

# 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.

## SPRING 2022

OPEN TO THE  
GENERAL PUBLIC

APR 9, 23 & 30  
MAY 7

Saturdays, 9am - 4pm

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Parent Education and is eligible for 2  
continuing education credits

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