

The Alfred Adler Institute

- APABC Since 1973 -

Adlerian Approaches to Psychotherapy

A Two-Weekend, Four Day Short Course Facilitated by **Dr. Bob Armstrong**

The practical application of Adlerian approaches to psychotherapy are presented with specific emphasis on interventions for individuals and families. Particular emphasis is placed on the respective roles of the therapist/client relationship throughout the process of the four stages of therapy. Current knowledge drawn from interpersonal neurobiology will be integrated with depth Adlerian psychotherapy and applied in individual relationship and family therapy.

Saturdays & Sundays October 16th & 17th, and 30th & 31st, 2010

Venue: The Adler Centre Suite 230 - 1818 W. Broadway, Vancouver, BC

Cost: \$550.00

CEUs available for this short course through the Canadian Counselling and Psychotherapy Association (CCPA)

Robert Armstrong, PhD

Dr. Armstrong has been a Clinical Psychologist in private practice in Vancouver for over 25 years. He focuses on relationships, depression, anxiety disorders, PTSD and workplace issues. He taught at the Adler School of Professional Psychology from 1988-2007. Previously he was an Assistant Professor in the Counselling Psychology Department at the University of British Columbia. He is a Past-president of the *North American Society of Adlerian Psychology* where he served on the Board for 12 years. He obtained his PhD under Oscar Christensen and has studied Classical Adlerian Psychology under Dr. Henry Stein. He is also trained in EMDR and clinical hypnosis. His current interests are mindfulness based cognitive therapy and interpersonal neurobiology.

To register, please contact The Adler Centre:

604-742-1818

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