

Saturday, January 18th

Workshops Timezone A (Asia) - Saturday 18th: Berlin 11am-2pm, Beijing 6pm-9pm, Tokyo 7pm - 10pm

A1	Zivit Abramson	Some ideas, observations and comments on partnership	In this workshop Zivit will talk about the way she understands couple hood and the way she works with couples - in the steps of Adler and Dreikurs with some additions and developments of Zivit. Furthermore she will show a demonstration of an interview with a couple.
A2	Dave Kearns	Sitting with Distressed Attachment: Holding Infant, Mum, and Dad in their distress.	<p>This workshop will briefly introduce main goals of Parent Infant Therapy plus how to evaluate parental insightfulness, introduce video analysis and examine 2 case studies. By exploring the 2 case studies and with the tools provided in the workshop we can understand the parental responses to their infant and ours as therapists, so that with we can enter into the interwoven world of the preverbal infant and parents in an encouraging and constructive way.</p> <p>Case Study One is a Mum and baby in a distressing feeding scenario and in the Case Study 2; the emotional blocks that stop Dad in physically holding baby and holding baby in mind. The Adlerian and other techniques presented will be used to evaluate the case studies and introduce Adlerian use of ER's in Supervision to understand conscious and unconscious attachment 'Seeking' mechanisms in the infant, parents and therapist.</p>
A3	Kim Lee-Own	Dreams: A Bridge to the Future?	According to Adlerian theory, dreams and daydreams are one of the 'portals' to the psyche, (along with Family Constellation, Early Recollections, Childhood Illness & Disability and Exogenous Factors). A great deal can be learned from dreams, when trying to understand oneself and become more self-aware. As well as finding encouragement. Just as the rest of our personality is unified, so too are our dreams and daydreams, and what appears in them fits within the pattern of our lifestyle and reflects our hopes, fears and private logic. Mosak and Maniaci, (1999), state that "We generally create dreams in order to reinforce our movement in life, to rehearse future courses of actions, to problem solve and to create a mood for the next day." All this while we sleep! During this workshop, we will discuss Adlerian theory and concepts which can help us to understand how to work with dreams and how dreams are working with us! There will be opportunities to work with dreams during the workshop, so start writing down your dreams now, if you would like to bring them in. We will consider how Adlerians view interpretation and the meaning of symbols and briefly consider some key aspects of Adler's ideas of working with dreams. This workshop will be suitable for those who are interested in the ideas of Alfred Adler, both in their own lives and in those of clients. It will provide an opportunity to work in an Adlerian way to understand ourselves and clients.

A4	Shuli Zheng	Adlerian Parenting: Establish a parent-child relationship of mutual respect and cooperation	<p>This course will teach the essence of Adlerian parenting principles, strategies, and methods, through lecture, discussion, role-play, awareness activities, method practice, and case study. Participants will learn how to establish a horizontal parent-child relationship of mutual respect and cooperation.</p> <p>It includes:</p> <ol style="list-style-type: none"> 1) Understanding horizontal parent-child relationships and effective parenting styles. 2) Crake the four mistaken goals codes behind children's misbehavior and learn to respond to their psychological needs encouragingly.
<u>Plenary Saturday:</u> Chicago 8am - 9.30am, New York 9am - 10.30am, Berlin 3pm - 4.30pm, Tokyo 11pm - 12.30am			
Plenary	Lindsay Hill	Mapping Couples' Lifestyles: The Infinity Symbol in Relationship Dynamics	<p>This one-hour session introduces the infinity symbol as a powerful framework for understanding how individual lifestyles intersect in relationships. By examining the reciprocal dynamics of couples—how each partner's unique goals, values, and coping strategies shape and influence the other—participants will learn practical methods to identify sources of relational tension and pathways toward cooperation. Using a case study and demonstration (if time allows), this course provides tools to uncover the hidden patterns that drive connection or conflict, offering insights to foster more harmonious and fulfilling relationships.</p>
<u>Workshops Timezone B (US)</u> - Saturday 18th: Berlin 6pm-9pm, Seattle 9-12am, Chicago 11am - 2pm, New York 12-3pm			
B1	Betty Lou Bettner	Alfred Adler on the Topic of Mental Health	<p>Adler described the path to mental health was to provide each child with the innate need for affection. Children are born with this need and it never goes away. The second need is within the child but must be developed—the need to develop social interest. To be “normal” means to care about others. Adler saw social interest as the barometer of the child’s normality. When these basics are missing the child is not prepared for the cooperation required to meet the major tasks of life. Let’s explore human needs and solutions, and what happens when they are missing as we are watching the news around the world.</p>
B2	Jim Bitter	Uses of Imagination in Adlerian Therapy.	<p>Uses of imagination in Adlerian therapy. One way to think about psychopathology is that it is a failure of imagination—a failure to imagine a better future, a cooperative life with others, a way to make friends and a meaningful contribution in life, the possibility of love and building a life with partners and loved ones. Therapy based on social interest can be a reawakening of optimism, an imagining of the better. In this workshop, we explore avenues in the imagination that can lead to healing and growth.</p>

B3	Jay Colker	Dealing with Resistance	This workshop focuses on resistance and ways to address it. This includes resistance clinically and in one or more of the life-tasks: work, friendship, and intimate relationships. One simple but far-reaching definition of resistance is a misalignment of goals and intentions. This definition will be thoroughly explored. Small groups will be extensively utilized to practice the skills focusing on current challenges group members are experiencing with resistance. Groups will also be asked to create resistance scenarios to stump the presenter. Outcomes of this group work will be reviewed, and lessons learned explored.
B4	Vera Todorova	Finding Inner Peace Through Communication: Applying Adlerian Principles to Break Free from Power Struggles and Confrontations	Are you tired of constant power struggles and confrontations? Are you searching for a way to communicate that fosters understanding, connection, and mutual respect? This class provides a powerful reminder of how to communicate effectively by applying Adlerian Psychology. The course is designed for those who are seeking to escape the cycle of conflict, frustration, and disconnection, offering practical tools to foster inner peace that can be reflected in all their relationships. Adlerian Psychology emphasizes the importance of social interest, mutual respect, and understanding individual perspectives. By reconnecting with these core principles, participants will learn how to break free from the patterns of communication that fuel power struggles and cultivate a more peaceful, balanced approach to interactions. Through interactive exercises, real-world examples, and a focus on practical application, this course will guide you in mastering the art of clear, empathetic, and non-confrontational communication. The course is open to anyone who has experienced at least one conflict in their life and did not like it.
Basic +	Sabine Landscheidt	Unlocking Human Behavior: Introduction to Individual Psychology	Discover the transformative power of Adlerian Psychology—a practical and holistic approach to understanding human behavior. This interactive workshop introduces the core principles of Individual Psychology, including private logic, life-style, and goal-directedness, all within the context of our social connections. Through engaging discussions and real-life applications, you'll learn how to interpret behaviors, uncover hidden motivations, and gain insights that can enhance personal growth and interpersonal relationships. This is an additional workshop for anyone new to Adlerian Psychology who would like to get to know the basic theory.

Sunday, January 19th

Workshops Timezone A (Asia) - Sunday 19th: Berlin 11am-2pm, Beijing 6pm-9pm, Tokyo 7pm - 10pm

C1	Joyce Callus	Why early years matter	<p>The United Nations Convention on the Rights of the Child (1989) acknowledges the significance of early childhood development in enabling children to achieve their full growth and development potential.</p> <p>Although a newborn seems to be helpless, Alfred Adler stresses that the early years lay the foundations of personality. How and why?</p> <p>We carry our childhood all our lives, trying to figure out... Who am I? Who are the others? What is the world?</p> <p>What helps child caregivers understand and enhance child development in the early years? This challenging task will be tackled during this workshop. All are welcome!</p>
C2	Michael Fitzgerald	Using metaphors to understand the goals of the inner child	<p>In this short experiential workshop we will explore using metaphors as an method to understand our clients inner child's illogical goals and courageous movement. We will adventure in self reflection to learn how to be reflective for our clients and find the encouragement in the actions that are present in abundance and the ones that need development.</p>
C3	Rachel Shifron	"Help!!!Therapists working with Traumatic patients in times of extreme stress and trauma need help." The therapist's commitment for self care as a holistic approach for coping through stressful times.	<p>The workshop will focus on the therapist's personal challenges. Effective methods , through the work with ERs ,will be used and discussed in the workshop.The goal of the workshop is to help therapists to overcome personal issues, when their main focus is helping the patient.</p>
C4	Bilge Uzun	Finding Adlerian (Mindful) Solutions for Everyday Problems	<p>This workshop combines the practical wisdom of Adlerian psychology with the grounding practices of mindfulness to help you navigate everyday challenges with clarity and purpose. By exploring core Adlerian principles like encouragement, social interest, and striving for significance, you'll learn to understand the root of personal and interpersonal struggles. Through guided mindfulness exercises, you'll cultivate self-awareness and develop strategies to respond thoughtfully rather than react impulsively. Whether you're facing workplace dilemmas, family conflicts, or personal roadblocks, this workshop equips you with tools to find creative, compassionate solutions that foster harmony and resilience. Join us for an engaging and reflective journey to transform problems into opportunities for growth and connection.</p>

Plenary Sunday: Chicago 8am - 9.30am, New York 9am - 10.30am, Berlin 3pm - 4.30pm, Tokyo 11pm - 12.30am

Plenary	Ursula Oberst	How to deal with narcissists	Narcissistic behavior is on the rise. In contemporary culture, where success, achievement and self-confidence, even high degrees of egoism, is admired and rewarded, narcissistic behavior and narcissistic lifestyle seem to be not only something acceptable, but even adaptive and healthy. What formerly would have been classified as a personality disorder, may now be a perfectly normal behavior. However, family and workmates suffer the consequences from the narcissist's behaviour characterized by a great sense of entitlement, manipulation, need for acknowledgement, dominance, but also by hypersensibility and a pampered lifestyle. In this conference, the author will outline an Adlerian approach to narcissistic behavior and present strategies to deal with manipulation and hypersensitivity that can be useful both in counseling and in an everyday context.
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Workshops Timezone B (US) - Sunday 19th: Berlin 6pm-9pm, Seattle 9-12am, Chicago 11am - 2pm, New York 12-3pm

D1	Susan Belangee	Adlerian Approach to Eating Disorders	This program will share the most recent updates in diagnostic criteria and then focus on how family dynamics and generational patterns affect the development and maintenance of eating disorders and disordered eating. Ways of noticing and identifying potential eating issues will be discussed as well as levels of treatment to address both subclinical and clinically significant eating disorders. Relevant Adlerian psychology concepts will be the focus, including belonging, lifestyle, purposefulness of behavior, private logic, social interest, family constellation/atmosphere, and inferiority feelings.
D2	Sabine Landscheidt	Adlerian Coaching: Turning Challenges into Opportunities in Life and Work	Coaching empowers individuals to uncover their own solutions to life's toughest challenges. By integrating the wisdom of Adlerian Individual Psychology, coaches can focus on their clients' strengths while leveraging Adlerian concepts such as goal-directedness, lifestyle patterns, and private logic. This interactive workshop blends essential theory with hands-on tools designed to address real-life difficulties. Participants will discover practical strategies to navigate both professional conflicts and personal struggles. Through guided exercises and dynamic discussions, you'll learn how to reframe obstacles as growth opportunities, strengthen resilience, and apply these techniques to everyday challenges. Step into a coaching framework that not only transforms how you approach difficulties but also equips you to help others do the same.

D3	Liliana Radu	Neurodiversity from an Adlerian perspective	Neurodiversity is a framework for understanding human brain function that recognizes the diversity within sensory processing, motor abilities, social comfort, cognition, and focus as neurobiological differences. Even if it is often used in the context of autism spectrum disorder (ASD) and other neurological or developmental differences such as ADHD, it is a propriety that every brain has and can help us better understand everyone's uniqueness and the way we can support others. In this workshop, we will explore how recent studies support Alfred Adler's theory which was so far ahead of his time. We will explore through practical activities the uniqueness of individuals from an bio-psycho-socio-spiritual point of view and ways we can use encouragement to develop social interest.
D4	Alyson Schafer	Working with Families With A Focus on Sibling Dynamics	<p>A discouraged child's behaviours is often the presenting issue that is a the catalyst for a family to seek therapy. This interactive 3-hour workshop will highlight the Adlerian principles and techniques I implement when working with families as I explore the family dynamics of sibling competition and rivalry. We will explore inadvertent or overt parental favoritism that leads to discouragement and parenting approaches to bring about positive change.</p> <p>Trained in the work of Alfred Adler and Rudolf Dreikurs, Alyson will discuss her approach with working with families from the intake session through to reaching the clients therapy goals. Whether you're a counselor, therapist, educator, parent or family support professional, this workshop will provide practical tools and strategies to enhance your work with families, foster healthier dynamics, and promote positive change.</p>