

# ONSAP 2012 Conference Presentations and Workshop Description

**Friday, October 19, 2012**  
(7:00PM - 8:00PM)

## **Raising the Responsible Child**

*Alyson Schafer, B.Sc. Kinesiology (Univ. of Waterloo), M.A. Counselling (Adler School), OACCPP, AAMFT*

Can't get your child to take responsibility for simple things like hanging up a coat or doing their homework? Come discover the hidden benefits and road blocks to raising responsible children. Alyson will give strategies to implement immediately.

**Educational Objective #1:** Participants will learn that children actually DO LIKE responsibility and its healthy for self-esteem / self-concept.

**Educational Objective #2:** Participants will learn the trips and traps that prevent them giving children their rightful responsibilities.

**Educational Objective #3:** Participants will learn how to hold children accountable without using punishments or rewards.

**Saturday, October 20, 2012**  
(10:45AM - 11:45AM)

## **Adlerian Psychology - "Why Is It So Relevant Today?"**

*Dr. Dan Dalton, C.Psych., Dalton Associates*

Alfred Adler died 75 years ago. This workshop will present an overview of his current theory of human nature and, more importantly, what it is striving to become. Through lectures, stories and class discussions, Dr. Dalton will demonstrate the contributions Adlerian Theory and Practice has made to the evolution of modern culture.

**Educational Objective #1:** Participants will learn the basic beliefs upon which Individual Psychology is based

**Educational Objective #2:** Participants will learn several ways in which Adlerian Psychology is relevant today.

## **Encouragement With The Brain In Mind**

*Linda J. Page, Ph.D., Adler Graduate Professional School*

We learn best when we play, so let's play Jack's Nimble Brain Game to learn how to calm threats to our brain that prevent us from encouraging ourselves and others.

**Educational Objective #1:** Participants will learn how to recognize patterns of threats that shut down our own and others' capacity for social interest.

**Educational Objective #2:** Participants will learn how to use metacognitive skills to calm threats and encourage clients to become aware of options, trust themselves, and make positive choices.

## **Family Harmony and Closeness**

*Beverley Cathcart-Ross and Martin Nash, MD, Parenting Network*

This presentation will focus on how family harmony and closeness relies heavily on our ability to feel safe in relationships, communicate effectively with one another, and listen respectfully. Learn two key motivational systems that determine how we relate to ourselves and others, the powerful role that 'hurt' plays in our lives and relationships, "door-slammers" to effective communication, and three simple ways to encourage family harmony and closeness.

**Educational Objective #1:** Participants will learn about a major contributor to the level of closeness one will enjoy in relationships

**Educational Objective #2:** Participants will learn attitudes and approaches that encourage closeness, and invites cooperation from others.

**Saturday, October 20, 2012**  
(10:45AM - 11:45AM)

## **Quotations As A Medium For Promoting Encouragement**

*Janet Francis, B.S., B.Ed., Retired Teacher*

Change, is not easily and readily accepted, but change is vital if growth is to take place. This presentation intends to highlight ways in which quotations can be used as an agent of change. Quotations, like music, is used as a medium to create mood as well as evoke emotions; and when frequently spoken, it can inspire, wow, and stimulate emotions leading to change in parenting which promotes encouragement.

**Educational Objective #1:** Participants will learn different approaches to using quotations as a form of encouragement

**Educational Objective #2:** Participants will learn to build children's self-esteem and confidence through the use of the 'Spoken Word'.

**Educational Objective #3:** Participants will learn to create relationships through the use of encouragement.

## **Encouraging Self-Understanding and Behaviour Change Via Early Recollections**

*Jane Vollick, M.A., Private Practice*

The detective work of understanding our private logic can be explored by reviewing Early Recollections and noting the sequence of emotions experienced by the individual as they move toward their intended goals. Learn how to use the Willhite method, developed by the late Robert G. Willhite, co-founder of the Adler School, to uncover repetitive patterns and how to change their interfering beliefs about themselves in the world.

**Educational Objective #1:** Participants will learn the Willhite method as a way to explore the private logic and emotional sequence revealed in early recollections

**Educational Objective #2:** Participants will learn (2) how to shift limiting beliefs and private logic through re-scripting of the early recollection to create a new framework for viewing self in the world.

**Saturday, October 20, 2012**  
(12:50PM - 1:50PM)

## **Teens and Encouragement**

*Alyson Schafer, B.Sc. Kinesiology (Univ. of Waterloo), M.A. Counselling (Adler School), OACCPP, AAMFT*

Adler taught us that misbehaviours arise out of discouragement. He also prescribed encouragement as the antidote to all human suffering. Come learn the hidden sources of discouragement in the lives of teens, how it manifests in troublesome teen behaviours and learn ways to encourage this age group that is neither praise, nor patronizing, nor permissive.

**Educational Objective #1:** Participants will learn how society at large treats teens in a "one down" manner and empathy for this discriminated segment of the population

**Educational Objective #2:** Participants will learn the creative ways teens meet their goals, and learn pro-social alternatives and relationship building tools to help parents keep their influence with this age group

**Saturday, October 20, 2012**  
**(12:50PM - 1:50PM)**

**No More Praise Junkies – The Difference Between Praise and Encouragement!**

*Doone Estey, M.A., Certified Parent Educator, Parenting Network, B.A. Univ. of New Brunswick, M.A. Univ. of Montreal*

Praise is now known to be counterproductive to children's self-esteem. Given with the best of intentions, praise can actually lead to more challenging behavior and undermine the life goals we have for our children. Learn how to be a more encouraging parent and help your child reach his or her true potential.

**Educational Objective #1:** Participants will learn why praise is detrimental to children's self-esteem and fosters feelings of entitlement.

**Educational Objective #2:** Participants will learn the difference between praise and encouragement and go home with examples of what to say and what not to say.

**Saturday, October 20, 2012**  
**(12:50PM - 3:00PM)**

**E5 Groups: Empowering Adolescents and Adults in a Psychoeducational Setting**

*Wes Wingett, Ph.D.*

This presentation will focus on the theory and practice of E5 groups. E5 groups are designed to empower self and others through equality, empathy, encouragement, and education. Participants will have the opportunity to be an observer of or a participant in an E5 group.

**Educational Objective #1:** Participants will learn five guidelines for facilitating a psycho-educational group.

**Educational Objective #2:** Participants will learn a process for facilitating a psycho-educational group.

**Communicating Encouragement**

*Louise Giroux, Ph.D., Phoenix Rising Associates*

"It's going to be OK" isn't enough. Learning communicating techniques conducive to our goal is necessary. This workshop will focus on empathic listening and positive verbals that can contribute in the communication of encouragement. Participants will learn and practice effective communication skills towards encouragement.

**Educational Objective #1:** Participants will learn to explore and practise attentive listening and applying empathy towards another

**Educational Objective #2:** Participants will learn to explore and practise verbals that do transmit encouragement

**Saturday, October 20, 2012**  
**(2:00PM - 3:00PM)**

**Why Do We Parent the Way We Do?**

*Sonia Nicolucci, B.A., RnR Parenting Ltd.*

Exploring how we came to choose a parenting styles and styles of behaviour during various circumstances may open a new language around what our assets and liabilities are. Focusing on and encouraging stronger use of assets can alter some automatic responses towards unpleasant or unsure circumstances.

**Educational Objective #1:** Participants will learn to explore the power of keeping encouragement in existence through language.

**Educational Objective #2:** Participants will learn to explore what, where did automatic responses came from, and how encouragement can be used.

**"How To Learn, To Live, and To Love Encouragement"**

*Christine Nisan, M.A., Director, Psychotherapy Institute*

This presentation is a "how to" encourage adults through understanding the difference between praise and encouragement; words and phrases of encouragement; "live" a life which has at its heart the attitude and philosophy of encouragement, towards others and self; "love" the process of living a life filled with encouragement and its ultimate expression - Gemeinschaftsgefühl.

**Educational Objective #1:** Participants will learn the background of the importance of the use of encouragement and the concept of Gemeinschaftsgefühl through the work of Alfred Adler, Rudolf Dreikurs and other Adlerians

**Educational Objective #2:** Participants will learn what the effective words of encouragement are and how to use them in day to day living, in their personal, family, social and work situations, and how to exude and present the "attitude" of living an encouraging life.

**Sunday, October 21, 2012**  
**(9:00AM - 4:30PM)**

**Addictions - An Adlerian Approach**

*Wes Wingett, Ph.D.*

This didactic and experiential course will focus on an Adlerian approach to addictions. This course is designed for any individuals who have been affected by or are interested in addictions and the impact of addictions on families or work with addictions in their profession. Topics to be addressed include definition and kinds of addictions; challenges of addictions and those affected by addictions; identification of the addicted, the affected and the resilient; movement from dis-ease to ease, dis-order to order, dys-function to function, dis-ability to ability; treatment strategies for the addicted and the affected, and prevention of generational addictions. All of the topics will be from an Adlerian theoretical perspective.

**Educational Objective #1:** Participants will learn the basic tenets of Adlerian Psychology

**Educational Objective #2:** Participants will learn to identify two kinds of addictions

**Educational Objective #3:** Participants will learn the personal perceptions of individuals who are addicted and individuals who are affected by addictions

**Educational Objective #4:** Participants will learn the movement of individuals from dis-order to order, dys-function to function and dis-ability to ability

**Educational Objective #4:** Participants will learn the strategies of therapeutic encouragement