

*The Alfred Adler Institute*

*- APABC Since 1973 -*

# Introduction to Adlerian Psychology

- An Institute Short Course Facilitated by **Dr. Chris Shelley** -

This is an introductory course that will survey the core theoretical tenets of Adlerian psychology. Through a blend of instructor presentation and small group exercises emphasising *reflexive* awareness, we will explore the following units: Social Interest and Community Feeling; Holism and the Creative Self; Fictional Finalism, Teleology, and Goals; Encouragement; Inferiority, Superiority and Compensation; Life Style / Style of Life; Early Recollections; Family Constellation and Birth Order; Life Tasks & Social Embeddedness; The un/conscious in Adlerian Psychology; Private Logic & 'Common Sense'; Symptoms and 'Neurosis'; Safeguarding Behaviour; Guilt and Guilt Feelings; Socratic Questioning. This course may be taken for continuing education units or as a part of the Certification program for Adlerian Counsellors (2 credits) at the Alfred Adler Institute (APABC).

**Saturdays & Sundays: April 14<sup>th</sup>, 15<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup>, 2012, 9 AM - 4 PM**

*Venue: The Adler Centre,*

Suite 230 - 1818 W. Broadway (at Burrard), Vancouver, BC.

Short Course Fee: \$550.00

Pre-approved for **24 Continuing Education Units** through the *Canadian Counselling and Psychotherapy Association*

## **Chris Shelley, PhD**

Dr. Shelley is the clinical director of *The Adler Centre*, a not-for-profit counselling and teaching clinic in Vancouver. He has been an Adlerian educator and therapist in both England and Canada having taught at the *Institute for Individual Psychology* (London), *Adler School of Professional Psychology* (Vancouver), and for the past decade at *The University of British Columbia* - lecturing in the Faculty of Arts and also the graduate program in counselling psychology. He is the author of various books, book chapters and journal articles in the fields of counselling, psychotherapy, theoretical psychology, and gender studies. He is also co-editor of the *British Adlerian Yearbook* and a contributing editor to *The Journal of Individual Psychology*.

**To register, please contact *The Adler Centre*:**

**604-742-1818**

**[www.adlercentre.ca](http://www.adlercentre.ca) • [apabc@adler.bc.ca](mailto:apabc@adler.bc.ca)**

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