



Ontario Society of Adlerian Psychology (ONSAP)

Social Interest ~ Gemeinschaftsgefühl ~ Community Feeling

2nd Annual Conference

October 19-21, 2012

The Art of Encouragement

"Meanings are not determined by situations, but we determine ourselves by the meanings we give to situations." ~ Alfred Adler



Holland Bloorview Kids Rehabilitation Hospital
150 Kilgour Road, Toronto, Ontario



KEYNOTE SPEAKER (Saturday): Wes Wingett, Ph.D., LMHP, has been a counsellor in private practice in Norfolk, NE since 1978. Prior to entering private practice, Dr. Wingett had been employed as a counsellor in a mental health center, a university program development specialist, elementary school administrator and a junior high and secondary school counsellor and teacher. Dr. Wingett received his bachelor's degree from Wayne State College, Wayne, Nebraska and his masters and doctorate in guidance and counsellor education from the University of Wyoming. Additional graduate study was completed at the University of Vermont and the University of Northern Colorado. Dr. Wingett's private practice focuses on providing individual, couple, and family counselling; consultation to educational institutions and business enterprises; and presenting Adlerian training in variety of venues. Dr. Wingett has served as a consultant in the areas of early childhood education, time and stress management, domestic violence, drug and alcohol prevention and treatment, health care and wellness, adult-child relationships and training of professional counsellors. He has provided management training and personnel consultation to various institutions, agencies and industries. In addition Dr. Wingett is an adjunct faculty member at Wayne State College in Nebraska and Shippensburg University in Pennsylvania where he teaches

Adlerian based courses to educators and mental health professionals. He has conducted workshops based on the Individual Psychology of Alfred Adler in 18 states in the United States, Puerto Rico, three provinces in Canada and several countries in Europe including Germany, Hungary, Malta, the Netherlands, Ireland, Romania, Turkey and in Asia. Dr. Wingett's primary interests include applying Adlerian principles to the study of addictions, education, families, individual and couple counselling, loss and healing, psycho-educational and therapeutic groups, and stress management. A student and teacher of Adlerian psychology for more than forty years, Dr. Wingett has been named a Diplomat in Adlerian Psychology by the North American Society of Adlerian Psychology. In addition, he has co-authored several articles that have been published in professional journals, co-authored several chapters in books, and self-published five workbooks focusing on the application of Adlerian psychology to various challenges of living.

Who Should Attend

- Counsellors and Psychotherapists
- Parent Educators
- Psychologists
- Child and Youth Counsellors
- Parents
- Teachers
- Social Workers
- Students
- Child Care Providers
- Anyone with an interest in Adlerian Psychology's theory and practice

Why You Should Attend

- Keynote address by a leading Adlerian speaker
- Presentations on a variety of Adlerian topics
- To integrate Adlerian perspectives into your work with clients and personal life
- Learn about the art of encouragement
- Opportunities for networking and meeting new business contacts

[REGISTER HERE](#)

Raising the Responsible Child



Presented by Alyson Schafer, M.A.
Friday, October 19, 2012

Holland Bloorview Kids Rehabilitation Hospital
150 Kilgour Road, Toronto, Ontario



Can't get your child to take responsibility for simple things like hanging up a coat or doing their homework? Come discover the hidden benefits and road blocks to raising responsible children.

Alyson will give strategies to implement immediately. Alyson will discuss the historic role of children in the family and society during our hunter gatherer -> agricultural -> industrial revolution time. She will discuss the modern information age and the current tsunami of events that has led to a swift change in how we treat children, mostly to ways that infantilize them and our beliefs in their abilities. Alyson will illuminate mothers on the change in their role in the family and how modern motherhood has led to pampering - which leads to neurotic character development. Parents will be challenged to address their faulty arguments "I don't have time", "I like it my way" as well as being given new tools and techniques to enlist children's co-operation, stimulate their desire for independence and autonomy and to hold them accountable for follow through.

Workshop Objectives

You will learn:

1. That children actually DO LIKE responsibility, and it is healthy for self-esteem and self-concept
2. The trips and traps that prevent parents from giving children their rightful responsibilities
3. How to hold children accountable without using punishments or rewards



Alyson Schafer is a psychotherapist and internationally acclaimed parenting expert. She is the "Ask an Expert" Columnist for Today's Parent Magazine and sits on the Health Advisory Board for Chatelaine Magazine. Alyson is the best-selling author of three parenting books, "Breaking The Good Mom Myth", "Honey, I Wrecked The Kids" and "Ain't Misbehavin".

WHO SHOULD ATTEND

Parents, Parent Educators,
Counsellors, Psychotherapists,
School Administrators/Counsellors,
Psychologists, Child And Youth
Counsellors, Teachers, Social
Workers, Students, Anyone With An
Interest In Adlerian Psychology's
Theory And Practice

AGENDA

6:00PM to 7:00PM: Registration

7:00PM to 8:00PM: Presentation

8:00PM to 9:00PM: Enjoy
Refreshments and Networking

[REGISTER HERE](#)



SATURDAY - OCTOBER 20, 2012 - AGENDA

8:00AM - 9:00AM: Registration/Breakfast

9:00AM - 10:30AM: Keynote Address - Wes Wingett, Ph.D.

10:30AM - 10:45AM: Morning Break

10:45AM - 11:45AM: Presentations

11:45AM - 12:45PM: Lunch - Poster Sessions - Adler Graduate Professional School Students (ICASSI Experience)

12:50PM - 2:50PM: Presentations

1:50PM - 2:00PM: Afternoon Break

2:00PM - 3:00PM: Presentations

3:30PM - 5:00PM: Annual General Meeting

[REGISTER HERE](#)

PRESENTATIONS

10:45AM - 11:45AM: 60 minutes

A1: Adlerian Psychology - "Why Is It So Relevant Today?" - *Dr. Dan Dalton, C.Psych.*

Alfred Adler died 75 years ago. This workshop will present an overview of his current theory of human nature and, more importantly, what it is striving to become. Through lectures, stories and class discussions, Dr. Dalton will demonstrate the contributions Adlerian Theory and Practice has made to the evolution of modern culture.

A2: Encouragement With The Brain In Mind - *Linda J. Page, Ph.D., Adler Graduate Professional School*

We learn best when we play, so let's play Jack's Nimble Brain Game to learn how to calm threats to our brain that prevent us from encouraging ourselves and others.

A3: Family Harmony and Closeness - *Beverley Cathcart-Ross, Parenting Network*

This presentation will focus on how family harmony and closeness relies heavily on our ability to communicate effectively with one another, listen respectfully and accept one another's point of view. Learn "door-slammers" to effective communication, how to talk so kids will listen and three simple ways to be more encouraging.

A4: Quotations As A Medium For Promoting Encouragement - *Janet Francis, B.S., B.Ed., M.Ed., Retired Teacher*

Change, is not easily and readily accepted, but change is vital if growth is to take place. This presentation intends to deliver messages through story telling. The messages highlight ways in which quotations have been used as an agent of change in parenting. The stories also highlight how the quotations have encouraged children to have a voice.

A5: Encouraging Self-Understanding and Behaviour Change Via Early Recollections - *Jane Vollick, M.A., Private Practice*

The detective work of understanding our private logic can be explored by reviewing Early Recollections and noting the sequence of emotions experienced by the individual as they move toward their intended goals. Learn how to use the Willhite method, developed by the late Robert G. Willhite, co-founder of the Adler School, to uncover repetitive patterns and how to change their interfering beliefs about themselves in the world.

12:50PM - 1:50PM: 60 minutes

B1: Teens and Encouragement - *Alyson Schafer, M.A.*

Adler taught us that misbehaviours arise out of discouragement. He also prescribed encouragement as the antidote to all human suffering. Come learn the hidden sources of discouragement in the lives of teens, how it manifests in troublesome teen behaviours and learn ways to encourage this age group that is neither praise, nor patronizing, nor permissive.

B2: No More Praise Junkies – The Difference Between Praise and Encouragement! - *Doone Estey, M.A., Parenting Network*

Praise is now known to be counterproductive to children's self-esteem. Given with the best of intentions, praise can actually lead to more challenging behavior and undermine the life goals we have for our children. Learn how to be a more encouraging parent and help your child reach his or her true potential.

B3: How to Teach and Practice Compassion and Self-Compassion - *Tatiana Santini, Graduate Student at Adler Graduate School*

The objective of this presentation is to explore compassion and self-compassion, and how they can be integrated into personal life and work with clients as well as for the therapist's own well-being in order to prevent burnout or empathy fatigue, and what may be depletion of social interest.

12:50PM - 2:50PM: 120 minutes

B4: E5 Groups: Empowering Adolescents and Adults in a Psychoeducational Setting - *Wes Wingett, Ph.D.*

This presentation will focus on the theory and practice of E5 groups. E5 groups are designed to empower self and others through equality, empathy, encouragement, and education. Participants will have the opportunity to be an observer of or a participant in an E5 group.

B5: Communicating Encouragement - *Louise Giroux, Ph.D., Phoenix Rising Associates*

"It's going to be OK" isn't enough. Learning communicating techniques conducive to our goal is necessary. This workshop will focus on empathic listening and positive verbals that can contribute in the communication of encouragement. Participants will learn and practice effective communication skills towards encouragement.

2:00PM - 3:00PM: 60 minutes

C1: Adlerian Encouragement Meets Positive Psychology – Carol Dweck's Growth Mindset - *Lisa Sansom, MAPP, MBA, LVS Consulting*

Rudolf Driekurs said, "a child needs encouragement like a plant needs water." However, there is a vast difference between saying "Good job" and "You have worked hard". Through choice of wording in praise and acknowledgement, children (and adults) can be encouraged or discouraged in the moment and for the future. **THIS PRESENTATION HAS BEEN CANCELLED**

C2: Why Do We Parent the Way We Do? - *Sonia Nicolucci, B.A., RnR Parenting Ltd.*

Exploring how we came to choose a parenting styles and styles of behaviour during various circumstances may open a new language around what our assets and liabilities are. Focusing on and encouraging stronger use of assets can alter some automatic responses towards unpleasant or unsure circumstances.

C3: "How To Learn, To Live, and To Love Encouragement" - *Christine Nisan, M.A., Psychotherapy Institute*

This presentation is a "how to" encourage adults through understanding the difference between praise and encouragement; words and phrases of encouragement; "live" a life which has at its heart the attitude and philosophy of encouragement, towards others and self; "love" the process of living a life filled with encouragement and its ultimate expression - Gemeinschaftsgefühl.



This workshop presents practical and applied strategies for treating individuals with drugs, alcohol, gambling, food and internet addictions.

This didactic and experiential course will focus on an Adlerian approach to addictions. This course is designed for any individuals who have been affected by or who are interested in addictions and the impact of addictions on families or work with addictions in their profession.

Topics to be addressed include definition and kinds of addictions; challenges of addictions and those affected by addictions; identification of the addicted, the affected and the resilient; movement from dis-ease to ease, dis-order to order, dys-function to function, dis-ability to ability; treatment strategies for the addicted and the affected, and prevention of generational addictions. All of the topics will be from an Adlerian theoretical perspective.

Attend this workshop and you will:

- **LEARN** the basic tenets of Adlerian Psychology
- **IDENTIFY** two kinds of addictions
- **RECOGNIZE** personal perceptions of individuals who are addicted and individuals who are affected by addictions
- **COMPREHEND** the movement of individuals from dis-order to order, dys-function to function and dis-ability to ability
- **APPLY** the strategies of therapeutic encouragement

WHO SHOULD ATTEND: School Administrators, Mental Health Professionals Including Addictions Counsellors, School Counsellors, Psychotherapists, Child And Youth Counsellors, Social Workers, Family Therapists, Psychiatric And Community Health Nurses, Psychologists, Psychiatrists, Classroom Teachers, Students

TORONTO - SUNDAY, OCTOBER 21, 2012

Holland Bloorview Kids Rehabilitation Hospital ~ 150 Kilgour Road

ABOUT YOUR PRESENTER

Wes Wingett, PhD, LMHP has been a counsellor in private practice in Norfolk, NE since 1978. Prior to entering private practice, Dr. Wingett had been employed as a counsellor in a mental health center, a university program development specialist, elementary school administrator and a junior high and secondary school counsellor and teacher. Dr. Wingett received his bachelor's degree from Wayne State College, Wayne, Nebraska and his masters and doctorate in guidance and counsellor education from the University of Wyoming. Additional graduate study was completed at the University of Vermont and the University of Northern Colorado.



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WORKSHOP AGENDA - KEY TOPICS COVERED

8:15AM - REGISTRATION AND BREAKFAST

SESSION 1

9:00AM - 10:30AM

- Introduction of presenter
- Adlerian theory
- Personal perceptions of addictions and those affected by addiction
- Definition of addictions
- Kinds of addictions
- Identification of the addicted, the affected, and the resilient

10:30AM - 10:45AM BREAK

SESSION 2

10:45AM - 12:15PM

- Perception of the addicted, the affected and the resilient
- Adlerian theory and the addicted, the affected, and the resilient
- Disease or dis-ease
- Motivational interviewing
- Components of "order" in society
- Movement from dis-order to order

12:15PM - 1:15PM LUNCH

REGISTER HERE

SESSION 3

1:15PM - 2:45PM

- Components of "function" in society
- Movement from dys-function to function
- Components of "ability" in society
- Movement from dis-ability to ability

2:45PM - 3:00PM BREAK

SESSION 4

3:00PM - 4:30PM

- Treatment strategies for the addicted
- Treatment strategies for the affected
- Therapeutic encouragement
- Prevention strategies
- Summary, conclusion and recommendations

THREE WAYS TO REGISTER

- 1. ONLINE** Register online at <http://onsap.eventbrite.ca> (We use the secure PayPal payment system.)
- 2. FAX** Fax your completed registration form to 905-216-4860
- 3. MAIL** Mail your completed registration form and cheque to Adlerians in Ontario; c/o Charmaine McIntosh, 1B Conestoga Drive, Suite 300, Brampton, Ontario L6Z 4N5

ABOUT YOU - PLEASE PRINT

Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____ Telephone: _____

E-Mail: _____

Job Title/Position: _____

Organization/Employer: _____

VEGETARIAN LUNCH

PAYMENT

Payment can be made by cheque, credit card or e-transfer and must accompany the registration form. Registration by fax accepted with credit card payment only. Cheques to be made payable to Adlerians in Ontario. **Post-dated cheques are not acceptable for early registration.**

- Cheque Visa Mastercard American Express e-Transfer

Card No: _____

Name on Card: _____

Expiry Date: _____ Cheque No.: _____

Signature: _____

DO NOT fax credit card information. Please call Charmaine at 905-216-4820 to provide this information.

****For e-transfer payments, please send notification of the e-transfer to the treasurer at treasurer@adlerontario.ca. Please note that you will need to provide the treasurer with a password for her to be able to process the e-transfer. Please send the password in a separate e-mail.**

****Registration includes breakfast, lunch and breaks.**

You will receive a registration confirmation by e-mail.

REFUND AND CANCELLATION POLICY

Should you require to cancel your registration, you must do so in writing by e-mail to info@adlerontario.ca or via fax at 905-216-4860. Your cancellation must be received by October 4, 2012. Your registration will be refunded (less \$25 administrative fee). Between October 5, 2012 and the conference date, **NO REFUNDS** will be granted for withdrawals. You may elect to receive a credit which can be applied to a future workshop of the same value, used within one year of date of issue.

Substitution Policy

If you are unable to attend, you are invited to send an alternate in your place, at no extra cost. Please notify us of the name of the alternate by October 15, 2012, so that we may correct our records and minimize confusion at check in.

We regret that a refund or credit cannot be offered if your cancellation is not received by October 4, 2012.

Accessibility Standards for Customer Service (AODA) - Support Persons: The Ontario Society of Adlerian Psychology strives to create a barrier free environment, for our events, to all persons; therefore, we welcome support persons accompanying individuals with disabilities. Any individual attending a conference or workshop, organized by ONSAP, will not be asked to pay a fee for the support person accompanying them.

Check all that apply (Early registration must be post-marked by September 21, 2012)

	Early (before Sept. 21)	Regular (after Sept. 21)
Members*		
<input type="checkbox"/> Friday Only	\$15	\$25
<input type="checkbox"/> Saturday Only	\$50	\$65
<input type="checkbox"/> Sunday Only	\$50	\$65
<input type="checkbox"/> Friday/Saturday	\$60	\$75
<input type="checkbox"/> Saturday/Sunday	\$90	\$110
<input type="checkbox"/> Friday/Saturday/Sunday	\$100	\$115

Non-Members		
<input type="checkbox"/> Friday Only	\$25	\$35
<input type="checkbox"/> Saturday Only	\$60	\$75
<input type="checkbox"/> Sunday Only	\$60	\$75
<input type="checkbox"/> Friday/Saturday	\$75	\$90
<input type="checkbox"/> Saturday/Sunday	\$105	\$120
<input type="checkbox"/> Friday/Saturday/Sunday	\$115	\$130

Students/Seniors**		
<input type="checkbox"/> Friday Only		\$10
<input type="checkbox"/> Saturday Only		\$30
<input type="checkbox"/> Sunday Only		\$30
<input type="checkbox"/> Friday/Saturday		\$35
<input type="checkbox"/> Saturday/Sunday		\$55
<input type="checkbox"/> Friday/Saturday/Sunday		\$60

**ONSAP members please provide your membership number*

***A copy of a valid school and senior's ID **MUST** be presented by students and seniors when checking in or registering on the day of the conference and workshop, in order to confirm eligibility for the discount.*

Workshop Selections

REGISTER HERE

10:45AM - 11:45AM: 60 minutes (choose one)

- A1: Adlerian Psychology - "Why Is It So Relevant Today?"
- A2: Encouragement with the Brain in Mind
- A3: Family Harmony and Closeness
- A4: Quotations as a Medium for Promoting Encouragement
- A5: Encouraging Self-Understanding and Behaviour Change Via Early Recollections

12:50PM - 1:50PM: 60 minutes (choose one)

- B1: Teens and Encouragement
- B2: No More Praise Junkies – The Difference Between Praise and Encouragement!
- B3: How to Teach and Practice Compassion and Self-Compassion

12:50PM - 2:50PM: 120 minutes (choose one)

- B4: E5 Groups: Empowering Adolescents and Adults in a Psychoeducational Setting
- B5: Communicating Encouragement

2:00PM - 3:00PM: 60 minutes (choose one)

- C1: Adlerian Encouragement Meets Positive Psychology – Carol Dweck's Growth Mindset **PRESENTATION CANCELLED**
- C2: Why Do We Parent the Way We Do?
- C3: "How To Learn, To Live, and To Love Encouragement"

CONTINUING EDUCATION CREDITS

A Certificate of Participation will be issued to each participant. This may be used to qualify for eligibility for continuing education credits when submitted to your own licensing board and/or professional college/association.

KEEP INFORMED!

The Ontario Society of Adlerian Psychology will keep you informed about conferences and workshops. If you would like to be kept informed, check the box below.

Please keep me informed by e-mail. My e-mail address is:

HOTEL REGISTRATION INFORMATION

Best Western Plus Roehampton Hotel and Suites

808 Mount Pleasant Road
Toronto, Ontario M4P 2L2

Special Conference Rates

Single or Double Occupancy \$135 plus tax per night

If there are more than 2 people in the room, it is an additional \$10 per person.

The price includes a buffet breakfast for up to two people.

RESERVATIONS

(416) 487-5101

Website: [Best Western Roehampton Hotel](http://BestWesternRoehamptonHotel.com)

Room guaranteed if reserved by September 19, 2012

BE SURE TO MENTION THE ONTARIO SOCIETY OF ADLERIAN PSYCHOLOGY WHEN YOU REGISTER

[Map to Hotel](#)

Note: The Ontario Society of Adlerian Psychology is not responsible for any presenter's or participant's statements, acts, materials, or omissions. The use of audio and video taping devices, beepers, and cell phones is not permitted at any workshop. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals.

CONTACT INFORMATION

For questions regarding the conference, registration, to be part of the display table to promote your practice or books or other matters, please contact Charmaine McIntosh at info@adlerontario.ca.

For more information on the conference, please visit our [website](#).

REGISTER HERE

MEMBERSHIP

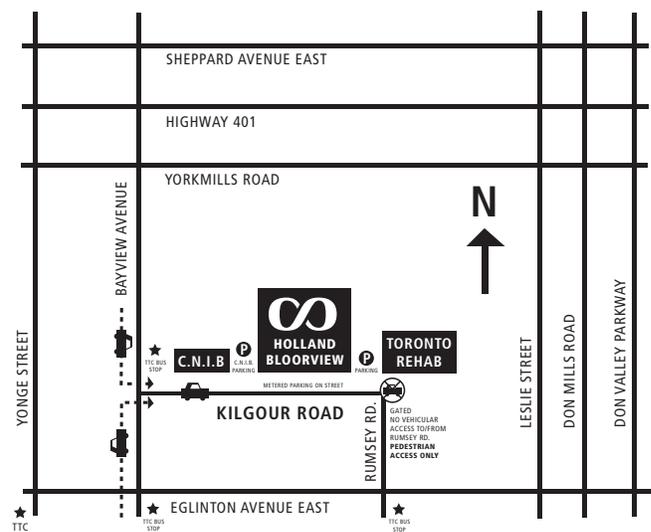
Membership in the Ontario Society of Adlerian Psychology (ONSAP) is open to all individuals who are interested in Adlerian Psychology.

Membership is based on a year from December to November, with an annual dues of \$25 for individuals, \$15 for students and \$50 for affiliates. Get your membership today and you can begin to enjoy the benefits such as reduced fees for conferences, membership rate for educational events, and the newsletter.

Application for membership can be completed online at www.adlerontario.ca or mailed to the Ontario Society of Adlerian Psychology, c/o Charmaine McIntosh, 1B Conestoga Drive, Suite 300 Brampton, Ontario L6Z 4N5.

MAP TO HOLLAND BLOORVIEW KIDS REHABILITATION HOSPITAL

150 Kilgour Road, Toronto ON M4G 1R8 TEL: 416-425-6220
www.hollandbloorview.ca



- Vehicular access to the building is along Kilgour Road off of Bayview Avenue.
- There is NO vehicular access off of Rumsey Road - ONLY pedestrian.
- Limited metered parking is available.
- Pedestrian access is available from Rumsey Road and from Bayview Avenue.
- TTC buses stop on Eglinton at both Bayview Avenue and Rumsey Road.

Holland Bloorview
Kids Rehabilitation Hospital

