**Using PD in the Therapy Setting**

With Lynn Lott, M.A., Founder and  
Jane Nelsen, Ed.D., Founder

**Description:**

Ask how we use Adlerian psychology and PD to help yourself and others including dealing with stress, mistaken beliefs, top card, disease vs. discouragement model, feelings, addiction, change, use of role play, top card animals, childhood memories, relationships, communication strategies and think/feel/do relationships. This session is experiential with opportunities to volunteer for demonstrations. Participants will have opportunities to consult with Lott and Nelsen and get help with real problems whether they be personal problems or problems in the counseling, coaching, recovery, or parent education arenas. In this workshop, they share their strategies, tools, gifts, and playfulness to help others take home concrete methods for making life work.

Here’s what one viewer of a Lott/Nelsen DVD training had to say.  “I purchased this training for personal growth as a parent myself, and to better serve my probation clients. I have been thrilled with this training and I plan to use what I have learned not only with my parenting groups, but also in our recovery groups too. These ideas and techniques are powerful, and I would recommend this program to everyone!!”

**Presenter Bio:**

Lynn Lott is a licensed Marriage, Family Therapist in private practice over 30 years and has studied and taught Adlerian psychology for 43 years.  She is co-founder of the PDA and co-author of books, manuals, and DVD trainings on Positive Discipline. Lynn is direct, supportive and helpful. She'll help you learn about yourself and how to help the people you live and work with become more aware, accepting and have more tools to solve problems.

Jane Nelsen’s doctorate degree in Educational Psychology from the University of San Francisco in 1979 is secondary to the education and experience she achieved from her successes and failures as a mother of seven children. She now shares this wealth of knowledge and experience as a popular keynote speaker and workshop leader throughout the country.

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