alternatives to rewards and punishment and to foster self-reliance, resiliency, cooperation, contribution, and self-esteem in their children.

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Presentation 3a. *Dealing with Memories through Individual Psychology and EMDR*

Individual Psychology has been dealing with memories since the times of Alfred Adler. The evaluation of life style through early memories is considered to be one of Adler's most useful achievements. Traumatic memories are the basis for treatment and healing through Eye Movement Desensitization and Reprocessing (EMDR) which adds bilateral stimulation to verbal therapy. There are remarkable similarities between dealing with memories in both types of therapies, such as working with beliefs/cognitions, getting fast insights, etc. These similarities as well as the main differences will be introduced during the presentation.

Presenter. Daniela Čechová, PhD, is psychologist living and working in Bratislava, Slovakia. She is an associate professor at the Psychology Department in the Faculty of Arts of Comenius University and is Head of the Psychology Institute of the Faculty of Medicine within the Slovak Medical University. She also works in private practice as a certificated psychotherapist and licensed counsellor. She is the current president of the Slovak Association of Individual Psychology and former president of the International Association of Individual Psychology. Daniela is the author of two Adlerian books, *Interventions in Individual Psychology* and, together with Dagmar Marková, *Adlerian Ethics—Applications in Counselling and Psychotherapy*, and has made many other contributions to the field of Adlerian Psychology over the past 30 years.

Presentation 3b. *Applying Classic Adlerian Family Diagnosis*

According to Adler's Individual Psychology, people can be completely understood only within their unique social contexts. Working with children offers the rich opportunity of observing and experiencing children operating within their *original* contexts, the very ones in which they establish and refine their unique understandings of life, of others, and their place within the world. These beliefs guide (or misguide) them as they encounter the greater world. In this session we explore aspects of a diagnostic process that provides both insight into the child's inner processing as well as contact with the child and family that is both encouraging and therapeutic.

Presenters.

Jane Pfefferlé, MA, is co-director of Family-Counselling Services in Geneva, Switzerland. She obtained her Bachelor degree in Arts from Melbourne University and her Masters in Counseling from Webster University, Geneva. Jane's interest in Adlerian Psychology began by attending the international Adlerian summer school, ICASSI. This encouraged her certification in parent education (Systematic Training for Effective Parenting, Swiss-French Association, and Positive Discipline for Parents and Teachers). Jane completed the certificate in Classical Adlerian Depth Psychotherapy in 2012.

Jinger Hayes, MEd, is a graduate of the University of Houston with a Master's degree in mental health counselling. She is licensed and nationally certified in the USA and received her Certificate in Classical Adlerian Depth Psychotherapy in 2019. She is the affiliate representative to NASAP for the Alfred Adler Institute in Suisse Romande. Jinger's clinical focus is on families as a whole and the individual personalities that comprise them—especially as they face issues of adjustment, crisis and transition. Her prior experience includes working with disrupted couples, victims of domestic violence, parental and sibling bereavement, divorce, and expatriation. Jinger has completed additional coursework in play therapy and adolescent psychology, and now practices in Conifer, Colorado, USA.

Concluding Panel Presentation. *Adlerian Psychology as a Synthesizing Theory*

The keynote speakers and moderator will field questions from the attendees regarding questions about Adler, his theory, practice, and impact across the helping spectrum

Presenters.

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