

ONSAP 2012 Conference Speaker's Biography

Beverley Cathcart-Ross is an author, speaker, certified parent educator, and founder of [Parenting Network](#). Hailed “Toronto's top parenting guru” by Toronto Life Magazine, she has brought out the best in parents since 1989 through her courses, public speaking and media appearances. Beverley demystifies the challenges facing parents and provides practical approaches that work on a day-to-day basis. She receives rave reviews from parents and clients, and is increasingly sought after by the media as an expert resource on parenting. She has produced five Parenting CDs: (1) *Self Esteem* – Encouragement skills that bring out the best in your family; (2) *What's your Style* – Too tough or too permissive? Finding the best fit for your family; (3) *Who's the Boss* – Solutions for defiance, dawdling and other power struggles; (4) *Keeping the Peace* – How to work cooperatively with your child and (5) *Setting Limits* - Discipline that works. Clear and sensible approaches to negative behaviour. Beverley is the Chair of the Open Family Forum of Toronto and a Director of ALFREDS, both non-profit organizations. She is an active member of NASAP and ONSAP. Beverley credits her keen and often humorous insights to her life as a mom of 4 children.



Dr. Dan Dalton, C.Psych., is a Psychologist in private practice with registration in both Ontario and British Columbia. He was trained in Adlerian Family Counselling by Dr. Oscar Christensen at the University of Arizona and has over thirty years of experience as a child and family therapist who specializes in the assessment and treatment of behavior disorders. In his role as Director of Clinical Training at the Adler School of Professional Psychology (Ontario) he taught the Adlerian Family Counselling course over a period of fifteen years. In the past, Dr. Dalton served as the Vice President of the International Association of Individual Psychology (IAIP) and the Vice President, and formerly Co-Chair of the Professional Clinicians section, of the North American Society of Adlerian Psychology (NASAP). Dr. Dalton is the current president of the Ontario Society of Adlerian Psychology (ONSAP). www.daltonassociates.ca



Doone Estey, BA, MA, is a Principal at Parenting Network Inc. and a Certified Adlerian Parent Educator. An authoritative speaker on parenting issues for 10 years, Doone inspires parents with children of all ages, helping them raise great kids. She can turn families around effectively in no time, giving them tools to deal with everything from Power Struggles and Sibling Rivalry to Curfew and Disrespectful Teens. As coach, facilitator and mother of 4, Doone motivates parents to be their best, using a relaxed, no nonsense style of communicating that resonates immediately. doone@parentingnetwork.ca

Janet Francis, BSc, BA, MA, Certificate in Adult Education. Her master's thesis outlined conflicts between learning styles and the material expected to be covered in a specific time frame. It also examines the relationship between familiarly related material and children's success. Janet is a retired teacher who achieved success in the classroom by connecting the curriculum to the community and the world at large with the involvement of bankers, lawyers, politicians and veterans in the classroom. She promoted math projects, math workshops, public speaking, debates, story book writing and quiz competitions regularly. Janet facilitated and featured parents and students involvement, facilitated classroom management workshops and used quotations as a teaching tool.

Louise Giroux, Ph.D., practices counselling and therapy in Sudbury under the supervision of a Registered member of the College of Psychologists of Ontario. Louise Giroux has an MA in Counselling Psychology from the Adler School of Professional Psychology and a Doctorate in Counselling Psychology from the International University for Professional Studies. She is an active member of OACCPP, and of AAMFT. Louise has practiced for over 30 years in various settings; she has worked as director of a number of counselling institutions and has worked as Dean of Students at the Adler School in Toronto and is a current faculty member. Her areas of interest and expertise include couples and individual adults. Louise is an international speaker and a published author who lectures for international cruise lines. She practices Adlerian psychotherapy and sex therapy.

Martin Nash, B.A., M.D., graduated with a degree in medicine from the University of Toronto and practiced family medicine for 20 years. He soon realized his great passion for counseling and helping his patients in their close relationships. After taking further training in Adlerian Psychology, he restricted his practice to individual, marriage and family therapy for the next 25 years. Dr. Nash has presented at the North American Society of Adlerian Psychology (NASAP) conference in 1984 and 1997 on the topics of "Attitude and Behaviour in Family Counselling" and "How We Unknowingly Hurt Our Children". Dr. Nash is now semi-retired from practice, and enjoys time teaching about relationships, writing, and furthering his study of human nature. He and his wife, Georgine, have been married for 51 years, and they do workshops together focusing on Dynamic Life Partnerships and see couples for marriage consultation. They have three married sons, and 6 beautiful grandchildren!

Sonia Nicolucci, BA in Applied Sciences, "It's all about the children, their future, and their world. We can make a difference with one word, one loving action, one listening ear, and just one gesture of encouragement." Sonia Nicolucci combines her bachelor's degree, with her certification as a parent educator/classroom facilitator and professional life coach, to support adults in their life's journey. Her dream is to have all adults continuously relate and communicate with children through encouragement and love. Her efforts can be experienced during parenting seminars throughout York Region, or read in various magazines.

Christine Nisan, M.A. is the director and a psychotherapist at the Psychotherapy Institute. Over the years, she has led many parent study groups, workshops, and presentations including such topics as; "Raising a Responsible Child", "Stress Management", "Turning People On: An Encouragement Lab" as well as organizing and speaking at several conferences for parents and families, entitled "The Living Family". She has appeared on

television, and radio, in both Canada and the U.S., has published in "Today's Parent", and co-authored a weekly parenting column for the Milton Observer.

Linda Page, Ph.D. is President and Founder of Adler Graduate Professional School in Toronto, Canada. She holds a Ph.D. from Princeton University and an M.A. in Counseling Psychology from Adler in Illinois, where she is a Licensed Clinical Professional Counselor. Dr. Page was a psychotherapist in private practice from 1980 to 1995. She chairs the Alliance of Psychotherapy Training Institutions, a group of educators who have proposed a curriculum for a minimum standard for regulation of psychotherapists in Ontario. In 1998, Dr. Page founded Adler International Learning (formerly Adler School of Professional Coaching) and has served as its President since that date. Adler's Professional Coaching Program was the first in Canada to be certified by the International Coach Federation and is the only ICF-certified program in the world based on Adlerian principles. Dr. Page became an Adler Certified Professional Coach in 2002. Dr. Page co-authored *Coaching with the Brain in Mind: Foundations for Practice*, with David Rock. She has published papers and is in demand internationally to present on theoretical foundations of coaching, brain-based competencies for psychosocial change agents, and the practical implications of a shift from a mechanistic to a systemic worldview.

Alyson Schafer, B.Sc. Kinesiology (University of Waterloo), **M.A.** Counselling (Adler School), OACCPP, AAMFT, is a psychotherapist and one of Canada's leading parenting expert. She is an "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 "Breaking The Good Mom Myth" and "Honey, I Wrecked The Kids" and her latest, "Ain't Misbehavin". You can find her Monday's on CTV NewChannel Express, and every other Tuesday as the resident parenting expert on The Marilyn Denis Show.

Jane Vollick, MA in Counselling Psychology from The Adler School of Professional Psychology, a Bachelor of Applied Science in Family and Consumer Studies, and is certified in Imago Relationship Therapy and EMDR. She is a charter member of ONSAP, and is a member of OACCPP(C), North American Society of Adlerian Psychology, (NASAP), and the International Associations for Imago and EMDR. Recent studies have included the Intensive Sex Therapy Training Program at the University of Guelph, and advanced clinician training in Imago. In addition to being a parent and long-time instructor, Jane draws upon her diverse background in counselling arts to create a client centred, non-judgmental approach that is compassionate, humanistic, and safe, while encouraging clients to be pro-active. Joy and humour are powerful companions in this process which Jane embraces in her own commitment to life-long learning.

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.