

The Puget Sound Adlerian Society
and the
North American Society of Adlerian Psychology
are pleased to present

*The 2010 Certificate Program for
Professional Studies in the Psychology of Alfred Adler ~*
The Foundation of Humanist and Holistic Psychologies

Featuring

Robert L. Powers, MDiv, MA, and Jane Griffith, MA, MAT



February 5-6 ~ The Basics of Adlerian Theory & Practice
April 9-10 ~ Personality Development & Dynamics
June 11-12~ Individual Psychotherapy
October 22-23 ~ Couple, Family, & Child Therapy

Port Townsend, Washington

For the first three two-day course, 13½ CE hours for mental-health professionals, or 13½ clock hours for educators and school counselors, are included in the course fee. For the fourth course, 14 CE hours or clock hours are included. Certificates are awarded for 54.5 hours on completion of the program. (See p.3 re APA and NBCC CE hours.)

Every individual represents both a unity of personality
and the individual fashioning of that unity.
The individual is thus both the picture and the artist.

Alfred Adler

The mission of PSAS is to nurture dignity for all
by encouraging democratic relationships and a sense of belonging.

PSAS and NASAP invite you to participate in one or more of the four two-day courses of the **2010 Certificate Program for Professional Studies in the Psychology of Alfred Adler**—and enjoy the opportunity to learn from Robert Powers and Jane Griffith, two outstanding teachers and therapists. The site is Bob and Jane's home in **Port Townsend**, a lovely Victorian port and arts town on the Olympic Peninsula and a wonderful place to spend a weekend. Participants who complete the four two-day courses will receive a **Certificate of Professional Studies in the Psychology of Alfred Adler**.

Nearly a century ago, Alfred Adler, MD, a Viennese physician and psychiatrist, became a **pioneer** in psychological theory and therapy. Many of his theories underlie today's cognitive, holistic, feminist, culturally sensitive, and family systems therapies. Abraham Maslow called him the first among the "third force" psychologists—not a psychoanalyst nor a behaviorist, but a humanist. **His hope was that a genuine understanding of human well-being and the need to cooperate would lead to a more democratic mindset everywhere.**

Adler was particularly interested in **prevention** of psychological difficulties and social dysfunction. Adler's focus on education is the foundation for many current parent- and teacher-education programs such as Positive Discipline, Systematic Training for Effective Parenting, Active Parenting, Active Teaching, and Sanity Circus, co-sponsored by PSAS and Seattle PTAs and nonprofit agencies.

Adler saw the uniqueness of each person, each with a unique way of being human (our **style of living**), sharing a **common sense** of reality in **inferiority feelings** and **community feeling** and **belongingness**. He understood inferiority feelings as the awareness of ourselves as **incomplete**, and demonstrated how this feeling serves as a spur to further growth, guided by personal images of success and fulfillment. Faulty education and discouragement can mislead us into ideas of success through superiority over others on **the useless side of life**, while proper education and encouragement inspires ideas of success on **the useful side of life**, in ways of value to ourselves and others.

Adler studied the foundations of individual personality development in the **family of origin**, observing that in childhood we move to **make a place of significance** among others and that we form **goals and beliefs** to compensate for feelings of inferiority that serve as **patterns** for the life-style. Since **compensation tends toward overcompensation**, errors are inevitable and may continue to be supported by means of our selective inattention to any challenging evidence.

When beliefs are destructive of cooperation with others, they can be re-formed by means of psychotherapy. Adlerian theory and practice provides an empathic, collaborative process to liberate clients from constrictions by uncovering and re-evaluating unconscious patterns and encouraging the move toward **relationships based on mutual respect and equality**.

The Courses

The 2010 schedule and educational objectives are as follows:

February 5–6 The Basics of Adlerian Theory & Practice. Participants will learn the theoretical concepts of Adlerian Psychology and will be introduced to its practical applications through lectures, exercises, and demonstrations.

April 9-10 Personality Development & Dynamics. Participants will learn the relevance of the central concept of *Lifestyle* and how this concept facilitates our understanding of human being and human dysfunction, and they will learn to apply Adlerian Psychology to the science and art of *Lifestyle Assessment* with special attention to each participant's unique experience.

June 11-12 Individual Psychotherapy. Participants will learn how Adlerian theory applies in the practice of individual psychotherapy, and they will learn principles, processes, and techniques through personal exercises and demonstrations.

October 22-23 Couple, Family, & Child Therapy. Participants will learn how Adlerian theory applies in the practice of couple, family, and child therapy, and they will learn relevant principles, processes, and techniques, with demonstrations.

The Instructors

The instructors for these courses are **Robert L. Powers, MDiv, MA**, and **Jane Griffith, MA, MAT**. Bob is a Distinguished Service Professor Emeritus of the Adler School of Professional Psychology (Chicago) and a licensed clinical psychologist. He was in private practice in Chicago and for many years conducted monthly public family counseling demonstrations at the Adler School. Jane is Professor Emerita of the Adler School and a licensed clinical professional counselor. Both Bob and Jane are past presidents and diplomates of the North American Society of Adlerian Psychology.

In 1982 they established the **Americas Institute of Adlerian Studies** and for many years offered a continuing education program at various locales in the US. Bob and Jane are coauthors of the texts *Understanding Lifestyle* and *The Lexicon of Adlerian Psychology*, as well as numerous professional articles. They are married to each other and live in Port Townsend, traveling and lecturing in the US and abroad. For more information, please see www.adlerianpsychologyassociates.com.

CE Hours, Clock Hours, Certificates

For each of the first three courses, 13½ CE hours or clock hours are included for mental-health professionals, at no additional cost. For the fourth course, 14 CE hours or clock hours are included. Certificates are awarded for 54½ hours for completion of the four two-day courses. Graduate students may be able to arrange for independent study credit through their schools.

PSAS is an affiliate of the North American Society of Adlerian Psychology (NASAP), co-sponsor of this program. NASAP is approved by the American Psychological Association (APA) to offer continuing education for psychologists and is recognized by the National Board of Certified Counselors (NBCC) to offer continuing education for counselors. NASAP maintains responsibility for this program and its content.

Site, Hours, Accommodations, Special Needs

The two-day courses will be presented at Bob and Jane's home in Port Townsend. The hours are 9:00 a.m.-5:00 p.m. Snacks and drinks are included. Jane will provide information in advance on accommodations and places to eat. If you have special needs, please indicate that on your registration application. **Please e-mail or call PSAS, psas@att.net, 206-527-2566, if you have questions.**

Registration

**Participants may register for one or more courses in the certificate program
and need not sign up for the entire program.**

To register, please mail this form, along with the tuition payment and the one-time-only application fee of \$25 (refunded only if the course is canceled), to the Puget Sound Adlerian Society, 8249 38th Ave. N.E., Seattle, WA 98115. Admission is limited to qualified applicants.

To join PSAS and receive reduced tuition, please enclose dues of \$30 for 2010 (also nonrefundable unless the course is canceled). **If you are taking this course for the second time, please pay just half of the tuition fee.**

Date _____ Phone _____

E-mail address _____

Name (please print) _____

Address _____

_____ (with zip code)

Educational Background _____

Current job title _____

Employer/Self-employed? _____

Student/School? _____

Special needs? _____

Tuition per two-day course if postmarked by early-bird date:

PSAS members, NASAP members, and students, \$185

Others, \$205

If postmarked after early-bird date:

PSAS members, NASAP members, and students, \$205

Others, \$235

Amount

_____ **Feb. 5-6 The Basics of Adlerian Theory & Practice** (early-bird date Jan. 20)

_____ **Apr. 9-10 Personality Development & Dynamics** (early-bird date Mar. 24)

_____ **June 11-12 Individual Psychotherapy** (early-bird date May 26)

_____ **Oct. 22-23 Couple, Family, & Child Therapy** (early-bird date Oct. 8)

_____ Total tuition

_____ One-time-only program application fee (\$25)

_____ PSAS membership dues for 2010 (\$30, for tuition discount)

_____ **Total enclosed**

PSAS Membership Application for 2010

Our mission is to nurture dignity for all
by encouraging democratic relationships and a sense of belonging.

TO: Puget Sound Adlerian Society
8249 38th Ave. N.E.
Seattle, WA 98115

Date _____

_____ Please renew my PSAS membership for the year 2010, OR

_____ Please sign me up as a new member for 2010.

_____ I can help with (please circle one or more of the following): Sanity Circus or other parent ed, membership, a presentation at a First Friday Forum, the library, the office, occasional help, publicity, fundraising, history, social events, other activities _____.

_____ Please send me an application for a new associate or general membership in our international affiliate, the North American Society of Adlerian Psychology (NASAP). (NASAP handles renewals.)

I am enclosing:

\$30.00 Membership for 2010. Membership offers participation in PSAS business meetings and social events, discounts on most PSAS-sponsored events, e-mail notice of availability of quarterly issues of *The Parenting Calendar*, and a 20% discount on most book, tape, CD, video, and DVD purchases. (After July 1, dues are \$20.00.)

\$ _____ Donation. PSAS is a 501(c)(3) organization; donations are tax deductible. Our budget needs help! (Donations through United Way are also welcome!)

\$ _____ Total. (Please make your check payable to PSAS.)

Name (please print): _____

Address: _____
_____ (zip)

Phones (please include area codes): _____ day, _____ evening

E-mail address (for event notices, *Parenting Calendar* notice, etc.): _____

I am particularly interested in:

_____ parenting _____ counseling _____ school counseling
_____ teaching _____ the workplace _____

Suggestions for subjects for First Friday Forums: _____

Comments, questions: _____

Thanks for your interest and support!

The PSAS Board