

The
Alfred Adler Institute

- APABC Since 1973 -

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Catalogue



2015

Our Mission...

The Alfred Adler Institute, Vancouver

The Alfred Adler Institute is the training and certification division of the *Adlerian Psychology Association of British Columbia* (APABC), registered under the BC Society Act. The Institute's mandate is to promote Dr. Alfred Adler's (1870-1937) compassionate, pragmatic, and socially informed approach to mental health treatment and prevention.

Famously, Dr. Alfred Adler, along with Dr. Sigmund Freud and Dr. Carl G. Jung, was one of the three classic founding figures of the practices of counselling and psychotherapy. Adler's theory and methods have proliferated over the past 100 years, influencing thousands of professionals around the world. Since the early 1970s, Vancouver, BC has been renowned as a centre for Adlerian based practice. APABC's training programs have attracted students from across the country and around the world.

The Institute provides quality educational programs and clinical services to the public based on Adler's holistic model of human psychology and community. For nearly 40 years, APABC has promoted community and professional training opportunities in parent education and counselling psychology in Vancouver and elsewhere in British Columbia. The *Alfred Adler Institute's* programs are delivered by an internationally known Adlerian faculty and other leading professionals.

The Institute's offices are housed at the *Adler Centre*, located on Vancouver's West Broadway corridor. The Centre offers low cost counselling and clinical services for individuals, families, couples and groups. On-site clinical supervision is also available for Adlerian practitioners and interns. The Centre hosts accessible parent education workshops throughout the year.

The Alfred Adler Institute is a values based organization and adheres to the following principles:

- We value diversity and social equality and are committed to respecting differences based on sex, sexuality, religion, culture, ethnicity, material background and age;
- We encourage scholarly excellence and the mentoring of students – graduates who will provide the highest standards of ethics and integrity in the provisioning of clinical services to the public;
- We encourage the development of self-reflexive practitioners who possess in-depth self-knowledge, compassion, empathy, humbleness, a service orientation, social interest, and the analytic skills required of proficient clinical counsellors;
- We are committed to both treatment and prevention consistent with Alfred Adler's holistic philosophy.

The Adlerian Psychology Association of British Columbia (APABC) is a member affiliate of:
North American Society for Adlerian Psychology (NASAP);
The International Association for Individual Psychology (IAIP)

For more information please visit our Website:

<http://www.adlercentre.ca/>

The Adlerian Psychology Association of British Columbia is a provincially registered charity under the BC Society Act. *The Alfred Adler Institute* is approved and Registered with the *Private Career Training Institutions Agency (PCTIA)*.

Certificate Program:

Contents:

(stream one:)

Parent Education

Award:

Certificate in Adlerian Parent Education

Credential:

Certified Parenting Facilitator
(CPF)



(stream two:)

Adlerian Counselling

Award:

Certificate in Adlerian Counselling

Credential:

Certified Adlerian Counsellor
(CAC)

(stream three:)

Adlerian School Counselling

Award:

Certificate in Adlerian School Counselling

Credential:

Certified Adlerian School Counsellor
(CASC)

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Program:

The *Certificate* program in *Parent Education* provides pragmatic training for Parenting Facilitators to lead Adlerian recognized Parenting Programs. This training program mentors participants on the necessary conceptual understandings that inform and guide best practice in Parent Education. This program is designed to ensure participants experience a high quality of facilitation and expertise from notable faculty and to prepare program graduates with exemplary parenting skills to serve a variety of parent populations within this diverse society. The Certificate is a compulsory prerequisite for applicants seeking future Certification as a *Certified Parenting Facilitator* (CPF)

Prerequisites:

- The applicant is a member in good standing of the Adlerian Psychology Association of British Columbia (APABC);
- The applicant has participated in an approved Adlerian Parenting program such as the STEP or Positive Discipline Programs;
- Provide a recent Criminal Record Check;
- Attend an in-person interview with the Program Director or designate.

Training Components:

- Introduction to Adlerian Psychology (2 credits)
- Introduction to Basic Principles of Adlerian Parenting (1 credit)
- Group Dynamics/Group Facilitation Skills (0.5 credit)
- Basic skills in Adult Education (0.5 credit)

Total Required Credits = 4

(each credit = 12 hours of class time)

Candidates must complete the Certificate within 6 months.

Assessment: Courses are assessed entirely on a “Pass” or “No Pass” basis with competency feedback. Students may also be issued a “Remediation” which will specify additional work, or alteration of existing work, before a final grade is issued.

Certification Process (post-graduation):

The program leads to a Certificate in *Parent Education*. Students may also apply - post graduation - for Certification (CPF) upon completion of additional group facilitation hours under the supervision of a *Certified Parenting Facilitator* (or equivalent). Certification as a Parenting Facilitator is not included in the Certificate program. The Certificate (or its equivalent) provides the required foundation elements for future Certification but does not include the required applied hours of practice which Certification entails. Please contact the Program administrator for further information.

Certified Parenting Facilitator (CPF)

The *Certified Parenting Facilitator* credential indicates that the recipient has met all of the standards and requirements for the practice of Adlerian Parenting Education in the Province of British Columbia. The credential is awarded by *The Alfred Adler Institute* and recognised by Adlerian peers and practitioners through the *Adlerian Psychology Association of BC*.

Grandparent / Equivalency Clause:

Parent Educators presently facilitating Parenting Courses are welcome to apply to the Director for a CPF credential. A working knowledge of Adlerian principles, as well as knowledge of experiential adult learning, is a requisite.

Maintaining the CPF Credential:

The minimal requirement to maintain your CPF status is to attend one approved workshop, course, program that is related to working with parents per year. Documentation of attendance at continuing education events is required.

CPF Registration Fees for On-going Status:

- Registration fee for the CPF is \$95.00, renewable every two years.

Trainers of Facilitators:

Students may choose to become trainers of future Facilitators in their communities. To be recognized by *The Alfred Adler Institute*, trainers must apply and meet the following minimum criteria:

- Applicant must have lead four or more Adlerian Parent Education groups;
- Have a post graduate degree in Education, Counselling Psychology, Social Work, Nursing or related fields;
- Completed the Basic Adlerian Training (see above Training Components);
- Co-design and successfully lead a CPF training with a recognized Adlerian Trainer;

- Attend a person-to-person meeting with the program director.
- Provide a recent criminal record check.

Trainers Diploma and Related Fees:

- The Fee for Trainers is \$125.00;
- Trainers fee is renewable every two years;
- Trainers must attend a biannual Trainers meeting to maintain their Trainer's status.

Adlerian Counselling

The Alfred Adler Institute, Vancouver

Program:

The *Certificate* program is a part-time, post-Masters, apprentice model providing expert training from renowned Adlerian faculty. Through combined courses in theory and methods, and a mentor-based clinical supervision, candidates will prepare for a specialization in the Adlerian approach to counselling. The program includes clinical skill development in Lifestyle analysis, psycho-dynamics of psychopathology, developing fluency in the Adlerian approaches to psychotherapy, and a variety of elective courses. The Certificate leads to the professional qualification *Certified Adlerian Counsellor (CAC)*, a credential denoting accreditation as an Adlerian counsellor, one recognized professionally as such by their peers.

Prerequisites:

- The applicant is a member in good standing of the *Adlerian Psychology Association of British Columbia*;
- The applicant holds a recognized Masters or Doctoral degree (or its equivalent);
- The applicant is Licensed, Certified, or Registered *and* in good standing with any one of the following professional bodies:

*College of Psychologists (R.Psych. or Psychological Associate);

*College of Physicians and Surgeons of BC;

*Canadian Association for Counselling and Psychotherapy (Certified Canadian Counsellor);

*BC Association of Clinical Counsellors (Registered Clinical Counsellor);

*British Columbia Teacher's Federation,

*British Columbia College of Teachers (Certified Member)

*American Association for Marriage and Family Therapy (AAMFT Clinical Member)

*College of Registered Nurses of British Columbia (Registered Nurse Practitioner: NP).

Courses:

- Introduction to Adlerian Psychology (2 credits)
- The Style of Life: Lifestyle Methods I (2 credits)
- The Style of Life: Lifestyle Methods II (2 credits)
- Adlerian Approaches to Counselling and Psychotherapy (2 credits)
- Psychodynamics of Psychopathology I (2 credits)
- Psychodynamics of Psychopathology II (2 credits)
- Adlerian Group Therapy (2 credits)
- Practicum I (2 credits) [200 hours each practicum]
- Practicum II (2 credits)
- Practicum III (2 credits)
- Small Group Supervision I (2 cr)
- Small Group Supervision II (2 cr)
- Small Group Supervision III (2 cr)

Special Topics Electives

(candidates must complete 6 elective credits)

- Marriage and Couples Therapy (2 cr);
- Family Therapy (2 cr);
- Therapeutic Use of Dreams (2 cr);
- Child and Adolescent Therapy (2 cr);
- Expressive Therapies (Art and Play) (2 cr)
- Brief Adlerian Therapy (2 cr)

Experiential:

Personal Lifestyle Assessment (12-15 hours with an approved Adlerian practitioner *the costs of which are not covered in the Program tuition*).

Note: Some Third Party Insurers will reimburse counselling/ psychological service fees in whole or in part.

Case Supervision:

100 hours of direct client contact. Supervised clinical experience with an approved Adlerian supervisor (ratio of 4:1, every four hours of client contact = 1 hour of supervision). 25 hours individual supervision; 275 hours of small group. Students may choose their own Supervisor from an approved list.

Total Required Credits = 32 (each credit = 12 hours of class time)

Normally candidates will complete the Certificate within 1 or 2 years part-time.

Assessment: Courses are assessed entirely on a “Pass” or “No Pass” basis with competency feedback. Students may also be issued a “Remediation” which will specify additional work, or alteration of existing work, before a final grade is issued.

Transfer of credit: Students may transfer up to 12 credits towards electives from approved external courses for a nominal fee.

Certification Process - CAC Credential Criteria:

Certified Adlerian Counsellor (CAC)

The *Certified Adlerian Counsellor* credential indicates that the recipient has met all of the standards and requirements for the practice of Adlerian Counselling in the Province of British Columbia. The credential is awarded by *The Alfred Adler Institute* and recognized by Adlerian peers and practitioners through the *Adlerian Psychology Association of BC*.

- The applicant is a member in good standing of the Adlerian Psychology Association of British Columbia;
- The applicant holds a recognized Masters degree or its equivalent;
- The applicant holds a Grandparent Award or has completed all of the requirements for the *Certificate in Adlerian Counselling*;
- 28 course credits (compulsory and elective courses);
- 100 hours of Adlerian case Supervision;
- Candidates have had their Style of Life assessed by an approved Adlerian practitioner;
- The applicant must provide a written Adlerian case formulation specific to five *current* clients. In addition, and at the discretion of the Registrar, an applicant may be asked to competently defend the formulations at an oral exam;
- The applicant is Licensed, Certified, or Registered *and* in good standing with any of the following professional bodies in British Columbia (or equivalent organizations in Canada and the USA):

- *College of Psychologists (R.Psych. or Psychological Associate);
 - *College of Physicians and Surgeons of BC;
 - *Canadian Counselling Association
(Certified Canadian Counsellor);
 - *British Columbia Association of Clinical Counsellors
(Registered Clinical Counsellor);
 - *British Columbia Teacher's Federation,
 - *British Columbia College of Teachers (Certified Member)
 - *American Association for Marriage and Family Therapy
(AAMFT Clinical Member);
 - *College of Registered Nurses of British Columbia
(Registered Nurse Practitioner, NP);
 - *College of Registered Psychiatric Nurses of British
Columbia (RPN);
 - *The Law Society of British Columbia;
 - *Board of Registration for Social Workers
(Clinical Social Worker, R.S.W.)
- The applicant agrees to fulfil Continuing Education Units (CEUs) which can be shown to reinforce the principles and practices of counselling therapy at the rate of 20 units per year, tallying 100 units over 5 years. [1 unit = 1 hour]

Adlerian School Counselling

The Alfred Adler Institute, Vancouver

Program:

The *Certificate* program in Adlerian School Counselling is a part-time professional training for teachers working in school settings. Using an apprentice model, the program provides expert training from renowned Adlerian faculty. Through combined courses in theory and methods, and a mentor-based clinical supervision, candidates will prepare for a specialization in the Adlerian approach to school counselling. The program includes theory and skill development in Adlerian Psychology, counselling techniques with children and teens, ethical issues, interviewing and assessment techniques, classroom management, counselling in a diverse society, working with exceptional children, aiding with post-secondary transitions, working with case conferencing and multidisciplinary teams and working with families and caregivers. The Certificate leads to the professional qualification *Certified Adlerian School Counsellor (CASC)*, a credential denoting accreditation as an Adlerian school counsellor, one recognized professionally as such by their peers.

Prerequisites:

- The applicant is a member in good standing of the *Adlerian Psychology Association of British Columbia*;
- The applicant attends an in-person interview with the Program Director;
- The applicant is a member in good standing of the BC College of Teachers;
- The applicant holds a recognized, relevant Bachelor's degree.

Courses:

- Introduction to Adlerian Psychology (2 credits)
 - Introduction to School-Based Counselling (1 credit)
 - Individual and Group Counselling with Children and Adolescents (2 credits)
 - Ethical Issues in School Counselling (1 credit)
 - Interviewing and Assessment (2 credits)
 - Current Theories of Counselling (2 credits)
 - An Adlerian Approach to Classroom Management (2 credits)
 - Culture and Counselling in a Diverse Society (2 credits)
 - Exceptional Children in the School: An Adlerian Approach (2 credits)
 - Career Counselling and Information Services (1 credit)
 - Family Systems and Conflict Management (2 credits)
 - Practicum I (2 credits)*
 - Practicum II (2 credits)*
- *40 hours of face to face contact per credit = 160 hours

Total Required Credits = 23 (each credit = 12 hours of class time)
Normally candidates will complete the Certificate in 1 - 2 years, part-time.

Assessment: Courses are assessed entirely on a “Pass” or “Not Pass” basis with competency feedback. Students may also be issued a “Remediation” which will specify additional work, or alteration of existing work, before a final grade is issued.

Transfer of credit: Students may transfer up to 12 credits from *approved* external courses for a nominal fee.

Certification Process - CASC Credential Criteria:

The Alfred Adler Institute, Vancouver

Certified Adlerian School Counsellor (CASC)

The *Certified Adlerian School Counsellor* credential indicates that the recipient has met all of the standards and requirements for the practice of Adlerian School Counselling in the Province of British Columbia. The credential is awarded by *The Alfred Adler Institute* and recognized by Adlerian peers and practitioners through the *Adlerian Psychology Association of BC*.

- The applicant is a member in good standing of the Adlerian Psychology Association of British Columbia;
- The applicant has completed the Certificate in Adlerian School Counselling;
- Is a member in good standing of the BC College of Teachers.

Masters Level Clinical Counselling Practicum (Applicants)

The Alfred Adler Institute, Vancouver

Clinic Counselling Practicum: Application Requirements:

1. Masters degree students in counselling are welcome to apply for a practicum placement at the Adler Centre's counselling clinic in Vancouver. Practicums are generally comprised of 20 hours per week, spread out over a minimum of 9 or a maximum of 12 months. Practicums meet the criteria for approved Masters degree programs in counselling and for registration with the *British Columbia Association of Clinical Counsellors (RCC)* or certification with the *Canadian Association for Counselling and Psychotherapy (CCC)*;
2. Applicants do not need to have any background courses in Adlerian psychology but they should have a strong desire to apprentice in the Adlerian approach;
3. Applicants will have completed Masters level course work in counselling skills, clinical interviewing, theories of counselling/psychotherapy, ethics, and psychopathology;
4. **Interested applicants** - please send:
 - a cover letter,
 - two letters of reference
 - a copy of your CV, and ...
 - a copy of your Masters course transcripts to date:

The Clinical Director,
The Adler Centre,
230 – 1818 W Broadway,
Vancouver, BC,
V6J 1Y9

5. Short listed applicants will be invited to an interview;

6. **Successful applicants:**

Please provide the Clinical Director with a criminal record check.

Certification Fees

The Alfred Adler Institute, Vancouver

All Applicants for Certification Must be APABC Members in Good Standing

- **Certified Parenting Facilitator (CPF)**
\$ 95.00 (every two years)
- **Certified Adlerian Counsellor (CAC)**
\$ 200.00 (one time only)
- **Certified Adlerian School Counsellor (CASC)**
\$ 200.00 (one time only)

APABC Membership Categories:

- General Member \$ 50.00
- Senior/Student \$ 35.00
- Professional Practitioner \$ 75.00
- Institution \$100.00

Applications:

For an Application package please contact us:

email: apabc@adler.bc.ca

Or telephone our Vancouver office: **604-742-1818**