

5th Annual Ontario Society of Adlerian Psychology Conference

October 16 - 18, 2015

**Holland Bloorview Kids Rehabilitation Hospital
Toronto, Ontario**

*The Power of Diversity:
Harnessing and Celebrating Unity*



*“Seeing with the eyes of another, listening with the ears of another,
and feeling with the heart of another.” ~ Alfred Adler*

Conference Program

Advancing Adlerian Psychology in Ontario

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Charmaine McIntosh, Conference Co-Chair

Dan Dalton, Conference Advisor

Linda Burdett, Registration

SAVE THE DATE!

**6th Ontario Society of Adlerian Psychology Annual Conference
will be held from October 14-16, 2016**

Welcome from the President

Welcome to the 2015 ONSAP Conference,

It is important to educate ourselves, our peers, and our children in understanding, accepting, and in respecting the multiple cultures that make up our community. Diversity is not a new concept to Canadians. The Canadian Way has been to weave a mosaic of complimentary differences into a dynamic community of vibrant solidarity.

The social processes required to achieve a dynamic, adaptive, and a successfully diverse community do not happen spontaneously. Such communities can only be established through education, through an attitude of mutual respect, and through social cooperation. It so happens that the core principles of Individual Psychology and the decades of educational training materials developed by Alfred Adler and his followers offer a wealth of knowledge and experience that, if utilized, could facilitate the creation of a diverse yet unified community.

I hope you have a wonderful time at this year's conference as you gain knowledge and skills that you can take back to your diverse clients, workplaces, families, and communities.

Warm regards,

Dan Dalton
President
Ontario Society of Adlerian Psychology



MEMBERSHIP

If you have not renewed your membership, this is a good time to do so. **Not a member ... think about becoming one.** Members of the Ontario Society of Adlerian Psychology get a number of benefits such as discounts at conferences and workshops and newsletters. Take a moment and stop by the Membership Table to renew your membership or join ONSAP.

Welcome from the Conference Co-Chairs

Greetings,

Thank you for joining us at the Holland Bloorview Kids Rehabilitation Hospital to learn more about Adlerian psychology from presenters in North America.

The unique atmosphere of the weekend will provide a format for conversing with colleagues and individuals from different professions, sharing knowledge, exchanging ideas, sparking new interests and strengthening the practice of Adlerian Psychology across many spheres. This will be your opportunity to experience Adlerian psychology in action!

This year's conference on [The Power of Diversity: Harnessing and Celebrating Unity](#) gives us the opportunity to learn more about diversity in our society. On behalf of the conference committee, we express our deep appreciation to the presenters, especially those who have travelled so far, and the registrants who honour us with their attendance.

Thank you for being an important part of Adlerian psychology in action.

Charmaine McIntosh and June Lam

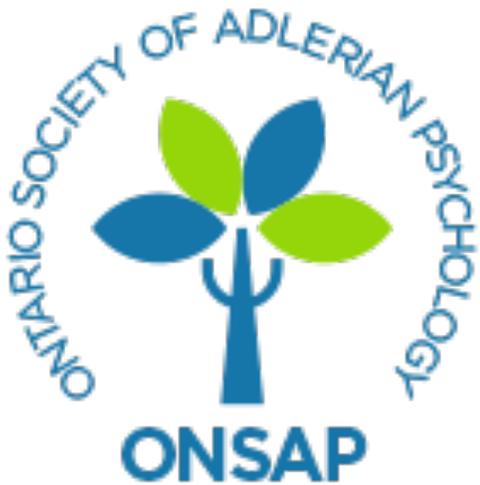
Conference Co-Chairs

5th Ontario Society of Adlerian Psychology Annual Conference

CONTINUING EDUCATION CREDITS

A certificate of attendance for professional development continuing education hours will be given to each participant who pay the fee. Continuing education hours are available for Saturday and Sunday of the conference at the price of \$5 per day for members and \$15 per day for non-members. Continuing education hours are optional. Onsite registrants please allow 4-6 weeks for delivery of your certificate. This certificate may be used to qualify for eligibility for continuing education credits when submitted to your own professional college or association.

About ONSAP



Alfred Adler founded Individual Psychology which has made an impact in psychology, counselling, psychotherapy, education, parenting and the wellness of individuals and groups in work, family and social contexts.

Our Mission

The mission of Ontario Society of Adlerian Psychology (ONSA) is to further the understanding and application of Adlerian Psychology (also called Individual Psychology).

Our Vision

To promote the knowledge, training, and teaching of the principles of Adlerian (Individual) Psychology in daily living and throughout Ontario.

The Ontario Society of Adlerian Psychology (ONSAP) is an affiliate of the North American Society of Adlerian Psychology (NASAP).

KEEP THIS PROGRAM:

*You will be using it throughout the conference.
It will serve as a reference over the weekend.*

Meet Our Keynote Presenter

Wes Wingett, Ph.D.

***Licensed Mental Health Practitioner
Private Practice***

Dr. Wingett has been a counsellor in private practice in Norfolk East since 1978. He has been employed as a counsellor in a mental health centre, 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 in Wayne, Nebraska and his masters and doctorate degrees in guidance and counsellor education from the University of Wyoming.

Dr. Wingett's private practice focuses on individual, couples, and family counselling; consultation to educational institutions and business enterprises; and presenting Adlerian training in a variety of venues.

Dr. Wingett has conducted workshops based on the Individual Psychology of Alfred Adler in North America, South America, Central America, Europe, and Asia. He has been named a Diplomat in Adlerian Psychology by the North American Society of Adlerian Psychology. Dr. Wingett has co-authored several articles that have been published in professional journals, several chapters in books, and self-published eight workbooks focusing on the application of Adlerian psychology to various challenges of living.



***The oldest of human strivings is to be at one with our fellow human beings.
It is through interest in our fellow human beings
that the human race has grown and progressed. ~ Alfred Adler***

Schedule-At-A-Glance

Friday, October 16, 2015

Time	Session	Topic	Speaker
5:30PM to 6:30PM	Registration		
6:30PM to 6:45PM	Welcome and Announcements		Michael Diotte
6:45PM to 8:15PM	Family Education Forum: The Strength of Diversity in Families		Wes Wingett, Ph.D.

Saturday, October 17, 2015

Time	Session	Topic	Speaker
8:00AM to 8:45AM	Registration and Breakfast		
8:45AM to 9:00AM	Announcements Welcome		Dimitra Lee Dan Dalton
9:00AM to 10:30AM	Keynote Address: Fostering Community Feeling in a Diverse Society		Wes Wingett, Ph.D.
10:30AM to 10:45AM	Morning Break		
10:45AM to 12:00PM	Concurrent Presentations		
	Lifestyle Listening		Rocky Garrison, Ph.D.
	The Five Dirty Words of Therapy: Challenging the Discourse of Client and Colleague Language		Thomas Garcia, M.A.
	Adlerian Approaches for Different Disorders		Gregory R. Anderson, Ph.D. and Patricia C. Post, Psy.D.
	Double Loop Diversity Model for Creating Sustaining Collaboration with Others		William J. Premo, Ph.D.
	An Introduction to Adlerian Psychology		Linda Page, Ph.D.
12:00PM to 1:30PM	Lunch		
1:30PM to 2:45PM	Concurrent Presentations		
	Parents as Leaders - Bringing Business Concepts to Parenting		Doone Estey
	Adlerian Parenting and Family Diversity		Karen Skinulis
	Our Mental Health Epidemic: Dealing with the Two Opposing Biological Inheritances		Martin Nash, M.D.
	Professional Issues and Ethics Relating to Diversity		Dan Dalton, Ph.D.
	Multicultural Competence with Culturally Diverse Clients		Linda Burdett, M.A., Ayana Henry, Charmaine McIntosh, Psy.D.
2:45PM to 3:00PM	Energy Break		
3:00PM to 4:00PM	Celebration Hour		
4:00PM to 5:00PM	Annual General Meeting		Board of Directors

Schedule-At-A-Glance

Sunday, October 18, 2015

Time	Session	Topic	Speaker
8:45AM to 9:15AM	Registration and Breakfast		
9:15AM to 9:30AM	Welcome and Announcements		Carolyn Ross
9:30AM to 10:45AM	Session 1 - How are we diverse?		Wes Wingett, Ph.D.
10:45AM to 11:00AM	Morning Break		
11:00AM to 12:30AM	Session 2 - What have we decided about our diversity?		
12:30PM to 1:30PM	Lunch		
1:30PM to 2:45PM	Session 3 - How can we understand ourselves?		Wes Wingett, Ph.D.
2:45PM to 3:00PM	Energy Break		
3:00PM to 4:30PM	Session 4 - How can we help others?		

Thank you for attending ONSAP's 5th annual conference.
We look forward to seeing you at next year's conference.

Join ONSAP on
Facebook - Twitter - LinkedIn!

Be sure to sign up for our next social event - a holiday dinner .

Come and enjoy the holiday season with us.

Also, think about signing up for a committee. We would love to have
you work with us to further Adlerian psychology in Ontario.

Conference Presenters

Gregory R. Anderson, Ph.D., is the Manager New Test Development and Test Developer for Learning Outcome Assessments where he develops mathematics and language skills test for college level students and learning assessments for students in programs for numerous allied medical careers. He was the Director of Assessment for Appalachia Regional Comprehensive Center (US Department of Education) and faculty of the Adler School of Professional Psychology in Chicago.

Dan Dalton, Ph.D., 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 behaviour disorders. He was the Director of Clinical Training at the Adler School in Ontario; 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.

Thomas Garcia, M.A., is a licensed mental health clinician in private practice and doctoral candidate. He works as a substance abuse specialist at the Mental Health Resource Centre, an adjunct professor at Springfield College and a teaching assistant at the University of South Florida.

Ayana Henry, is in her second year as an undergraduate student at York University, Glendon Campus. Her major is the Bilingual Bachelor of Arts Degree in Psychology. She has been a dancer since the age of 3. Ayana has a passion for dance and helping people, and she continues to volunteer at her former dance studio teaching dance classes. Ayana is part of the competitive dance team at York University, and she choreographs dances with the team. Ayana look forward to a career in psychology.

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 realized his great passion for counselling and helping his patients in their close relationships. He further trained in Adlerian Psychology and restricted his practice to individual, marriage and family therapy for the next 25 years. Dr. Nash is semi-retired from practice, and enjoys time teaching about relationships, writing, and furthering his study of human nature. He and his wife, Georgine, do workshops focusing on Dynamic Life Partnerships and see couples for marriage consultation.

Patricia Post, Ph.D., is a licensed clinical psychologist in Pennsylvania and Illinois, and works in private practice in. She has worked as an adjunct faculty at the Adler School of Professional Psychology teaching coursework and supervision.

Karen Skinulis, B.A., is the director of the Ontario Parenting Education Centre Partner and Education Director at the Ontario Parenting Education Centre. She was a certified Montessori Teacher. For the last twenty-five years she has taught parenting classes and workshops to organizations and corporations. She has coauthored three books for parents and teachers.

Linda Burdett, M.A., is a Registered Psychotherapist in private practice. She works with individuals, couples and families. She has a Masters Degree in Counselling Psychology from the Adler School of Professional Psychology. She is a Member of OACCPP. Linda works regularly with teens and their parents. She promotes Adlerian parenting principles and the importance of a strong sense of connection between parent and teen. She is a former Board Member of the Learning Disability Association of North Peel, where she provided parenting workshops, including "Encouraging Your LD Child".

Doone Estey, BA, MA, is a Certified Parent Educator, Partner at Parenting Network Inc. and an authoritative speaker. Drawing on her skills as a coach, facilitator and teacher, 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. Doone motivates parents to be the best they can be, using a relaxed, no nonsense style of communication that resonates immediately.

Rocky Garrison, Ph.D., is a clinical psychologist providing services in a primary care clinic. He is also an associate professor and Adlerian Studies Program Associate at the Adler Graduate School in Minneapolis, MN.

Charmaine McIntosh, Psy.D., is a mental health clinician in private practice where she applies the principles of Adlerian psychology. Charmaine is a graduate of the Adler School of Professional Psychology in Chicago where she received her Doctor of Psychology in Clinical Psychology. She has worked as faculty at a local community college, and a volunteer at various community organizations such as Board Member at her church and the victim assistance unit of the police service. Charmaine is currently the Vice President of ONSAP.

Linda Page, Ph.D., has been committed to Adlerian psychology since becoming a Parent Study Group Leader and entering the Master of Arts in Counselling Psychology program at Adler Chicago's Toronto site in 1978. She has a Ph.D. from Princeton University. Linda is President and Founder of Adler Graduate Professional School. She co-authored Coaching with the Brain in Mind: Foundations for Practice with David Rock and speaks internationally on applications of neuroscience, systems, and Adlerian thinking.

William J. Premo, Ph.D., is a highly creative Executive Leadership and OD Consultant/Professor with over 25 years experience. Bill specializes in helping executives understand their natural leadership tendencies and hones their abilities. He uses various assessments to help executives understand themselves more in-depth which allows for increased passion and performance. Bill is currently a Core Professor of Adlerian Psychology, at the Adler Graduate School in Minnesota.

Friday - Family Education Forum

The Strength of Diversity in Families

with Wes Wingett, Ph.D.

5:30PM - 8:30PM

The six strengths of healthy families have been identified by social scientists. The evening will consist of a live-parenting demonstration with a couple from mixed cultural backgrounds to explore how these strengths can be useful and effective in addressing the differences with parenting children in diverse families or communities. This forum will include a lecture and audience discussion and apply the theory and practice of Adlerian Psychology.

Saturday - Keynote Address

Fostering Community Feeling in a Diverse Society

with Wes Wingett, Ph.D.

9:00AM -10:30AM

A presentation and panel conversation to explore common universal human values that create the foundations of living in a dynamic culture of diversity. Ten universal values have been identified, and these ten traits will be defined and discussed from a variety of points of view by the individuals on the panel. The panelists will represent diverse groups and speak to their unique experiences to help illuminate the underlying values and belief systems that enables us to connect and encourage social cooperation.

MORNING BREAK

(10:30AM - 10:45AM)

BOOK TABLE: The book table will be available on Saturday throughout the day. To purchase books, see the author.

Conference Presentations

Saturday, October 17, 2015

75 MINUTES (10:45AM - 12:00PM)

A1: Lifestyle Listening

Rocky Garrison, Ph.D.

Life Style assessment is a structured inquiry into an individual's unique style of moving through the world which strives to express each person's uniqueness and diversity. Life style listening is a technique for identifying life style beliefs, movement, and goals from a client's "style words" used in an interview: primarily their verbs, adverbs, and metaphors.

A2: The Five Dirty Words of Therapy: Challenging the Discourse of Client and Colleague Language

Thomas Garcia, LMHC, CAP, MA, ACS

This seminar and demonstration will explore the use of client and clinician language that is used in the therapeutic settings, and will identify and analyze therapeutic "fictions" which, through corresponding language, may contribute to maintaining the perceived purposeful behaviours and subsequent goals.

A3: Adlerian Approaches for Different Disorders

Gregory R. Anderson, Ph.D. and Patricia C. Post, Psy.D.

Previously we reported on an empirical study of Adlerian concepts identified by individuals with higher scores on mental health scales. This proposed session will include the first presentation of a matrix of mental health disorder endorsements by their Adlerian constructs. This can be used to identify the Adlerian issues and approaches for mental health disorders.

A4: Double Loop Diversity Model for Creating Sustaining Collaboration with Others

William J. Premo, Ph.D.

People today view diversity in a single loop learning and never really change their attitudes because they really have not changed deep down their belief system regarding it. People only tolerate others who are different which is something that does not require a change in belief system; however, to accept someone who is different requires a double loop learning change model.

A5: An Introduction to Adlerian Psychology

Linda Page, Ph.D.

This presentation covers the basic concepts of Adlerian (Individual) Psychology such as holism, purposeful and goal directed behaviour, social interest and a sense of belonging, the creative self, inferiority feelings, striving for superiority and psychology of use.

LUNCH

12:00PM - 1:30PM

Are you interested in being a volunteer?
Be sure to sign up for one of our committees at the conference!

Conference Presentations

Saturday, October 17, 2015

75 MINUTES (1:30PM - 2:45PM)

B1: Parents as Leaders - Bringing Business Concepts to Parenting

Doone Estey

Both new and established Canadians are often at a loss as to how to parent in today's society. Integrating diverse parenting cultures is challenging. This seminar will explore parenting from a leadership perspective. Conflict resolution, motivation and team building for families with (diverse backgrounds and challenges) are explored.

B2: Adlerian Parenting and Family Diversity

Karen Skinulis

It is important to learn practical skills and tools to raise cooperative, respectful and resilient children in a diverse society. This presentation will explore parenting in diverse families/communities and provide attendees with skills and tools needed to address child-rearing challenges to win your children's cooperation.

B3: Our Mental Health Epidemic: Dealing with the Two Opposing Biological Inheritances

Martin Nash, B.A., M.D.

Our society can start to recognize that human beings are born with two natures that can be nurtured from birth. Humans are mainly involved in the social issues of being loved and approved of, but still the primal emotions of joy and hurt "as if" life and death were involved leading to severe emotional stresses.

B4: Professional Issues and Ethics Relating to Diversity

Dan Dalton, Ph.D.

Providing counselling services to diverse populations brings to the forefront many ethical challenges, and forces us to examine our own internal prejudices as well as our current professional practices.

B5: Multicultural Competence with Culturally Diverse Clients

Linda Burdett, M.A., Ayana Henry, and Charmaine McIntosh, Psy.D.

Mental health professionals work with culturally diverse clients who bring with them their own cultural behaviours, beliefs and values that are different from the western norms. It is important that mental health providers explore their attitudes, and gain knowledge as well as skills when working with multicultural clients, to better meet the needs of our diverse society.

ENERGY BREAK

2:45PM - 3:00PM

CELEBRATION HOUR

Join us in learning about some of Ontario's various cultures, and participate in activities as we celebrate our diversity.

3:00PM to 4:00PM

ANNUAL GENERAL MEETING ~ 4:00PM to 5:00PM

Sunday Workshop

Celebrating Personal and Professional Diversity

Wes Wingett, Ph.D.

9:30AM - 4:30PM

Each of us brings our own biases and worldview into the therapy room. This workshop will explore the issues of working with individuals, families, couples and groups and how therapist's personal biases and prejudices can impact the therapeutic relationship. The presenter will interview volunteers from the audience and discuss the importance of developing personal and professional awareness and understanding to assist in creating a sense of empathy with clients from diverse backgrounds.

Learning Objectives: (1) **Identify** ways that all of us are diverse as individuals, (2) **Discover** the decisions that we have made based on our diversity, (3) **Identify and Define** Alfred Adler's five approaches to understanding self and others, (4) **Create** counselling strategies that recognize and validate the diversity of the clients.

MAP TO HOLLAND BLOORVIEW KIDS REHABILITATION HOSPITAL

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



Consider contributing to our next ONSAP newsletter. The deadline for submission is December 11, 2015.

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.