

ALFREDS (Adler Learning Foundation for Research, Education and Delivery of Services), in partnership with Adler Graduate Professional School, presents:

RETHINKING ANXIETY AND DEPRESSION FROM AN ADLERIAN FRAMEWORK



DECEMBER 7-8, 2019

Anxiety and Depression are the most frequent diagnoses for individuals seeking mental health services. As therapists we are often challenged to identify effective therapeutic techniques to create healthy change with our clients.

Alfred Adler brought a holistic approach to understanding and redirecting anxiety and depression. Drawing on clients' inner strengths and resources creates movement towards positive outcomes. Adler believed that "clients are both the art and the artist of their lives".

This two day programme will stimulate your thinking around anxiety and depression and will introduce you to effective interventions that can shift your client's relationship with anxiety and/or depression.

Treatment Strategies:

- Encouragement and Empowerment of client's strengths, history and present-day realities.
- Use of Early Recollections as a projective intervention
- Lifestyle Assessment
- Push Button Techniques
- Acting As If – constructive actions

The workshop will be a combination of brief lectures, experiential exercises and practical demonstrations to introduce you to strategies that can be effectively integrated into your work with clients to complement your current approaches.

Lecturer:

Dr. Jon Sperry

**Early Bird: \$225
(before Nov 22nd, 2019)**

Regular: \$275

Students: \$150

**To register go to:
[https://rethinkinganxiety.
eventbrite.ca](https://rethinkinganxiety.eventbrite.ca)**

**For more information:
info.alfredsfoundation@gmail.com**

LOCATION:

Adler Graduate Professional
School

890 Yonge St, Suite 900
Toronto, ON

Presenter Bio:

Dr. Jon Sperry is a leading voice in the field of Adlerian Psychology.

He is the staff counselor at the Counseling and Psychological Services at Florida Atlantic University and Associate Professor of Clinical Mental Health Counseling at Lynn University.

Sperry lectures across North America and Europe and has published extensively on Adlerian theory, conceptualization, and psychotherapy.