

2015 DAY OF LEARNING

Saturday, April 18th, 2015

9:00 am - 4:00 pm

Caring for Self, Caring for Others

The 2015 Day of Learning will focus on key Adlerian concepts while highlighting the important topic of self-care. The morning workshop, *Helping People Through Transitions* will cover the topics

- What is involved in transition
- Managing the stress and impact of life transitions
- As therapists, the impact of our life transitions on our clients going through transition at the same time

This workshop will assist participants to identify and explore the losses and gains inherent in major life transitions, e.g. aging, career change, retirement, moving homes, marriage, empty family nest, 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 changes.

The afternoon workshop, *Creative Strategies for Effective Outcomes in Therapy* will increase awareness of Adlerian concepts while integrating self-care. Topics will include

- Gender guiding lines
- Self-care as caregivers
- Birth Story
- 30 minute demonstration

This presentation will provide participants with an increased understanding of the impact of male and female roles within our environment, intimate relationships, workplaces and the wider community. Gender guiding lines, birth stories and early memories will be utilized to explore personal decisions. Participants will have the opportunity to integrate the day's learning with demonstrations and application.

WHO SHOULD ATTEND

Anyone interested in Adlerian theory and practice



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

President, Adlerian
Counselling and
Consulting Group

Marion Balla has
gained recognition
across Canada and
internationally for
her expertise, her
dynamic speaking

style, and her skills as a facilitator,
workshop leader and trainer. Marion has
built her credentials over a 40-year career
in counselling and consulting.

With a Master in Education (Counselling)
and a Master in Social Work (Direct
Intervention), she specializes in family,
individual and couples therapy. As a
consultant, presenter and trainer with
clients in government, public health and
social institutions, business and various
professions, Marion is an expert in a broad
range of workplace and organizational
performance issues, including team
building, communication skills, conflict
resolution and principles of progressive
leadership. She has delivered keynote
addresses and workshops on leadership,
creative collaboration, work-life balance,
parenting and many other subjects at
national and international conferences.

Marion was recipient of the 1996
Businesswoman's Achievement Award, co-
sponsored by the Woman's Business
Network Association of Ottawa and The
Ottawa Citizen. She was honoured with the
Parent Education Award in 1997, in
recognition of her important contribution
towards increasing the awareness of
education for parents and enriching family
life. She is also a recipient of the 2005
Bessie Touzel Social Work Award from the
Ontario Association of Social Work, in
recognition of her contribution to the
profession of Social Work.

Please feel free to learn about Marion and
the Adlerian Centre at
www.adleriancentre.com or by contacting
info@adleriancentre.com

ONTARIO SOCIETY OF ADLERIAN PSYCHOLOGY IN ASSOCIATION WITH
ALFREDS FOUNDATION OF CANADA PRESENTS THE

2015 DAY OF LEARNING

Saturday, April 18th, 2015

9:00 am - 4:00 pm

Agenda

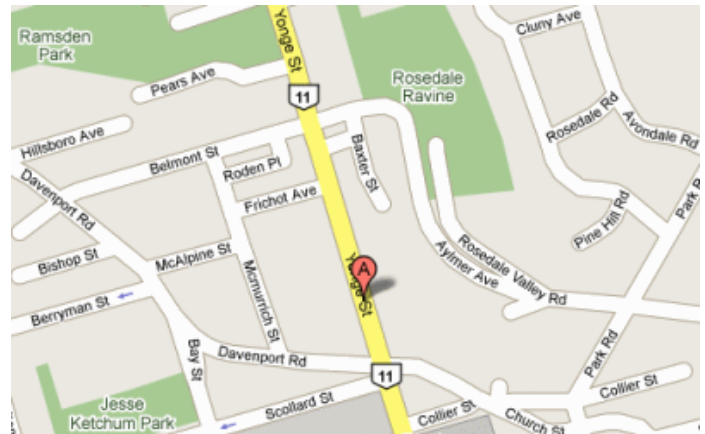
9:00 - 9:30	Registration
9:30 - 10:45	Understanding the Stages and Process of Working with Transitions
10:45 - 11:00	Break
11:00 - 12:30	Skills to Assist Our Clients and Ourselves to Manage Life Transitions
12:30 - 1:30	Lunch (Please note lunch will not be provided)
1:30 - 3:00	Creative Strategies for Effective Outcomes in Therapy
3:00 - 3:15	Break
3:15 - 4:00	Demonstrations and Group Discussion

Light refreshments will be served at break.

Date: Saturday, April 18th, 2015

Time: 9 am— 4 pm

Location: Adler Graduate Professional School
890 Yonge Street, Suite 900
Toronto, M4W 3P4



Registration Fee:

Non-member \$65

ONSAP members and Students \$55

To Register:

1. Go to www.adlerontario.ca
2. Click on Events at the top of the home page and then go to Current Events and follow the steps to purchase your ticket through Eventbrite.

If you have any questions, please contact the EPDC at onsap.epdc@gmail.com

The ONSAP Education and Professional Development Committee provides educational, professional development and networking opportunities related to Adlerian Theory and Practice.

EDUCATION AND PROFESSIONAL DEVELOPMENT COMMITTEE

WWW.ADLERONTARIO.CA

ALFREDS, an arm of the Adler Graduate Professional School in Toronto, is a not for profit organization with the mission of supporting and assisting Adlerian education. The organization is dedicated to fostering initiatives for Adlerian theory, research and learning.

ALFREDS FOUNDATION OF CANADA www.alfredsfoundation.org