

INTRODUCTION TO ADLERIAN PSYCHOLOGY



DESCRIPTION

This is an introductory course that will survey the core theoretical tenets of Adlerian psychology. Through a blend of instructor presentation and small group exercises emphasizing reflexive awareness, we will explore the following units:

- Social Interest & Community Feeling
- Holism and the Creative Self
- Fictional Finalism, Teleology, and Goals
- Encouragement
- Inferiority, Superiority & Compensation
- Life Style / Style of Life
- Early Recollections
- Family Constellation & Birth Order
- Life Tasks & Social Embeddedness
- The un/conscious in Adlerian Psychology
- Private Logic & 'Common Sense'
- Symptoms & 'Neurosis'
- Safeguarding Behaviour
- Guilt & Guilt Feelings
- Socratic Questioning

FACILITATOR

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.

FALL 2021

OPEN TO THE
GENERAL PUBLIC

SEP 11 & 18

OCT 2 & 16

Sundays, 9am - 4pm

SFU HARBOUR CENTRE

515 West Hastings St,
Vancouver BC

\$570

Can be taken as part of the Certificate in
Parent Education and is eligible for 2
continuing education credits

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