

Florida Adlerian Society

15th Annual Conference

Living the Encouraged Life

March 4-6, 2010

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

Adlerian psychology believes that meaningful relationships are central to the good life.
The choices we make will determine their quality.
Good relationships, not control, are the core of mental health.

Featured Presentations

Four Therapists and Three Demonstrations (Family, Couple, & Individual)

A One-Day Seminar featuring Adlerian Master Therapists.

Each topic will be an interview demonstration with a family, a couple, and an individual.

Friday, March 5 - 9:00 AM - 4:30 PM

Keynote Address

The Heart Gallery

Tim & Gloria Higham

Saturday, March 6 - 9:00 - 10:30 AM

And many other sessions featuring accomplished Adlerian Therapists,
including Wes Wingett, Frank Walton, Dan Eckstein, Kathy Walton, Geri Carter and more.

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 2,000-year-old natural mineral springs that run directly beneath the spa were first discovered by explorers seeking the Fountain of Youth.

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 17 hours of Professional Continuing Education Credits including LMHC, LCSW, LMFT, NBCC, APA and other professionals.

Provider #: _____

Social Events

Thursday, March 4: Dinner in Safety Harbor

Friday, March 5: FAS Bookstore Reception

Meet & Greet Conference Presenters / Enjoy Hors D'Oeuvres & Cash Bar

Friday, March 5: Comedy Club at the Safety Harbor Resort & Spa

Sponsored by the Florida Adlerian Society
www.adlerflorida.org



Thursday, March 4, 2010

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

R1) Brief Therapy Through Strength Assessment

Timothy D. Evans, Ph.D., Carter and Evans, Tampa, FL

Brief therapy is a way of thinking and solving human problems, which differs from the linear cause-and-effect models. Brief therapy is not a scaled-down version of long-term therapy. It is an action-oriented, solution-focused, and goal-oriented model. This is in contrast to more lengthy open-ended, client-guided, and feeling-oriented therapy, although some brief therapies can still emphasize humanity and not just techniques treating symptoms. Brief therapy can help individuals, couples, and families change through encouragement and strength assessment. Discussion, activities and demonstration provide the format for learning.

R2) Divining a Path: A Lifestyle Journey

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

This lecture and demonstration presentation will utilize Alfred Adler's "trustworthy approaches to the exploration of personality" to aid mental health professionals in understanding and assessing lifestyles of adolescents and adults. Emphasis will be on gathering and understanding perceptions and outcomes of lifestyle decisions. Applications to individual and group psycho-education and psychotherapy settings will be discussed.

R3) The Four Directions and Seven Methods of Encouragement: A Micro-lab and Research Summary

Dan Eckstein, Ph.D., Professor of Medical Psychology, Saba University School of Medicine, Saba, Netherlands Antilles

Encouragement is a crucial attitude and skill necessary for improving relationships and maintaining satisfying relationships at home, work and school. This workshop will feature three specific encouragement activities that have been developed to improve relationships. The workshop combines Adlerian encouragement theory along with examples from participants themselves. This is a fun workshop where participants learn how to put encouragement into their lives.

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

R4) Understanding Interpretive Details in Early Recollections

Arthur Clark, Ed. D. Coordinator, Counseling & Human Development Program, St. Lawrence University, Canton, NY

The interpretation of early recollections involves understanding themes and details in a person's first memories. Interpretive details include sensory modalities, color, place and objects. Discussion focuses on the interpretation of significant details in early recollections. Members of the audience will be encouraged to share their first memories. Early recollections will be interpreted with an emphasis on practical applications in the lives of individuals.

1:30 - 4:30 PM

R5) The Relationship Solution for Couples

Geri Carter, MA, LMHC, Carter and Evans Marriage and Family Therapy, Tampa, FL

Maintaining a cooperative union is the hardest task of marriage. Participants will learn what good mental health looks like in an intimate relationship, what harms a relationship, and how couples can reconnect. Therapeutic skills to help couples will be introduced. The workshop will conclude with an open forum demonstration.

Friday, March 5, 2010

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

F1) Experiencing Encouragement Using Expressive Arts and Creative Process

Pepper Sarnoff, M.S., M.A., Private Practice, Charleston, SC & David Sarnoff, Ph. D., Capella University

In this experiential workshop, participants will explore the experience of encouragement in dynamic and active ways. Utilizing mind maps, early recollections, and authentic interpersonal process, participants will

articulate the qualities of encouragement and identify how to become a more encouraged and encouraging person.

F2) Four Therapists and Three Demonstrations (Family, Couple, & Individual)

A One-Day Seminar featuring Adlerian Master Therapists. Each topic will be an interview demonstration with a family, couple, and individual.

Teaching Family Counseling Through Demonstration (An Interview with a Family)

Francis X Walton, Ph.D., Psychologist in Private Practice and Consultant, Columbia, SC

Consistent with the goal of helping participants learn how an experienced psychologist uses the Adlerian-Dreikursian model to help family members understand and modify mistaken approaches to family life, and the goal of helping professionals and students learn how the family counselor uses Adlerian theory and technique to guide his movement in the counseling process; the presenter will identify principles and techniques of Individual Psychology as he progresses through the family counseling process.

Teaching Couple Counseling Through Demonstration (An Interview with a Couple)

Geri Carter, M.A., & Timothy D. Evans, Ph.D.,

Cooperation as a couple is a challenging life task. Meeting someone (getting together) and then staying together is one of life's most difficult challenges for all of us. Much human suffering occurs from remaining in an unsatisfying relationship. Meaningful relationships are central to the good life. We will demonstrate the challenge of cooperating as equals in a couple relationship and what to do to maintain a satisfying relationship.

Teaching Individual Counseling Through a Demonstration (An Interview with an Individual)

Wes Wingett, Ph.D.

The purpose of this interview is to demonstrate the utilization of some of Alfred Adler's "trustworthy approaches" to understanding individuals. In addition, strengths and assets of the individual will be identified and shared with the interviewee. Assessment of five challenges of living will be an integral part of the session.

F3) Adlerian Theory Put into Action: Group Supervision

Dan Kane, Ed.S., LMHC, Director of Clinical Services, ACTS & Randall Gainforth, M.A., Approved Supervisor for the State of Florida, Carter and Evans Marriage and Family Therapy, Tampa, FL

Clinical supervision is the bridge between the classroom and clinic. This workshop will present the "How To" aspects of supervision. Roles and techniques will be delineated. The afternoon will provide the graduate student, beginning and experienced therapists the opportunity to discuss and present a case. This will be an encouraging and supportive experience.

Saturday, March 6, 2010

Keynote Address 9:00 - 10:30 AM

The Heart Gallery

The Heart Gallery of Pinellas & Pasco counties provides an emotionally safe way to connect children with families through a traveling exhibit featuring the faces and stories of local foster children ready for adoption. Gloria and Tim will talk about the Heart Gallery and their personal experiences being involved with the organization.

Tim James Higham is a leading visionary in the logistics and transportation field, running the highly successful Interstate Logistics Group - one of the fastest-growing logistics companies in the United States, as ranked by Inc Magazine. Tim was widely recognized in the 1990s for revolutionizing the paper-intensive insurance industry.

Gloria Higham is an entrepreneur in the landscape and nursery field that

resulted in her firm being purchased by John Deere. Gloria and her husband Tim started Interstate Transport. She currently serves on the Board of The Heart Gallery of Pinellas and Pasco.

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

A1) The Courageous Parent (Exciting New Book!)

Cindy Walton-McCawley, M.Ed., Coordinator, Adlerian Child Care Centers, & Kathy Walton, Early Childhood Education Consultant, Columbia, SC
Adlerian psychology offers an approach to child rearing that paves the way for parents to raise responsible, caring, self-reliant and cooperative children. Attendees will learn techniques for parents and parent educators to address child-rearing challenges such as: morning routines, aggressive behavior, meal times, deliberate encouragement, temper tantrums, toilet training, chores, homework, and bedtime, and techniques to foster socially interested behavior.

A2) Needs ABC: An Adlerian Informed Model for Difficult Clients

Tom Caplan, MSW, Private Practice, McGill University School of Social Work, Montreal Anger Management Centre, Canada

This workshop will address the application of the Needs ABC (Needs Acquisition and Behavior Change), an Adlerian-informed, integrated therapeutic approach to clients who are defended or "dug in." Needs ABC also integrates concepts described in cognitive-behavioral, motivational, narrative and emotion-focused work and is distinguished by its emphasis on the relational needs behind maladaptive behaviors, rather than the behaviors themselves.

A3) Social Interest: A Trip Down Memory Lane

Karen Drescher, Psy.D., Chicago Adlerian Society, Chicago, IL

Adler's encouragement of social interest as a remedy for psychological discomfort will be reviewed within a historical context. Social interest as a criteria for mental health will be discussed. This workshop will appeal to both those new and experienced to Adlerian psychology.

A4) Divorce Recovery Group in Action

Geri Carter, M.A., LMHC, Divorce Mediator, Denise Johnson, M.A., & Divorce Recovery Participants, Carter & Evans Marriage & Family Therapy, Tampa
Divorce is 15% legal and 85% emotional. Thus, it is important for divorced persons to have a venue to work through the emotional component of divorce and for helping professionals to have skills in dealing with divorced persons. This workshop will be led by the monthly Phoenix Women's Group, a divorce recovery group that meets in the office of Carter and Evans.

Workshops Session B 1:30 - 2:45 PM

B1) Family Constellation: A Multi-Sensory Approach

Wes Wingett, Ph.D.

Family constellation information will be gathered and processed utilizing a visual, auditory, and kinesthetic approach. This strategy is applicable to any family structure and will lead to a deeper understanding of self and others in a school, family, relationship, or work setting.

B2) Infusing Adlerian Psychology into Your Life

Dan Eckstein, Ph.D.

The presenter will share his experiences of Adlerian psychology. Some examples of specific Adlerian related content will be: the Eckstein Lifestyle Inventory, #1 personality couples priority questionnaire, interview considerations, encouragement, "the couples birth order relationship" questionnaire (BORQ), and Four Couples' sleep satisfaction interviews: Recommendations for improving your nights together. The workshop will feature key concepts, experiential activities and handouts.

B3) Counseling, Psychotherapy and the DSM IV

Anthony Miller, M.A. Private Practice, Brandon, FL

Many clinicians today are faced with the issues of whether to provide treatment to the whole person or focus only on what makes the individual sick, due to increasing emphasis on codifying behavior and/or symptoms for service legitimacy or third party payment.

B4) Taoist Tai Chi Society Internal Arts and Methods: Cultivating Mind and Body

Brian Lau, B.A., LMT & Randall Gainforth, M.A Taoist Tai Chi Society, Brandon, FL

Tai Chi is the name of the internal martial art that originated in China

over 800 years ago. The taijiquan as taught by the International Taoist Tai Chi Society is designed to promote health and well-being for people of all ages and health conditions. This exercise benefits the entire physiology, improving mental health and physical health.

Workshops Session C 3:00 - 4:15 PM

C1) Motivating Children to Learn by Rudolf Dreikurs

Robert Villavisanis, M.A., & Rick Patton M.A., Veterans Administration, Tampa, FL

During the presentation the participants will watch an original video of Rudolf Dreikurs lecturing at the University of Vermont in 1969. Participants will be involved in an active discussion about the video including the implications for our current society.

C2) Onboarding: A Way of Using Encouragement in the Workplace

Gabriella Harmon, Doctoral Student Saybrook Graduate School and Research Center in San Francisco; Organization Development, University of South Florida, Tampa, FL

The term 'onboarding' refers to the process of integrating new employees into an organization, encouraging them to become productive and preparing them to succeed in their job. This workshop will reveal best practices for retaining new employees, encouraging their best and accelerating their learning curve.

C3) The Propagandizing Hoaxes of Health Care in America

Thomas Garcia, M.A., Clinical Director of Novus and SunCoast Rehabilitation, & Allison Paolini, Doctoral Candidate, Counselor Education, University of South Florida, Tampa, FL

This seminar will explore the medicalization of normal childhood, such as the intrusive screening of "infants and toddlers" to determine if they "suffer" from a "biochemical" imbalance rather than a subjectively misinterpreted set of environmental circumstances. We will also discuss the relevance of research biases currently plaguing the diagnosis of both adult and childhood disorders. The complexities pertaining to subjective and impressionistic diagnostic criteria used to label individuals will be presented.

Evaluations & Summary of Conference

4:15 - 4:30 PM

Daily Conference Schedule

8:00 - 9:00 AM	Registration / FAS Bookstore Open
9:00 AM - 12:00 PM	Morning Session
12:00 - 1:30 PM	Lunch / FAS Bookstore Open
1:30 - 4:30 PM	Afternoon Session
4:30 - 5:30 PM	Reception (Friday Only) at FAS Bookstore

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

Please register soon as rooms will fill up quickly.

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 15th Annual Conference

March 4-6, 2010

Name: _____

Phone: _____

Address: _____

City/State/Zip: _____

Email (Required): _____

Prof. License #: _____

Workshop Selections

Thursday, March 4, 2010 9:00 AM - 4:30 PM

Full-Day Workshops (choose one)

- R1 - Brief Therapy through Strength Assessment
- R2 - Divining a Path: A Lifestyle Journey
- R3 - The Four Directions and Seven Methods of Encouragement

Half-Day Workshops (choose two)

- R4 - Understanding Interpretive Details (9:00 AM - 12:00 PM)
- R5 - The Relationship Solution for Couples (1:30 - 4:30 PM)

Friday, March 5, 2010 9:00 AM - 4:30 PM

Full-Day Workshops (choose one)

- F1 - Experiencing Encouragement Using Expressive Arts & Creative Process
- F2 - Four Therapists and Three Demonstrations
(with a Family, a Couple, and an Individual)
- F3 - Adlerian Theory Put Into Action: Group Supervision

Saturday, March 6, 2010

Keynote Address 9:00 - 10:30 AM

75-Minute Workshops (choose three)

10:45 AM - 12 PM

- A1 - The Courageous Parent
- A2 - Needs ABC: An Adlerian Informed Model for Difficult Clients
- A3 - Social Interest: A Trip Down Memory Lane
- A4 - Divorce Recovery Group in Action

1:30 - 2:45 PM

- B1 - Family Constellation: A Multi-Sensory Approach
- B2 - Infusing Adlerian Psychology into Your Life
- B3 - Counseling, Psychotherapy and the DSM IV
- B4 - Taoist Tai Chi Society Internal Arts & Methods

3:00 - 4:15 PM

- C1 - Motivating Children to Learn by Rudolph Dreikurs
- C2 - Onboarding: A Way of Using Encouragement in the Workplace
- C3 - The Propagandizing Hoaxes of Health Care in America

_____ To receive Continuing Education Credits, please add \$10 for each 6-hour day (6 credits available Thursday and Friday; 5 credits Saturday)

Check all that apply (*Early Registrations must be postmarked by Feb. 13, 2010*)

	Early	Regular	Student	CEU's
<input type="checkbox"/> Thursday	\$85	\$95	\$65	\$10
<input type="checkbox"/> Friday	85	95	65	10
<input type="checkbox"/> Saturday	85	95	65	10
<input type="checkbox"/> Will join "Dinner Out" on Thursday (cost on your own)				
<input type="checkbox"/> Will go to "Comedy Club" event on Friday (cost on your own)				

Payment Method

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!

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



Florida Adlerian Society
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