



# Ontario Society of Adlerian Psychology

## 7th Annual Conference

### The Courage To Be Imperfect

October 4-6, 2019

Holland Bloorview Kids Rehabilitation Hospital, Toronto, Ontario

**Friday, October 4, 2019 (6:00PM-9:00PM) - Family Education Program with Alyson Schafer**

Teaching Adlerian principles of child training and family life.

**Saturday, October 5, 2019 (8:30AM-3:30PM) - Keynote Address and Presentations**

*Keynote: Using The Purposefulness of Behaviour in Therapy: Encouraging Clients to Develop More Courage to Be Imperfect - Dr. Susan Belangee*

Clients are more able to make lasting changes when they understand the reasons why they do what they do. Dr. Belangee will talk about Adler's concept of Purposefulness of Behaviour, the mechanism by which these reasons can be uncovered, and its utility in therapy as a tool for building clients' courage to be imperfect.

**Sunday, October 6, 2019 (10:00AM-4:30PM) - Workshop**

*Title: The BASIS-A as a Counselling Intervention: Strengths, Drawbacks, and Building Courage - Dr. Susan Belangee*

The BASIS-A Inventory is a well-established Adlerian Lifestyle Assessment that is more widely known as a research instrument. This workshop will demonstrate how to use it as a counselling intervention with adolescent and adult clients. The process of giving feedback to clients from a strengths-based, courage-building perspective will be presented and participants will have the opportunity to practice this process during the workshop.

This **Conference on the Courage to be Imperfect** is for counsellors, psychotherapists, marriage and family therapists, psychologists, social workers, students, child and youth counsellors, parent educators, teachers, parents, couples, families, and anyone interested in the 'courage to be imperfect' as well as the Adlerian Psychology of Alfred Adler.

**Online Registration Opens  
Friday, August 9, 2019**



**KEYNOTE SPEAKER  
(FRIDAY)**

Alyson Schafer, M.A., is one of Canada's most notable parenting experts. She is a therapist, best selling author of three parenting books, international speaker and consultant. She is the resident expert on The Marilyn Denis Show and HuffPost Parents Canada. Alyson has given three TEDx talks and travels the globe speaking and teaching about parenting and Adlerian psychology.

**KEYNOTE SPEAKER  
(SATURDAY)**

Susan Belangee, Ph.D., LPC, NCC, ACS, works in private practice in Canton, GA, specializing in using Adlerian strategies with clients struggling with eating disorders. In addition she frequently works with LGBTQ+ clients on identity-related concerns as well as general life concerns and mental health diagnoses. Susan presents workshops/seminars regularly on these topics at state, national, and international levels. She serves as a supervisor in her practice for counsellors pursuing licensure in GA. She is the President of the North American Society of Adlerian Psychology (NASAP).



**ANNUAL GENERAL MEETING  
Saturday, October 5th; 4:00PM-5:00PM**

## JOIN US AT THE 2019 ONSAP CONFERENCE

For more information, visit us at [www.adlerontario.ca](http://www.adlerontario.ca) or contact us at [info@adlerontario.ca](mailto:info@adlerontario.ca)