

Ontario Society of Adlerian Psychology Annual VIRTUAL Conference Program

October 3, 2020 | VIA ZOOM

Celebrating Belonging and Connectedness



“Seeing with the eyes of another, listening with the ears of another,
and feeling with the heart of another.” ~ Alfred Adler



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

About the Ontario Society of Adlerian Psychology

Alfred Adler founded Individual Psychology which has made an impact in psychology, counselling, psychotherapy, education, parenting, as well as individuals and groups in work, family and social contexts.

Our Mission

The mission of Ontario Society of Adlerian Psychology (ONSAP) is to further the understanding and application of Adlerian Psychology (also called Individual Psychology)

Our Vision

To promote the knowledge, training and teaching of the principles of Adlerian (Individual) Psychology in daily living and throughout Ontario.

Our Core Values

Belonging: Creating a culture where everyone feels that they belong

Community: Building communities through partnership and collaboration

Connections: Cultivating strong relationships

Diversity: Acting with openness, mutual respect and challenging inequality

Encouragement: Encouraging others and the courage to be imperfect

Board of Directors

Charmaine McIntosh, Chair of the Board and President

Ayana Henry, Secretary

Sherrille McIntosh, Treasurer

Hamid Alizadeh, Director

Conference Committee

June Lam, Conference Co-Chair

Charmaine McIntosh, Conference Co-Chair

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Welcome from the President

Welcome to ONSAP's 2020 Conference ... our first ever VIRTUAL Conference.

As a result of the COVID-19 pandemic, ONSAP made the decision to move the Annual Conference to a virtual platform for 2020. We will miss meeting with you face-to-face, along with the hugs, conversations and networking. Although we are not be able to meet in person, we hope you will find the presentations, at this year's conference, interesting with lots of good information.

Alfred Adler believed that each individual has the goal of belonging and feeling significant; as well as the need to connect with others which helps us to contribute to our community and society. I hope you enjoy the conference as we continue to advance Adlerian Psychology in Ontario through Belonging and Connectedness.

We thank you for joining us at ONSAP's first VIRTUAL conference.

Warmest Regards,

Charmaine McIntosh, June Lam, Ayana Henry, Sherrille McIntosh and Hamid Alizadeh
ONSAP Conference Committee and Board of Directors

MEMBERSHIP

If you have not renewed your membership, this is a good time to do so. Not a member ... think about becoming one. Membership dues is \$25 (General), \$20 (parents and teachers), \$15 (students). and \$50 (affiliates).

VOLUNTEERS

We are looking for volunteers to sit on our Board as Directors and Committee Members.

Meet Our Speakers

Brenda M. Restoule, Ph.D. (Waub Zhe Kwens) is from Dokis First Nation (Ojibwa) and from the Eagle Clan. She is a registered clinical psychologist. Dr. Restoule is the Chief Executive Officer of the First Peoples Wellness Circle which is an Indigenous led national organization dedicated to raising the profile of Indigenous mental wellness using Indigenous knowledge and evidence. Her work spans from providing clinical/consulting services to First Nations communities in Anishinabek territory to consultation with provincial/federal governments on Indigenous mental wellness to an invited trainer/speaker to authoring book chapters and training manuals. Some of Dr. Restoule's past work experience includes the Royal Commission on Aboriginal Peoples, working with incarcerated Indigenous women, children's mental health and, urban/First Nation mental wellness programs. She has particular interest in cultural safety, First Nation community development and capacity building, and reducing suicide rates in First Nation communities using First Nation knowledge and practices.



Evan Ripley-McNeil, BA (Hon) Psychology is a recent graduate and student from the Dept. of Psychology at the University of Windsor. Originally from Chatham, Ontario, Evan is entering his first year in the Applied Social Psychology M.A./PhD program. Championing the positive aspects of personality and behaviour, Evan strives to make a heartening impact on the world, directing his research toward elements of social life that improve the health and well-being of the global community. Evan has been involved in various mental health initiatives and committees, aspiring to improve his own wellness while promoting that of others.



Bengü Ergüner-Tekinalp, PhD, is a professor of Counseling, co-chair of Leadership & Counseling department, and program coordinator of Counselor Education Program at Drake University. She has the certificate of Adlerian studies, is a Licensed School Counselor, Certified Workplace Mindfulness Facilitator and Certified Laughter Yoga Leader and serves at NASAP COR as the co-chair of TRT section. Her research interests are Adlerian and humanistic theory and therapy, mindfulness and contemplative practices, positive psychology and multicultural counselling, and social justice.



Pascale Brady (CPCC, PCC, MBA), founder and President of Global Life Coaching LLC, is The Challenge Coach ©. Pascale is a Professional Certified life and business Coach, a consultant and a trainer/speaker with 30 years of professional experience, both in the corporate world and as an entrepreneur. She is French, German and American and works fluently in all three languages. As a Business Coach and Consultant, she guides executives and managers individually or as part of groups or teams to successfully master their challenges and effectively resolve problems. As a Life Coach, Pascale empowers individuals, couples, and groups to overcome challenges in life or at work, specializing in those related to transitions and relationships. As a Mentor Coach, Pascale supports coaches in training toward attainment of their (next) coaching credential. Finally, Pascale is an intercultural trainer and a thought after speaker on a variety of topics.



Marion Balla, M.Ed., M.S.W., R.S.W. is a senior Adlerian therapist, educator and consultant. She is a faculty member of the Adler Graduate Professional School in Toronto, Ontario. Marion is a NASAP Diplomate of Adlerian Psychology. She has presented extensively on Adlerian psychology across North America and Europe. She is president of the Adlerian Counselling and Consulting Group in Ottawa, Ontario, Canada.



Presentations

Hope, Belonging, Meaning and Purpose

Brenda Restoule, Ph.D., C.Psych

This presentation will examine how the *First Nations Mental Wellness Continuum Framework* provides an outline that focuses on connecting to First Nation culture and practices as a means to achieving wellness. Wellness for First Nations, as outlined through the Framework, will focus on the outcomes and their respective indicators, of *Hope, Belonging, Meaning and Purpose*.

Can Social Interest Predict Well-Being?: Promoting Connectedness

Evan Ripley-McNeil, B.A. (Hon) Psychology

Adler believed that the healthy, fulfilling life required sufficient social feeling and co-operation. The present study reveals just that; across the world, greater group involvement and volunteering were associated with improved health, happiness, and life satisfaction. Belonging, connecting, and providing aid to your fellow man provides reciprocal benefits not just for the helpee, but the helper as well. This presentation will detail the course of the study, as well as, offer implications for anyone who wishes to spread the benefits of social interest that Adler proposed so long ago. The world needs more social interest: be involved, connect with others; because together – we prosper.

Heartfulness: Heart Centered Mindfulness for Deeper Connection

Bengü Ergüner-Tekinalp, Ph.D.

In this session a variety of heart centered mindfulness methods will be shared with the aims of opening our hearts to embody social interest, and cultivate a sense of inter-connectedness. Mindfulness practices support personal development, mental health and community feeling through increasing the capacity to concentrate as well as building a sense community and interconnectedness. This session will introduce mindfulness practices, dispell myths and provide examples of mindfulness and heartfulness practices that can be incorporated into variety of Adlerian practices. The session will not only provide theory and research but also the practice.

Resilience and Connection: How to Stay Sane in Insane Times

Pascale Brady, CPCC, PCC, MBA

When the going gets tough, the tough get going... Or do they? Extremely challenging times like the ones we are going through right now make demands on us we've never faced before. How do we courageously face these challenges and make it to the other side - not only alive but stronger than before? Come learn the ABCs of getting through difficult times and give yourself the gift of extreme self-care by joining this workshop in which we will also support and encourage each other. You will leave the session with homework to practice and tools you can use right away.

Encouragement for Creating Positive Change

Marion Balla, M.Ed., M.S.W., R.S.W.

Encouraging others and ourselves to be our best in relationships ensures connection and increases people's confidence to face life's demands and challenges. It takes courage to build successful and resilient relationships, our primary goals as social beings with a need to belong.

Schedule-at-a-Glance

Saturday, October 3, 2020		
9:45AM-10:00AM	Welcome and Announcements	
10:00AM-11:00AM	Hope, Belonging, Meaning and Purpose	Brenda Restoule, Ph.D.
11:00AM-11:15AM	Break	
11:15AM-12:15PM	Can Social Interest Predict Well-Being?: Promoting Connectedness	Evan Riley-McNeil, B.A.
12:15PM-12:30PM	Break	
12:30PM-1:30PM	Heartfulness: Heart Centered Mindfulness for Deeper Connection	Bengü Tekinalp, Ph.D.
1:30PM-2:00PM	Lunch	
2:00PM-3:00PM	Resilience and Connection: How to Stay Sane in Insane Times	Pascale Brady, M.B.A.
3:00PM-3:15PM	Break	
3:15PM-4:15PM	Encouragement for Creating Positive Change	Marion Balla, M.S.W.
4:15PM-4:30PM	Goodbye	
4:30PM-5:30PM	Annual General Meeting	Board of Directors

EDUCATION AND PROFESSIONAL DEVELOPMENT

Are you interested in being a speaker at one of our workshops?

CLICK HERE and complete the Workshop/Online Presentation Proposal Form and send back to us at info@adlerontario.ca.

CONNECTIONS MAGAZINE

Consider contributing to the next edition of our magazine. This edition will focus on **Cultural Diversity, Equality and Social Justice**, in addition to other articles. The deadline for submission is **October 31, 2020**.