

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

This course may be taken for continuing education units or as a part of the Certificate in Parent Education at *The Alfred Adler Institute* (APABC). It is also eligible for 24 Continuing Education Units through the *Canadian Counselling and Psychotherapy Association*.

Facilitator:

Chris Shelley, PhD, CAC, CCC-S

Dr. Shelley is 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 - lecturing in the Faculty of Arts and also the graduate program in Counselling Psychology. 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.

Cost: \$570

Open to: The General Public

Dates: September 13th, 20th (Sundays)
26th (Saturday) October 4th (Sunday)

All days will run from 9:00 AM – 4:00 PM

Venue: SFU Harbour Centre, Vancouver, BC

For more information and to register contact The Adler Centre:

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