

Second Week - Morning Courses - 11:00 AM - 1:00 PM

#	Instructor and Course Title	Language	
		English	German
401	Armerding, Calvin- Adlerian methods in Counseling	X	
402	Bluvsthein, Marina - ER and working with Trauma	X	
403	Hill, Lindsay - Creative methods to rekindle and improve intimacy in couples	X	
404	Hillenbrand, Andrea - Alcohol Addiction	X	X
405	John, Karen - Suicide	X	
406	Joosten, Theo - Cooperative Problem Solving	X	
407	Landscheidt, Uti - The third eye and the third ear: Understanding communication	X	X
408	Owen-Sohoki, Deborah - What Adler's Holism Offers in the 21st Century and How to Embody (live) it	X	
409	Saeedi, Sara - Creative Interventions on Individual Psychology	X	
410	Uzun, Bilge - How to practice holism mindfully	X	
411	Williams, Hallie - IP: concept, theory and its development	X	

401 - Armerding, Calvin- Adlerian methods in Counseling

This course will cover a broad range of tactics, skills, and strategies for counselors in Adlerian psychotherapy. Heavy use of demonstration will be used to teach all four phases of Adlerian therapy: engagement, lifestyle investigation, insight, and reorientation. While some lecture will cover theoretical foundations, the course will be heavily experiential. Students will observe as well as use skills.

Learning Objectives:

1. Participants will be able to list and describe the four phases of Adlerian therapy.
2. Participants will be able to apply theoretical learning to the practical use of skills
3. Participants will be able to develop a sense of competence in understanding and using Adlerian counseling techniques.
4. Participants will be able to demonstrate their growing ability to use Adlerian counseling methods.

402 - Bluvsthein, Marina - ER and working with Trauma

Early recollections are a dynamic metaphor for an individual's opinion of the world, others, and the self in that world. The early memories of people who had traumatic life experiences would show us how an individual "decided" (subconsciously) to answer the challenges of life, what strengths they have for that task, and what might hold them back. The workshop addresses Adlerian understanding of trauma and the lifestyle contributing to traumatic experiences. The workshop involves demonstrations, small groups, and dyadic Early Recollection work, focusing on traumatic experiences and the strengths in overcoming traumatic lifestyle "shock." This course is designed for primarily therapists and students, but others are welcome too.

Learning Objectives:

1. Participants will define the Adlerian view of trauma.

Second Week - Morning Courses - 11:00 AM - 1:00 PM

2. Participants will identify at least two lifestyle and exogenous factors in traumatic experiences of life events.
3. Participants will explain how early recollections are selected to answer the traumatic lifestyle "shock."
4. Participants will articulate the lifestyle strengths expressed in the Early Memory metaphors.

403 - Hill, Lindsay - Creative methods to rekindle and improve intimacy in couples

Come discover how Adlerian principles can help you understand and revitalize intimate relationships. Learn (through demonstration, case studies, and experiential activities) effective techniques to foster deeper connections, ignite passion, and promote emotional intimacy. Dive into exercises, communication strategies, and self-awareness practices to rekindle the flame and strengthen the bonds of love, intimacy and cooperative partnership.

Learning Objectives:

1. Participants will be able to develop a sense of competence in understanding and using Adlerian techniques in the context of intimate relationships
2. Participants will be able to identify theoretical and practical ways in which to understand their sexuality and improve/optimize intimacy in their own lives
3. Participants will be able to understand and connect how their lifestyle patterns are revealed through their sexuality and intimacy practices (and vice versa).
4. Participants will be able to analyze how Adlerian theory (such as gemeinschaftsgefühl and lifestyle) can be applied to assess and address challenges, and reorient in intimate partnerships

404 - Hillenbrand, Andrea - Alcohol Addiction

We will look at addiction, especially alcohol dependence, from an Adlerian point of perspective, looking at the life tasks, the goal-directedness of behavior and the functionality in social relationships, as well as the connection to co-dependent behavior. Wir werden Abhängigkeitserkrankungen, insbesondere Alkoholabhängigkeit, unter individualpsychologischen Gesichtspunkten betrachten, wie z.B. den Lebensaufgaben, der Zielgerichtetheit von Verhalten und der Funktionalität in sozialen Beziehungen, sowie den Zusammenhang zu Co-Abhängigem Verhalten.

Open to all

Learning Objectives:

1. describe the development of an addiction
2. name examples for the intention of substance use in the attempt to fulfill the tasks of life
3. identify co-addictive behaviors
4. define alcohol addiction according to DSM-V and ICD10 criteria

405 - John, Karen - Suicide

Suicide rates worldwide increased 60% in the past 50 years, greater than deaths due to malaria, breast cancer, war or homicide. Suicide is the 3rd highest cause of death among 15-29 year olds. Every suicide is a tragedy that affects families, communities and entire countries & has long-lasting effects on the people left behind. Brief presentations, small and large group discussion & experiential exercises. Participants will learn most from engaging in the exercises, which will provide opportunities for active participation, 'learning through doing', & exploring ideas, feelings & how what is learned might be applied in practice.

Second Week - Morning Courses - 11:00 AM - 1:00 PM

Open for therapists, counsellors, mental health workers, teachers, and others affected by or interested in thinking about and learning more about suicide

Learning Objectives:

1. Review research findings regarding the reasons for and common features among those who contemplate, attempt and complete suicide.
2. Explore the disturbing and traumatic effects of suicidal behavior and suicide, with direct reference to the practice needs of participants.
3. Review Adlerian and other theories, research findings and models for understanding risk factors and reasons for suicide and suicidal behavior
4. Experiment with ways of thinking about and working with clients who are contemplating suicide and/or have attempted to take their lives in the past.

406 - Joosten, Theo - Cooperative Problem Solving

In families, community or professional settings, people meet problems. This course will explore practical ways of helping each other find encouraging solutions to these social challenges. Respectful listening, personal attitude and the incident method will get special attention. Participants will be able to apply the incident method. Case examples provided by the participants will be used.

Learning Objectives:

1. Mention an explanation why problems are social problems
2. Give an example of reflective listening
3. Explain the steps of the incident method
4. Guide a problem solving session by using the incident method

407 - Landscheidt, Uti - The third eye and the third ear: Understanding communication

We often try hard to reach our goals, to convince others to follow our direction or suggestion but fail. This happens with colleagues, family and friends. How can we improve our skills to communicate by watching with our third eye and listening with our third ear? By theory and exercises we learn to improve our communication for the benefit of everyone. Open for everyone interested

Learning Objectives:

1. be able to identify the language in communication
2. be able to identify the moment of failure in bad communication
3. be able to use the third eye to improve own communication
4. be able to use the third ear to improve own communication

408 - Owen-Sohoki, Deborah - What Adler's Holism Offers in the 21st Century and How to Embody (live) it

Explore Adler's visionary Holism which is now recognized in modern ecology, quantum physics, systems biology, and social sciences. This dynamic workshop integrates scientific insights, experiential activities, and ancestral wisdom to deepen understanding and the application of Holism. Participants will gain transformative tools to enrich relationships, enhance professional practice, and address global challenges with an integrated, holistic perspective. Open to all.

Learning Objectives:

Second Week - Morning Courses - 11:00 AM - 1:00 PM

1. Define Adler's Holism and the Implications of its Context in Our Modern-Day Life and Current Scientific Research
2. Apply Holism to Current Lifestyle Experiences
3. Identify the power of nature in relationship to Holism
4. Experience movement, breath, and sound activities to enhance remembering of how to live in Holism to produce a more integrative, peaceful whole being existence

409 - Saeedi, Sara - Creative Interventions on Individual Psychology

Explore creative therapeutic modalities in this hands-on workshop, where you'll engage in experiential learning and small group work. Discover art, psychodrama and play-informed therapies and trauma-informed interventions for working with individuals and groups. Expand your toolkit to work collaboratively with children, youth, and adult clients. This course is designed for therapists, educators; also open to people interested in learning about and engaging in creative interventions.

Learning Objectives:

1. Identify and explain at least 3 creative modalities
2. Demonstrate Techniques
3. Develop intervention plans
4. Reflect on integration into practice

410 - Uzun, Bilge - How to practice holism mindfully

This is a course designed to help participants cultivate a holistic approach to well-being by integrating mindfulness into their daily lives. Through mindfulness techniques, reflective practices, and experiential exercises, participants will learn to connect mind, body, and spirit, fostering balance and awareness. The course emphasizes mindful living, self-care, and the interconnection of all aspects of life, providing practical tools to promote overall harmony and personal growth.

Learning Objectives:

1. Participants will be able to apply Adlerian principles to develop a mindful and holistic approach to understanding the interconnection between mind, body, and spirit.
2. Participants will be able to practice mindfulness techniques that enhance self-awareness, personal growth, and emotional balance in daily life.
3. Participants will be able to identify holistic strategies for integrating physical, emotional, and mental well-being into their personal and professional lives.
4. Participants will be able to create a personalized mindfulness routine that aligns with holistic health principles, supporting long-term balance and self-care.

411 Williams, Hallie - IP: concept, theory and its development

Do you struggle understanding some of the concepts of Individual Psychology? Do you want a better understanding of how the concepts fit together? Do you wonder how the concepts were developed? If you answered yes to any of those, this class is for you. This class will unpack Adler's foundational concepts including: as if, holism, birth order, the universality of striving, apperceptive schema, teleology, phenomenology, and more. By the end of the class, all participants will be able to analyze and draw connections between those Adlerian concepts, explain them, and create a group presentation incorporating all the discussed concepts.

Second Week - Morning Courses - 11:00 AM - 1:00 PM

Learning Objectives:

1. Evaluate 2 different Adlerian concepts well enough to draw connections between the two.
2. Analyze the term phenomenology and well enough to apply it to your stay at ICASSI.
3. Synthesize the concepts discussed into a joint class presentation.
4. Create a mnemonic (word, phrase, etc.) for 5 of the concepts discussed in the class.