

# Early Recollections A One-Day Workshop



## Description

Early Recollections (ERs)\* are a Counselling Intervention used to bring about insightful, specific memories in counselling and psychotherapy. These powerful memories provide therapists with an indispensable tool to facilitate deeper levels of change for client well-being and transformation. This Adlerian Intervention strategy elicits material that is highly potent and effective for therapists working from a range of modalities from CBT through to psychodynamic, existential, feminist, and other therapeutic frameworks.

Dr. Chris Shelley will facilitate the morning session and will cover the theory and method for gathering the early recollection. Jim Skinner will facilitate the afternoon and focus on the applications of the recollection material through experiential exercises.

**Date:** Sunday November 22<sup>nd</sup>, 2020  
9:00am – 4:00pm

**Venue:** SFU Downtown – Segal Building  
Room: TBA  
500 Granville Street, Vancouver, BC V6C 1W6

**Cost: \$175**  
APABC members & all students \$150.00

\*Eligible for CEUs

## Facilitators

### **Chris Shelley, PhD, CAC, CCC-S**

Dr. Shelley is the clinical director of The Adler Centre, a not-for-profit counselling and teaching clinic in Vancouver operated by the *Adlerian Psychology Association of BC*. He has been an Adlerian educator and therapist in both England and Canada having taught for the Adlerian Society UK (London) and at The University of British Columbia. Additionally, he is a clinical supervisor for City University of Seattle (Vancouver campus) and the author of various scholarly works in the fields of counselling, psychotherapy, theoretical psychology, and gender – social justice studies.

### **James Skinner, M.Ed, CPF**

After retiring from 38 years in Public Education, Jim, the Executive Director of the Adlerian Psychology Association of BC, has been facilitating parenting workshops for over 30 years in the Greater Vancouver area. He teaches Adlerian Principles at the Post Graduate level, and presents his own workshops and seminars in schools and workplaces. His passion lies in connecting people within the organic fabric of community. His vision is to foster a world with greater cooperation, peace and the care of one another.