The 32nd South Carolina Conference of ADLERIAN PSYCHOLOGY
THE PRACTITIONER’S CONFERENCE
September 26, 27, & 28, 2014
Springmaid Beach Hotel, Myrtle Beach, S.C.

The South Carolina Conference of Adlerian Psychology is designed to serve psychologists, therapists, social workers, and other behavioral health workers, as well as educators, and those outside the helping professions, including business leaders and parents.

<table>
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<th>Conference Schedule</th>
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<tr>
<td><strong>Friday, September 26</strong></td>
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<tr>
<td>8:00 am – 11:00 am</td>
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<tr>
<td>12:30 pm – 2:00 pm</td>
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<tr>
<td><strong>7 CE Hours</strong></td>
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<td>9:00 am – 5:00 pm</td>
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<td><strong>3.5 CE Hours</strong></td>
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<td><strong>Friday Evening</strong></td>
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<td>Osprey Room, Live Oaks Building</td>
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| **Saturday, September 27** |
| 8:00 am – 10:00 am | Registration, Reid Conference Center, Third Floor |
| **6 CE Hours with Keynote** |
| 9:00 am – 10:00 am | KEYNOTE PRESENTATION |
| 9:00 am – 5:00 pm | (Schedule continues below) |

**WELCOME AND KEYNOTE ADDRESS FIRST SESSION 9:00 – 10:00 A.M.**
**“ADLERIAN PSYCHOLOGY IN THE WORK PLACE”**
Eva Dreikurs Ferguson, Ph.D., is a Professor of Psychology, Southern Illinois University, Edwardsville, IL, an author, and a researcher. Dr. Ferguson wears many hats, but she is particularly appreciated for her highly successful efforts to promote the teachings of Alfred Adler and her father, psychiatrist Rudolf Dreikurs for nearly forty years in the form of the enduringly popular International Rudolf Dreikurs Summer Institute (ICASSI). Dr. Ferguson will continue to discuss the keynote topic in Session Two (10:15 – 11:15) following a break at 10:00 a.m.

**Saturday, September 27 continued**
| 10:15 – 11:15 | Second Session, Two Presentations along with Dr. Ferguson |
| 11:30 am – 12:45 pm | Third Session, Five Presentations |
| 12:45 pm – 2:00 pm | Lunch (On your own) |
| 2:15 pm – 3:30 pm | Fourth Session, Four Presentations |
| 3:45 pm – 5:00 pm | Fifth Session, Four Presentations |
| 5:00 pm – 6:30 pm | Hors d’oeuvres and Cocktails, Reid Conference Ctr., 3rd Floor |
| 9:00 pm – 11:30 pm | Dinner (On your own) |
| | Poolside Social and Sing-a-long |
| | (Rain location Reid Conference Center) |

**Sunday, September 28**
| 8:30 am – 9:30 am | Registration, Reid Conference Center, Third Floor |
| 9:00 am – 1:00 pm | Six Workshops Offered |

**Check-In And Location**
Check In at Springmaid Beach is not guaranteed until 4:00 p.m. Springmaid Beach is located at 3200 S. Ocean Boulevard, Myrtle Beach, SC 29577, just off of South Ocean Boulevard, in Myrtle Beach, SC, a quarter mile east of S. Ocean Blvd. & US 17 intersection. The Hotel Registration Office is on the right side of the road as you enter into the Springmaid Beach complex, just past the miniature golf course.

**Continuing Education Units**
The conference has been approved as a source of CE’s by the National Board of Certified Counselors, South Carolina Board of Social Work Examiners, and the SC Board of Examiners for Licensed Professional Counselors, Associate Counselors, and Marital and Family Therapists. In addition, South Carolina licensed psychologists may use attendance at conference presentations for CE’s. Application must be made independently for credentialing hours for Addiction Counselors.
CONFERENCE REGISTRATION

Name

Institution/Organization

Address

Last First Middle e-mail

Number/Street City/State/Zip Phone Number

*Pre-Registration – Before September 10, 2014

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<tr>
<th>Day/Date</th>
<th>Non-Student</th>
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<tbody>
<tr>
<td>Friday, September 26 Full day or 2 Half day</td>
<td>$100.00</td>
<td>$85.00</td>
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<tr>
<td>Friday, September 26 One Half Day</td>
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<td>Sunday, September 28</td>
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<tr>
<td>Full Three Day Attendance</td>
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Amount Paid _____________

*AFTER SEPTEMBER 10, 2014, ADD $15.00 LATE FEE TO REGISTRATION FEE TOTAL

TO MAKE HOTEL RESERVATIONS: DEADLINE - August 30, 2014 All requests for early arrivals and additional nights will be confirmed in writing. This form should be returned to the Springmaid Beach Group Sales Office with one night's deposit either by mail or fax, or register by phone. Hotel rooms may be available after August 30, 2014, but there is no guarantee of availability after that date. MAIL TO: Dr. Frank Walton, SCSAP S.C. Society of Adlerian Psychology and mail to Dr. Walton (Conference Registration and Refund available through September 18, 2014) (Conference Registration and Refund available through September 18, 2014) (For on-site registration, late registration rates will apply.) (For on-site registration, late registration rates will apply.) (FAX (803) 750-5437) Mobile: (803) 727-8403

TO REGISTER AND PAY CONFERENCE FEES (NOT HOTEL FEES) ON LINE BY CREDIT CARD, ACCESS www.adleriansc.org

TO MAKE CONFERENCE REGISTRATION CHECKS PAYABLE TO:
S.C. Society of Adlerian Psychology and mail to Dr. Walton
(Conference Registration and Refund available through September 18, 2014)
(For on-site registration, late registration rates will apply.)

MAIL TO: Dr. Frank Walton, SCSAP
1313 St. Andrews Road
Columbia, SC 29210
(FAX (803) 750-5437)
Mobile: (803) 727-8403

FAL<...
Friday Full Day Workshop 9:00 am – 5:00 pm

1. ADLER IN A NUTSHELL: A COMPREHENSIVE OVERVIEW OF THE THEORY
Paul Rasmussen, Ph.D. Clinical Psychologist, Dom VA Medical Center, Columbia, SC. In this workshop four critical aspects of Adlerian theory will be presented. They will include 1) the basic theoretical components, 2) assessment strategies related to the theoretical components, 3) interventions emerging from the assessments and 4) the importance of child-guidance and development. This workshop should be useful for those new to the theory and those more seasoned Adlerian thinkers who want to embellish their understanding and use of the model and therapeutic approach.

2. FINDING A WAY: AN ADLERIAN APPROACH TO LOSS, GRIEF AND RESOLUTION
Wes Wingett, Ph.D., LMHP, Norfolk, NE
This didactic and experiential workshop will focus on resolving loss and grief utilizing the theory of Alfred Adler. Types of grief and loss will be identified, pathways of recovery will be identified, and methods of managing future loss and grief will be enumerated. Emphasis will be on moving from gathering to processing to applying Adlerian theory to grief and loss.

3. DEVELOPMENTAL ALIGNMENT: MATCHING WHAT YOU DO TO WHO YOU SERVE
Al Milliren, Ed.D., NCC, BCPC, Director, Adlerian Learning Associates, Hiram, OH
Individual Psychology has been criticized as having no underpinning in developmental psychology. Yet, Adler does give us age/stage markers relating to development. Using these markers, a model of Development Alignment has been devised. This model will be presented along with the clinical techniques that are appropriate at different stages.

4. NATIVE AMERICAN SPIRIT CIRCLE AND ADLERIAN PSYCHOLOGY
Rev. Dr. Craig Talbot, Spiritual Advisor, Southeastern Intertribal Association and Spiritual Advisor, Southeastern Indigenous Prayer Circle, Conway, SC
In Native American culture, the circle is one of the most vibrant symbols for understanding life. The movement of life is understood to be a circle. The symbol of the circle helped indigenous people embrace the mysteries and tasks of life. Dr. Talbot offers contrast, comparison and integration with the experience of the Spirit Circle, Adlerian Psychology and the tasks of life. A rich, experiential and unique workshop experience.

Friday AM Half Day Workshops 9:00 am – 12:30 pm

5. UNRAVELING THE DYNAMICS OF THERAPY: EARLY RECOLLECTIONS IN SUPERVISION
John Newbauer, Ed.D., Executive Director of NASAP, Fort Wayne, IN
Therapy sometimes gets complicated and strong emotions can emerge from both client and therapist. Lifestyles can interlock in struggles that neither understands, resulting in behavior that doesn’t help the therapeutic process. This workshop will demonstrate how early recollections can clarify these dynamics. Be prepared to share some frustrating moments of therapy and some ER’s as well.

6. THE CHALLENGING CHILD WORKSHOP
Alyson Shale, Psychotherapist, Author, Columbian for Today’s Parent Magazine, Aurora, ON
Firmly grounded in Adlerian theory, this workshop will help both parents and professionals understand the style of life of a child, including the cues given to a child’s private logic. Problem behaviors and disruptive emotions will be discussed and effective parenting responses illustrated. Participants will learn how effective the family meeting can be for solving problems and promoting a democratic family atmosphere.

7. LIFESTYLE AND COUNTERTRANSFERENCE IN CLINICAL PRACTICE
Jill Duba Sauerheber, Ph.D., LPCC, NCC, EMR Certified, Associate Professor, Western Kentucky University, President NASAP, Bowling Green, KY
Countertransference has been recognized as a significant variable in the process of therapy for over one hundred years. This workshop will illustrate the connection between one’s lifestyle and countertransference through Adlerian lifestyle demonstrations as well as discussion among participants.

Friday PM Half Day Workshops 1:30 – 5:00 pm

8. USE OF EARLY RECOLLECTIONS IN CLINICAL SUPERVISION
Michele Frey, Ph.D., LPC, NCC Adjunct Instructor, Mercer University, Macon, GA
Participants will be educated on the history of early recollections in psychology and specifically in Adlerian theory and therapy. The presenter will use live demonstrations on the applicability of ERs for understanding why and/or how a therapist can become “stuck” while working with a supervisee. Dyads and/or triads will be used to practice this powerful technique in the supervisory process.

9. UNDERSTANDING CHILDREN’S BEHAVIOR
Cindy Walton-McCawley, M.Ed., CEO and Coordinator, Adlerian Child Care Centers, Columbia, SC
The Individual Psychology of Alfred Adler offers parents and teachers of young children an excellent framework for understanding the behavior of children. This workshop presents an overview of Adler’s principles of Individual Psychology as they pertain to the social-emotional development of the child. Methods for thwarting misbehavior will be explained, as well as strategies for intentionally encouraging socially interested behavior.

Saturday 60 Minute Presentations

KEYNOTE CONTINUED: ADLERIAN PSYCHOLOGY IN THE WORKPLACE
Eva Drekiers Fergusson, Ph.D.

QUICK LIFESTYLE ASSESSMENTS: FEARS AND DESIRES
Paul Rasmussen, Ph.D. Clinical Psychologist, Dom VA Medical Center, Columbia, SC
In this brief presentation, the broad-brush approach to lifestyle assessment will be presented. The approach allows for a quick lifestyle assessment using family constellation, early recollections and dreams. Participants will be given the opportunity to use the technique to access personal lifestyle themes. This workshop will include demonstration.

EAPS: ADLERIAN PSYCHOLOGY, THE WORKPLACE AND YOUR PROFITABLE PRACTICE
John Arnold, Ph.D., LPC, Consultant, First Sun EAP, Columbia, SC
Employer Assistance Programs seek competent clinicians to work with employees on a variety of personal problems. Clinicians who use Adlerian theory are well positioned to understand discouraged employees and promote change, social interest and courage within the context of the life task of work. Come learn about EAP’s and how to enhance your practice by having the right skill set to draw referrals.

Saturday 75 Minute Presentations

PHILOSOPHICAL FOUNDATIONS OF ADLERIAN PSYCHOLOGY
George W. Linden, Ph.D., Professor Emeritus of Philosophy, Southern Illinois University, Edwardsville, IL
The presenter will provide an overview of the historical context of Adlerian theory and concepts as they were developed by great thinkers from Aristotle through Smuts to Adler and Dreikurs. The presenter will also focus upon the fact that Individual Psychology is a Philosophy of Life that helps us to comprehend, contribute, and belong in the universe.

SIX FACETS OF FAMILIES
Wes Wingett, Ph.D., LMHP, Norfolk, NE
This didactic and experiential workshop will focus on understanding of self and others through the study of six components of families. These include family structure, family values, family atmosphere, family strength, family stressors and family social interest. Emphasis will be on identifying and clarifying personal and family assets, strengths, and contributions.

TODAY WE’LL PEEL AN ARTICHOKE: THE SOCRATIC STYLE OF ALFRED ADLER
Al Milliren, Ed.D. NCC, BCPC, Director, Adlerian Learning Associates, Hiram, OH.
Those who studied with Dr. Alfred Adler learned his treatment style only through direct observation. Those who worked with Adler, however, have likened his method to Socratic questioning, wherein the individual’s story is processed at increased levels of understanding. Through discussion and demonstration, participants will have an opportunity to learn to use Socratic questions as a counselling technique.
Saturday 75 Minute Presentations Continued

THE GOAL OF GIVING: AWAKENING SOCIAL INTEREST IN SELF AND OTHERS
Gary Bauman, Ph.D., LPC, Supervisor/Associate Professor Graduate Coordinator, Brenau University, Graduate Program in Counseling Psychology, Gainesville, GA

When giving to others, one makes a substantial investment in one’s own personal growth as well as that of others. The only real way to change from within is to become more conscious of what’s outside of us. This presentation will examine the three main psychological frames of thought regarding the change process and will highlight what makes the Adlerian approach most unique and effective. Participants will be encouraged to adjust their focus from simply wanting to help others to finding better ways to manage symptoms to becoming encouragers along the journey of social cooperation.

THE USE OF EMDR IN PROCESSING EARLY RECOLLECTIONS ASSOCIATED WITH ANXIETY
Jill Duga Sauerheber, Ph.D., LPC, NCC EMDR Certified, Associate Professor, Western Kentucky University, President, NASAP, Bowling Green, KY

This demonstration will illustrate how Eye Movement Desensitization and Reprocessing (EMDR) can help process early recollections associated with anxiety. While only EMDR trained clinicians can use this technique, the purpose of this demonstration is to provide a brief introduction of EMDR’s usefulness in processing disturbing memories associated with anxiety.

MOST MEMORABLE OBSERVATION
Francis X. Walton, Ph.D., Psychologist and Consultant, Chapin, SC

The Most Memorable Observation is an Adlerian technique that employs autobiographical memory in the process of understanding aspects of the client’s belief system. This technique, developed by the presenter, has proven to be a powerful means of opening dialogue regarding possible alterations of behavior. The presenter will lecture briefly and offer opportunities for application of the technique.

“LET’S READ A STORY!” USING LITERATURE IN BIBLIOThERAPY WITH CHILDREN
Mary Ann Frost, Ph.D., LMHC, Palm Harbor, FL

Who doesn’t like a good story? This program provides an introduction to bibliotherapy with children. The four steps of bibliotherapy (identification of issues, selection of appropriate materials, presentation of the literature, processing of the message) will be explored from the perspective of Adlerian theory.

ENCOURAGEMENT MAKES GOOD THINGS HAPPEN
Jack Huber, Ph.D., Raleigh, NC

The focus of this workshop will be positive psychology. The origin of this “new” movement in the writings of Adler will be discussed in the light of a wellness instead of a disease model of clinical psychology. The presentation will end with several didactic exercises and a free-form discussion.

SHORT-TERM STRESS REDUCTION WITH INDIVIDUALS, GROUPS AND FAMILIES
Met Marzecski, Ph.D., Professor Emeritus, East Carolina University, Greenville, NC

Adlerian principles of self-significance, purposive behavior, apprehension, unity and life patterns are principles that can sometimes be stress inducing. The use of encouragement, spontaneity, creativity, individual strength enhancement and emphasis on individual choice are useful tools for working with stressed individuals, families and group. The presenter will demonstrate techniques for reducing stress and increasing possibilities for successful living.

THE FIVE DIRTY WORDS: CHALLENGING THE DISCOURSE OF CLIENT AND CLINICIAN THERAPEUTIC LANGUAGE
Thomas Garcia, Ph.D Candidate, LMHC, Clinical Director, Suncoast Rehabilitation, Tampa, FL

This presentation explores the language used by both clients and clinicians in school and therapeutic settings. Language is seen as supporting mistaken beliefs and problematic behavior. Ravenel and Rosemond have posted “five dirty words” that can perpetuate common problems. Altering the language can alter the frame and draw out socially interested behavior.

CARS: THE HIGHWAY TO SOCIAL INTEREST
Stephanie Culbreth, BA, Meredith College, Raleigh, NC

This presentation will focus on the movie, “Cars” as a representation of the development of community feeling, i.e., social interest. The role of others in helping protagonist, Lightning McQueen, to develop a communally oriented lifestyle and discard an egocentric, narcissistic style of living will be presented and the role of the media in developing social interest with specific emphasis on the cinema will be discussed.

Saturday 75 Minute Presentations Continued

USING TECHNOLOGY TO ENGAGE YOUNG PARENTS: AN INTEGRATIVE ADLERIAN APPROACH TO PARENTING
Kimberly Allen, Ph.D., BCC, Associate Professor, North Carolina State University, Raleigh, NC

Adlerian theory is the foundation of many parent education programs and is well suited for young parents. This experiential session will demonstrate how parenting education can be translated in novel ways for young parents through the use of technology and face-to-face instruction. The goals of misbehavior, natural and logical consequences, family meetings and encouragement will be addressed.

THE INSPIRING HEART OF ATHLETES
Sonia Niccolucci, MA Candidate, Professional Life Coach, Toronto, Canada

The evolution of sports no longer rests exclusively in technology or physiological attributes. Mindset and mental acuity have become key elements to any athlete’s success, whether the competition is on the professional or amateur level. This experiential presentation will provide engaging discussions and exercises focusing on ways Adlerian psychology can encourage wellness and success of athletes, coaches, and parents.

Sunday Workshops 9:00 AM – 1:00 PM

A. SOBRIETY ENHANCEMENT STRATEGIES
Jim Holder, MA, LPC, IAC, Clinician and Trainer, Florence, SC

This workshop details the process of using Sobriety Enhancement strategies to achieve optimal results with addicted clients. Learn how substance dependent individuals use substances to reinforce their misguided beliefs and to alter their perceptions. The four states of addiction are guides to understanding the positive intents for use.

B. ETHICS AND CLINICAL PRACTICE
Jack Huber, PH.D., Raleigh, NC

Ethical practice with clients is not simply something you do to stave off liability. Ethical practice is essential in working with clients from the Adlerian perspective of democratic relationships, respect, cooperation and social interest. Join us for an interactive and thought-provoking presentation as an Adlerian looks at ethics. “What would you do...?”

C. UNDERSTANDING AND HELPING CHILDREN WHO MEET THE CRITERIA FOR THE ADHD DIAGNOSIS
Francis X. Walton, Ph.D., Psychologist and Consultant, Chapin, SC

While there have been claims made that ADHD is due to a chemical imbalance, there is no scientific credence to show that it is true. The presenter will provide a systematic process that has been an aid to therapists, parents and others looking for a means to understand and help children who meet the criteria for the ADHD diagnosis. Segments of the critically acclaimed DVD Generations RX will be viewed and a counseling approach to help families with children who manifest ADHD symptoms will be demonstrated.

D. THE MANIPULATIVE PERSONALITY
Dorothy McCoy, Ph.D., LPC, Hillsborough, NC and Pepper Sarroff, LPC, LMFT, Charleston, SC

Manipulative ploys used to gain unfair advantage in relationships can be destructive and toxic. This workshop will consider the manipulative person and the common strategies used to invite others to feel “less than.” Healthy options for managing manipulative ploys will be discussed –whether you wish to stay in the relationship or to part ways with a hurtful and manipulative personality.

E. ENHANCING INTERPERSONAL SKILLS: THE “4 CORNERS” EXERCISE
Diane Thompson, Ph.D., Columbia, SC

This experiential workshop will introduce participants to the “4 Corners” Exercise, a technique that supports movement toward “integration” (collaboration in problems solving) and away from “differentiation” (emphasis on differences and static conflicts). Drawing on the work of author Lewis Losoncy, participants will learn strategies to support openness to seeing things differently. The technique is useful at the macro/leadership level as well as addressing interpersonal conflict.

F. A HOLISTIC APPROACH TO RADIANT HEALTH
Robert McBrien, Ph.D., LCPC, Diplomat, NASAP, Salisbury, MD

Tai chi for health involves slow, gentle movements known to lower stress, nurture peace of mind and improve body/mind balance. This workshop will feature key Adlerian principles such as holism, encouragement and mutual respect. Participants will experience the taichi form and the technique of standing meditation.