



6th Annual ONSAP Conference

October 14-16, 2016

Holland Bloorview Kids Rehabilitation Hospital - Toronto

Promoting Wellness and Mental Health



Keynote Speaker - Friday, October 14

Alyson Schafer is a therapist, best selling author, international speaker and consultant, and one of Canada's most notable parenting experts. Alyson is the resident expert on The Marilyn Denis Show and HuffPost Parents Canada.

Family Education Forum, Friday, October 14, 6:30PM-8:30PM Healthy Families - Healthy Boundaries

Parents today are criticized for making one of two types of parenting errors: either they are too lenient and indulge their children, or they are too strict which invites rebellion or pleasing behaviours. Alyson will discuss the Adlerian model of parenting and how to find that "sweet spot" where we are neither being slave nor tyrant in our relationships with our children. Learn how to identify the proper roles and responsibilities for parent and child across the lifespan. Effective rule setting and enforcement will be discussed. Great information for parents of children 0 - 30 years.



Keynote Speaker - Saturday, October 15 Workshop Presenter - Sunday, October 16

Dr. Richard Watts is a Texas State University System Regents' Professor, a Distinguished Professor of Counselling at Sam Houston State University (SHSU), and the Director of the Ph.D. Program in Counselling at SHSU. He is also a Fellow of the American Counselling Association, a Diplomate in Adlerian Psychology, and the immediate Past-President of the North American Society of Adlerian Psychology.

Keynote Address and Presentations, Saturday, October 15, 8:30AM-3:00PM Keynote - Reflecting As If: A Brief, Integrative, and Encouragement-Focused Counselling Process

Mental health professionals need counselling procedures that both focus on building strong counselling relationships and help clients tap into strengths, resources, and abilities. Because it is an encouragement-focused approach, Reflecting As If (RAI) emphasizes both the crucial variable of relationship in the counselling process and the importance of enacting goal-directed behaviours with a strength-based focus.

Full-Day Workshop, Sunday, October 16, 10:00AM-4:30PM Practicing as a Therapeutic Changeling: Integrative Strategies for Adlerian Counsellors and Therapists

Being a therapeutic changeling means that the counsellor does what the client needs; not what the counsellor prefers. Because Adlerian therapy is a flexible approach, it readily allows mental health professionals to be both theoretically consistent and technically eclectic; that is, it allows us to be a therapeutic changeling. Thus, the counsellor does what the client needs, not simply what the counsellor prefers.

Saturday, October 15, 2016

Wellness Hour, 3:00PM-4:00PM

Annual General Meeting, 4:00PM-5:00PM

Online Registration Opens July 28, 2016

This conference is for psychotherapists, marriage and family therapists, psychologists, counsellors, social workers, students, educators, child and youth counsellors, child care workers, parent educators, parents, couples, families, teachers, and anyone interested in wellness and mental health as well as the Adlerian Psychology of Alfred Adler.