

2021 ADLERIAN SERIES

In the 2021 Adlerian Series, you'll explore the foundational concepts of individual psychology through insightful discussions, and engaging presentations led by experts in the field. Embark on a journey of discovery and enlightenment!

This Adlerian Series (or any individual sessions from the four-part series) can be used toward an Adlerian Certificate of Study. The North American Society of Adlerian Psychology (NASAP) offers a Certificate of Study in Adlerian Psychology. This certificate is used to recognize those who have demonstrated a commitment to the study of the Individual Psychology. This is not a psychotherapy certification, so it is available to all NASAP members that meet the training requirements.

PURCHASE RECORDINGS

Email onlinelearning@positivediscipline.org to purchase recordings.

- \$20 USD per session
- \$65 USD for bundle of four

CONTINUING EDUCATION CREDITS



Up to 8 NBCC Continuing Education credits.

The Positive Discipline Association has been approved by NBCC as an Approved Continuing Education Provider. ACEP No. 6723.

SESSION RECORDINGS



DR. JON SPERRY

Introduction to Individual Psychology



DR. MARINA BLUVSHTEIN

Adlerian Solutions to Challenges of Today's World



MARION BALLA, M.S.

Alfred Adler: Social Embeddedness and Social Responsibility



HALLIE WILLIAMS, M.S.

Alfred Adler: Lifestyle and Implicit Bias



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INTRODUCTION TO INDIVIDUAL PSYCHOLOGY

Speaker: Dr. Jon Sperry

Description: Alfred Adler articulated a holistic approach for understanding human behavior. His theory, Individual Psychology, was quite different than Sigmund Freud's because Adler would draw on clients' inner strengths and resources to create movement towards positive outcomes. Adler believed that "clients are both the art and the artist of their lives." Adler's perspective is optimistic and focuses on goals, assets, strengths, and health rather than on liabilities, deficits, and pathology. Even further, this theory conceptualizes individuals in their social environment and emphasizes belonging and social equality. This workshop will include an overview of Individual Psychology and will discuss how Adler's ideas laid the foundational framework for Positive Discipline and our vision — a world where everyone feels a sense of belonging and significance with dignity and respect for all.

Join Dr. Sperry to deepen your understanding of Adler and the theoretical framework on which your Positive Discipline work is based.

Biography: Jon Sperry, Ph.D., LMHC, LCSW, NCC is a core faculty member in the Clinical Mental Health Counseling program at Lynn University. He is a board certified licensed mental health counselor and a licensed clinical social worker in the state of Florida and has been a staff therapist at the Counseling and Psychological Services at Florida Atlantic University (FAU) since 2010. Dr. Sperry is currently the co-editor in chief of the Journal of Individual Psychology.

Dr. Sperry has co-authored five textbooks, five book chapters, and various professional articles. In November 2017, he co-authored the book, *Cognitive Behavioral Therapy in Counseling Practice*, through Routledge Publishing. Other books that he has co-authored have included two editions (2012 & 2020) of *Case Conceptualization: Mastering this Competency with Ease and Confidence* (translated in Turkish in 2016 and Korean in 2015) and *Cognitive Behavior Therapy of the DSM-5 Personality Disorders* in 2015. He also co-edited *Psychopathology and Psychotherapy: DSM-5 Diagnosis, Case Conceptualization, and Treatment* in 2015.

ALFRED ADLER: SOCIAL EMBEDDEDNESS AND SOCIAL RESPONSIBILITY

Speaker: Marion Balla, M.S.

Description: Social Embeddedness and Social Responsibility are the cornerstones of Adlerian theory and practice. We cannot understand ourselves and others without exploring our social context and the meanings we ascribe to our movement from the infant's feeling of dependency and insignificance to a subjective sense of personal significance. This presentation will discuss Alfred Adler's recorded childhood memories, interviews with his children and granddaughter, external biographies, an examination of his genogram containing five generations as well as the influence on his perspectives of his wife, Raissa Epstein, and his personal relationships with Sigmund Freud and Victor Frankl. The focus is on the roots of Adler's emphasis on social embeddedness in his time and the significance of that emphasis in contemporary social life and professional activities of Adlerian practitioners and educators.

Biography: Marion Balla, Diplomate in Adlerian Psychology, has been involved in the counselling field since 1969. She has completed a Master's degree in Education (Counselling) and a Master's Degree in Social Work (Direct Intervention). In addition to her therapy practice, Marion presents workshops and training throughout North America on constructive approaches to human relationships in the family, schools, workplaces, and community. She has been President of the Adlerian Counselling and Consulting Group in Ottawa, Canada for the past 40 years and has served several years on the governing bodies of both NASAP and the IAIP. She is a faculty member of Adler Graduate Professional School in Toronto, Canada. She has also been on the faculty of ICASSI (International Committee for Adlerian Summer Schools) since 1992.

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ADLERIAN SOLUTIONS TO CHALLENGES OF TODAY'S WORLD

Speaker: Marina Bluvshstein, Ph.D.

Description: Alfred Adler and Rudolf Dreikurs lived in very difficult times that spanned World War I, the Russian Revolution, the Spanish Flu, a wave of revolutions in Europe, economic depression of the 1920s, and the rise of the Nazi power. Adler did not live to witness the terrible devastation and crimes against humanity during World War II, but Rudolf Dreikurs lived through the losses of WWII, post-war world changes, and the turbulent 1960s. While bringing losses, disillusionment, and often despair, these events provided Adler and Dreikurs with many significant observations of human nature, human communities, and the world. The miracle of Social Interest and the idea of belongingness too were the direct result of war time experiences for Adler and Dreikurs. These observations, active clinical and social practice by both Adler and Dreikurs, and their lived experiences are at the heart of Adlerian psychology.

Join Dr. Marina Bluvshstein for an opportunity to learn about Alfred Adler's and Rudolf Dreikurs' lives during the global turbulences of their times, to understand the legacy of their contributions, and to get inspiration for better, more cooperative social living.

Biography: Marina Bluvshstein, Ph.D. is a Licensed Psychologist and Licensed Marriage and Family Therapist. She is a director of the Center for Adlerian Practice and Scholarship at Adler University (Chicago, USA), teaching Adlerian courses for Adler University students in Chicago, Vancouver, and online. She is a NASAP Diplomate in Adlerian Psychology, a Vice President of the International Association of Individual Psychology (IAIP), and an associate editor of the Journal of Individual Psychology. She is also a founder of Adler Academy of Minnesota. Dr. Bluvshstein is a faculty member at ICASSI and teaches internationally on a wide array of topics in Adlerian psychology, traveling in Japan, China, Korea, Jamaica, India, Israel, Ukraine, Russia, Belarus, Bulgaria, Slovakia, Austria, Germany, Romania, and other countries. You may find her articles published in the Journal of Individual Psychology and Journal of Humanistic Psychology, and her books series on Amazon.

ALFRED ADLER: LIFESTYLE AND IMPLICIT BIAS

Speaker: Hallie Williams, M.S.

Description: In Individual Psychology, the lifestyle is analogous to the personality of a person. For Adler, the construction of the lifestyle is completed very early in childhood. All thinking, feeling, and acting of an individual support their style of life. Often, we are unaware of those thoughts that lead us to feel or act a certain way. Thoughts and feelings are "implicit" if we are unaware of them or mistaken about their nature. Adlerian Theory allows us to better understand implicit actions that affect how we relate with others and how they relate to us. This workshop will cover Adlerian concepts to include lifestyle, guiding lines, schema of apperception and movement.

Biography: Hallie M. Williams Sr is a Clinical Psychotherapist and a graduate of Adler Graduate School in Minnetonka, MN. Hallie is also a current doctoral student at Liberty University. Hallie's community work includes presentations regarding organizational, educational, and social psychology and his main clinical focus and passion surround trauma and mental illness as it pertains to at-risk youth and their families and the trauma surrounding US veterans.

Hallie is the current Vice President of the North American Society of Adlerian Psychology (NASAP). Hallie's vision for NASAP is to work toward increased membership, more diversity, and better participation from current members. Hallie is originally from Savannah, GA but currently lives in St. Paul, MN. Hallie is single and has 3 children: 2 sons and 1 daughter. Hallie's free time is spent on family, fitness, and friends.