



6th Annual Conference Workshop

Practicing as a *Therapeutic Changeling*: Integrative Strategies for Adlerian Counsellors and Therapists

with Richard Watts, Ph.D.

Holland Bloorview Kids Rehabilitation Hospital
Toronto, Ontario

Sunday, October 16, 2016
9:00pm - 4:30pm

Being a therapeutic changeling means that the counsellor does what the client needs; not what the counsellor prefers. Because Adlerian therapy is a flexible approach, it readily allows mental health professionals to be both theoretically consistent **and** technically eclectic; that is, it allows us to be *therapeutic changelings*. Thus, the counsellor does what the client needs, not simply what the counsellor prefers. *Although the content in the workshop is geared toward Adlerian mental health practitioners, the techniques presented may be used by most professionals regardless of their guiding theoretical orientation and work settings.* Techniques will be demonstrated and participants will have the opportunity to engage in role play as they practice the techniques.



Learning Objectives

Via discussion, demonstration, and practice, attendees of this workshop will increase understanding and application of:

- The common ground of Adlerian therapy and the common factors of successful counselling outcomes;
- The common ground between the *Stages of Change Model* and the four phases of Adlerian counselling;
- Adlerian strategies and techniques – some traditional, some more recently developed;
- Techniques that resonate with, and integrate easily into, Adlerian counselling; and
- Where and how these strategies and interventions may be used in the counselling process.

Sunday Workshop Agenda

- 8:45am - 9:15am:** Registration and Breakfast
9:15am - 9:30am: Welcome and Announcements
9:30am - 10:45am: Discussion of Adlerian Integration (Therapeutic Changeling), Common Factors of Successful Outcomes, and Prochaska and Norcross's Stages of Change Model
10:45am - 11:00am: Break
11:00am - 12:30pm: Adlerian (and other) Techniques for Clients in the Pre-Contemplation and Contemplation Stages of Change
12:30pm - 1:30pm: Lunch
1:30pm - 2:45pm: Adlerian (and other) Techniques for Clients in the Preparation Stage of Change
2:45pm - 3:00pm: Break
3:00pm - 4:30pm: Adlerian (and other) Techniques for Clients in the Action and Maintenance Stages of Change

The Ontario Society of Adlerian Psychology
is an affiliate of the North American Society of
Adlerian Psychology (NASAP).

This conference is for psychotherapists, marriage and family therapists, psychologists, counsellors, social workers, students, educators, child and youth counsellors, child care workers, parent educators, parents, couples, families, teachers, and anyone interested in promoting wellness and mental health.



6th Annual Conference Registration Form

Name: _____ Today's Date: _____

Address: _____ City: _____ Province/State: _____ Postal/Zip Code: _____

Organization: _____ Job Title/Position: _____ Telephone: _____

Email (Required): _____ Member Non-Member First-Time Attendee

I heard about the conference from: ONSAP Email ONSAP Website CCPA OSP OACCPP OAMFT OPA Dalton Associates
 Colleague Friend Family Other _____

Meals: Vegetarian Gluten Free **Keep me informed by email about ONSAP events.**

Attention: A registration confirmation will be sent via email to anyone who provides an email address. This email confirmation is your receipt/invoice. No other form of confirmation will be sent. Please print clearly. The conference fees include a light breakfast and lunch.

Select All That Apply: Early registration must be post-marked by Thursday, September 29, 2016

1. SELECT ONE

	EARLY	REGULAR
General Members		
<input type="checkbox"/> Sunday	\$80	\$95
Members		
Students (full-time)/Seniors (age 65 and older)**		
<input type="checkbox"/> Sunday	\$65	\$80
Non-Members		
<input type="checkbox"/> Sunday	\$110	\$130
Non-Members		
Students (full-time)/Seniors (age 65 and older)**		
<input type="checkbox"/> Sunday	\$90	\$105

2. CONTINUING EDUCATION CREDITS

- Member (\$5)
- Non-Member (\$15)

*A copy of a valid school/senior's ID **MUST** be presented by students/seniors when checking in and registering on the day of the conference to confirm eligibility for the discount. If you do not have ID, you will be asked to pay the full price.*

3. SELECT PAYMENT

Please charge my: Visa Mastercard American Express

Credit Card No: _____ Expiry Date: _____

Name on Card: _____ Secure Code: _____

Cheques to be made payable to The Ontario Society of Adlerian Psychology (ONSAP) and mailed to ONSAP, c/o Charmaine McIntosh, 60 Gillingham Drive, Suite 402, Brampton, Ontario L6X 0Z9. **You can register online at www.adlerontario.ca.**

TOTAL: \$_____ (Add 1 + 2)

If you have questions or need to request special accommodation, please contact Charmaine McIntosh at charmaine.onsap@gmail.com. Any changes to the program will be posted promptly on the ONSAP website, or if there is a cancellation of the conference, registrants will be notified by email.

CANCELLATION POLICY: In order to receive a refund, requests must be in writing and received by Friday, September 30th. Your registration fee will be refunded (less \$25 administrative fee). Your registration can be transferred to another attendee, but you need to contact ONSAP to provide the name of the alternate, by Friday, October 7th so that we may correct our records. Between Saturday, October 1st and the conference date, **NO REFUNDS** will be granted for withdrawals or if you register and do not attend.