ONSAP 2019 Conference Presentations and Workshop Description

Family Education Program
Friday, October 4, 2019 | 5:30PM - 8:30PM

Raising Responsible and Resilient Children Ready to Thrive!

Alyson Schafer, M.A., Toronto, ON, Canada

There is no such thing as a perfect parent, or a perfect child. But research continues to show us our Adlerian methods of parenting do result in launching children more prepared with the essentials they need for resiliency, health and happiness in college, university and their adult life. In this talk, parents will learn not only the importance of raising responsible children who can bounce back from the inevitable mistakes and challenges inherent in life, but also the pragmatic tactical approaches to train children for responsibility and how to hold them accountable, that you can start to apply at home immediately!.

Keynote Address
Saturday, October 5, 2019 | 9:00AM - 10:30AM

Using the Purposefulness of Behaviour in Therapy: Encouraging Clients to Develop More Courage to be Imperfect

Susan Belangee, Ph.D., LPC, NCC, ACS, Canton, Georgia, USA

Clients are more able to make lasting changes when they understand the reasons why they do what they do. Dr. Belangee will talk about Adler's concept of Purposefulness of Behaviour, the mechanism by which these reasons can be uncovered, and its utility in therapy as a tool for building clients' courage to be imperfect.

Educational Objective #1: Participants will be able to explain Adler's concept of purposefulness of behaviour.

Educational Objective #2: Participants will be able to discuss how purposefulness of behaviour connects with other theoretical concepts from Adler's theory.

Educational Objective #3: Participants will be able to apply the concept of purposefulness of behaviour to their own lives for deeper self-understanding.

Conference Workshop
Sunday, October 6, 2019 | 9:00AM - 4:30PM

The BASIS-A as a Counselling Intervention: Strengths, Drawbacks, and Building Courage

Susan Belangee, Ph.D., LPC, NCC, ACS, Canton, Georgia, USA

The BASIS-A Inventory is a well-established Adlerian Lifestyle Assessment that is more widely known as a research instrument. This workshop will demonstrate how to use it as a counselling intervention with adolescent and adult clients. The process of giving feedback to clients from a strengths-based, courage-building perspective will be presented and participants will have the opportunity to practice this process during the workshop.

Educational Objective #1: Participants will learn to explain the Adlerian construct of lifestyle and how the BASIS-A can be used to assess it.

Educational Objective #2: Participants will learn to demonstrate giving strengths-based feedback using the BASIS-A Inventory

Educational Objective #3: Participants will learn to discuss the impact of strengths-based language on a client's courage to be imperfect

Educational Objective #4: Participants will learn to critique the usefulness of the BASIS-A in relation to other lifestyle assessments

Educational Objective #5: Participants will learn to explain how to administer and score the BASIS-A with clients

Fostering Therapist Self-Reflection Through Creativity – Learning From our Self Image
Zoë Bowman, M.A., Toronto, Ontario

Therapist self-reflection is one of the most important skills to cultivate for both the well-being of the therapist and that of the client. The more we know about our own experiences, the better equipped we are to navigate the therapeutic journey with our clients. But looking inwards isn't always easy nor is it straightforward and more often than not, our scope of introspection is limited to the materials that are most convenient – our conscious thoughts and understandings. Yet we all know, through our training and through the work that we do, that there is a wealth of self-knowledge that resides just a little deeper. This interactive workshop is designed to give therapists a tool to deepen their self-reflective practice. Participants will learn the Art Therapy technique of creating self-portraits drawn with eyes closed and importantly, develop their ability to use these images to broaden their scope of introspection. The technique of drawing with eyes closed forces us to release the desire to control and micro-manage our self-image. Unsurprisingly, the resulting self-portraits are full of surprises and imperfections. By identifying and exploring these elements, and tuning into how we react to these self-portraits, we are able to dive more deeply into unconscious aspects of our experience. No artistic skills are required to benefit from this technique.

Educational Objective #1: Participants will be able to identify the benefits of maintaining a self-reflective practice.

Educational Objective #2: Participants will be able to develop their ability to use creativity as a tool for self-reflection and self-care.

Love Style Tool for Couples Counselling
William J. Premo, Ph.D., Canandaigua, New York

This presentation will discuss many issues around a Couples Love style based on the foundations of multiple authors such as Alfred Adler, Robert Sternberg, Carl Jung, and many others. This tool will help therapists help couples understand what went wrong in their relationship as it pertains to their Passion, Intimacy, and Commitment to each other, and understand what each is wanting. Participants will understand what Adler suggested in how we should select life partners and create healthy relationships based on our personal lifestyles; that our well-being is dependent on how we love; and that by having a healthy intimacy we will develop a healthy love and sex pattern that promotes a healthy lifestyle as well.

Educational Objective #1: Participants will be able to help couples understand and see their differences within their Love relationship.

Educational Objective #2: Participants will be able to determine what is out of alignment with the couples relationship and foster higher communications with each other.

Getting at the Root of the Present Mental Health Problems
Martin Nash, M.D., Toronto, Ontario

I am proposing a discussion workshop to get at the root of the present day mental health problems. I would like all participants to bring their most burning questions about mental health and human behaviour. I will bring a biological evolutionary perspective as well as incorporating Adler's and Dreikurs' ideas. Their ideas of children's interpretation of the world and their place in the world (subjectivity, social position); children's creative conclusions and how to behave in the world (life style); and what people hope to achieve in the future will be involved. How to deal with the concepts of equating the deed to the doer versus separating the deed from the doer will be addressed. I will also present a discussion that humans have evolved with two natures to draw from; a primal competitive striving for power and superiority nature with a later evolved social contributing caring nature. Some examples of my most burning questions are: If Adler's and Dreikurs' ideas are so beneficial why aren't more people embracing them?; Why in the richest period in the world's history is there such a high degree of mental health problems?; Why are there still discrimination, racism, religious strife and wars?

Educational Objective #1: Participants will be able to discuss and learn certain perspectives that they may not have been exposed to before.

Educational Objective #2: Participants will be able to put Adlerian and Dreikursian ideas into a broader organizational framework.

Childhood Anxiety Disorders: Could it be a Social Interest Underdevelopment?
Hamid Alizadeh, Ph.D., Toronto, Ontario

According to Adlerian psychology all behaviors and emotions develop in social context. Children develop a personal life plan, set their fictional goals, which become the cornerstone of their style of life. They observe social interactions and gradually make some conclusions or attitudes about themselves, others, life and its challenges. They are creative meaning-makers, formulate their "hidden reasons", and move towards their fictional goals. In this process, children may matter only immediate results. If they succeed, they will be convinced that their "plan" and their "strategies" are effective. Social interest is a core concept and a mental health thermometer in Adlerian psychology that helps us understand if the child's attitudes and psychological movement is healthy. Adlerian psychology does not necessarily assume childhood anxieties as innate "disorders". Anxiety is beyond an emotion, is a conscious choice and a goal, and in fact a style of movement. Due to discouraging interactions, the child is convinced that he/she is incapable to achieve success or perfection (generalized anxiety), or needs someone with him/her to feel secure (separation anxiety), and feels that others are threatening (social anxiety and selective mutism). Adler believed that when the child's style is avoidance, anxiety enforces the movement to evade the responsibilities in a cunning way. So, can we postulate childhood anxiety disorders as a discouragement problem? What are the hidden reasons in children with anxiety problems? Utilizing Adlerian assessment methods, we should analyze and understand the problem in the child's social context. Relevant Adlerian-Dreikursian psychoeducational interventions will be discussed.

Educational Objective #1: Participants will be able to recognize related hidden reasons regarding the childhood anxiety disorders.
Educational Objective #2: Participants will be able to explain Adlerian conceptualization on childhood anxiety problems and relevant strategies to intervention.

Raising Kids With the Courage to be Imperfect
Karen Skinulis, B.A., R.P., Richmond Hill, Ontario

Perfectionism rates, along with anxiety/depression rates, have risen over the last 30 years. It's believed there's a link between the two. This workshop will help parents and therapists understand what perfectionism is and how this trait can have a negative impact on a child/teen's self-esteem. We will also explore some of the cultural underpinnings of this personality trait and why it has reached a peak in recent decades. Perfectionists often see mistakes and failures as a source of shame and proof of their inadequacy. This workshop will discuss how to frame children's mistakes as an essential part of being human; one which is not only unavoidable, but necessary in order to gain wisdom in their lives. We will give ideas on how to help them lower their standards to overcome common problems such as procrastination, worry, avoidance, and negative self-thought.

Educational Objective #1: Participants will be able to identify perfectionist traits in children and teens, how and why this trait impacts self esteem and is linked to anxiety.
Educational Objective #2: Participants will be able to understand how parenting and cultural approaches may contribute to perfectionism and what parents and professionals can do to make young people less focused on performance and achievement; and ways to help young people become more self-accepting and frame mistakes in a compassionate way.

Managing Life Transitions
Marion Balla, M.Ed, M.S.W., R.S.W., Ottawa, Ontario

This presentation is designed to assist participants to identify and explore the losses and gains inherent in major life transitions, eg. aging, career change, retirement, graduation, marriage/partnership, major illness, empty family nest, separation/divorce. Through the use of early recollections, anniversary dates, and the exploration of life tasks, participants will gain increased insight and strategies to manage major life transitions.

Educational Objective #1: Participants will be able to identify and explore losses and gains experienced in major life transitions.
Educational Objective #2: Participants will be able to face life transitions with courage and humour using early recollections, anniversary dates and exploration of the life tasks.

Thank you to everyone who contributed to making our 2019 conference a success.