



Adler Centre News

The summer is here, and it's a great time to get involved with the community. It's been a while since our last newsletter, so we would like to take this opportunity to inform everyone of what the Adler Centre has been doing, and what is coming-up in the future.

All of our memberships have been extended until April 30th, 2010. So if you have not renewed your memberships please do so.

*The date for this years Annual General Meeting will be on **Friday September 18th, 2009 at 4:00pm.***

*The Adler Centre's **Alfred Adler Institute** is going to have an open information session on **Tuesday September 22nd, 2009 from 7:00pm-9:00pm** at Suite 230 – 1818 W Broadway, Vancouver. This information session is for our new, Provincially Registered program "Certificate in Adlerian Parent Education."*

We welcome counsellors, parents, social workers or anyone that is interested in any of our programs or workshops and parenting groups that we offer. All of our staff will be there to provide you with more information, and refreshments will be served.

We have had a new addition to our office staff, Jennifer Lee. She is a part-time administrative assistant, and is currently an undergrad at UBC.

Sarah Turje is our administrative manager and book keeper.

Jim Skinner is the Executive Director

Chris Shelley is our Clinical Director

Our Board Members include Rosalind Baltzer – Turje (Chairperson), Edna Nash, Allan Smitten, Lew Dubois, Al Herwitz, Susan Burak, Judy Simonett, and Noreen Angus.

The Alfred Adler Institute: INSTITUTE NEWS

The Province of British Columbia conducted a site visit in February which capped a six month Registration process garnering approval for our Institute Programs, specifically our Certificates in Parent Education as well as Adlerian Counselling which were approved in March. The Private Career Training Institutions Agency (of BC) or "PCTIA", under the auspices of the Minister of Advanced Education in Victoria, provides mandatory regulation for all post secondary education programs in BC (except degree granting programs which are governed under a different process). The Registration comprised an audit of our organization as well as the prospective programs and faculty. We are very pleased to have passed this hurdle and are very excited to once again be able to provide Adlerian education programs to the community. We remain the only program in British Columbia that leads to Certification as either a **Certified Parent Facilitator** or a **Certified Adlerian Counsellor**. As the gatekeepers to Adlerian professional service in British Columbia we are very pleased to have achieved our status as a PCTIA Registered Institution. For more information about PCTIA please visit: <http://www.pctia.bc.ca/index.htm> or for more information on how to become a Certified Adlerian Parent Educator or Counsellor please visit our Website: <http://www.adlercentre.ca/>

Volunteer Opportunities

- Professional Development Workshops
- Parenting & Family Education
- Community Outreach Projects
- Social Events & Fundraising
- Presenting & Facilitating Workshops & Events

The possibilities are endless and we are looking forward to working as a team to make it happen! To volunteer please email us at: apabc@adler.bc.ca



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Clinic News, by Dr. Chris Shelley

Over the course of 2008 The Adler Centre counselling clinic conducted 123 counselling intakes facilitated by 15 Masters degree interns who were drawn from three different graduate programs in Metro Vancouver (Adler School of Professional Psychology, UBC, and City University). Those who performed services at the Clinic in 2008 are: Nicole Maier, Delea Hennenfent, Gabriel Canal, Monique Silverman, Nicole Bedard, Jun Zhong, Tamara Pride, Sara Klinkhamer, Cathy Stewart, Susan Burak, Erin Edwards, Jillian Watkins, Sheryl MacKay, Deb Braun and Lynda Beveridge. To date, ten of these interns have now completed their internships and Masters degrees, with our hearty congratulations!

As a Registered Charity in the Province of British Columbia, The Adlerian Psychology Association of BC operates The Adler Centre as a facility providing direct education and clinical services to the community. Importantly, we provide counselling therapy to those who could not otherwise afford to access these services and we are able to do so without the burden of imposing a wait-list. As a teaching clinic, interns receive direct on-site supervision in a collegial learning environment, the only program in British Columbia that provides Adlerian supervision and the necessary courses required to become Certified as an Adlerian Counsellor through our recently Registered training division *The Alfred Adler Institute*. We are in our fourth year operating out of the facilities at 1818 West Broadway and in our 37th year as your Adlerian Association, proudly providing training and on-going education opportunities that promote the Adlerian values of social interest, community, prevention through parent education and clinical services to those who need them.

This past winter we also advanced our reputation as a teaching clinic. Dr. Ishu Ishiyama, Director of Training and Practica, UBC Department of Counselling Psychology and Special Education (CNPS), paid a visit to the Clinic in February, approving The Adler Centre as an internship site for UBC Masters students. Dr. Ishiyama

was so impressed with the clinic that, along with the Chair of the UBC CNPS Department (Prof. William Borgen), we have been invited to join the UBC program's Community Advisory Board for a three year term. This is great news since it lends Adlerians a voice in the province's largest public research university and their counselling psychology program. Moreover, it continues a tradition of Adlerian involvement at UBC from the days of Dr. Rudolf Dreikurs' visit, Prof. Eva Dreikurs Ferguson's subsequent visit in the 1980s, and to those of eminent Adlerians who have taught on the UBC program for many years - including our very own Edna Nash, James (Jim) Skinner, and Dr. Robert (Bob) Armstrong. I am proud to continue this tradition as a sessional faculty member of the CNPS program as well as the Clinic Director of the Adler Centre.

Other important developments at the clinic: Our Women's Group under the expert leadership of Laurel Mowatt, MA, CCC, RCC, is now entering its second year. We congratulate Laurel on this great achievement and thank her for the important service that she continues to provide the community, both as a group therapist and also as a training mentor to those apprenticing as a group therapist with her. There are only a few openings left on this group which runs every Thursday evening (\$20 per session). For more information on the Women's Therapy Group please contact The Adler Centre at 604-742-1818 or email us: apabc@adler.bc.ca

We are very excited in our plans to begin an Art Therapy group at The Adler Centre under the leadership of Tamara Pride, MA, CCC. This group will be open to both men and women and is scheduled to meet every Monday evening, the cost is \$20 per session. Please contact The Adler Centre for more information: 604-742-1818 or email: apabc@adler.bc.ca

And as always we welcome referrals to our busy counselling clinic. Confidential Adlerian counselling is available for individuals, couples and families at affordable rates.

APABC Executive Director's Comments



James Skinner

The Adlerian Psychology Association of British Columbia (A.P.A.B.C.) is a non-profit society that has been providing quality community programming for the past 35 years for Parents, Teachers, Counsellors, as well as mounting a host of Professional Development workshops that emphasize Adlerian methods. Through The Adler Centre we develop and coordinate various programs in keeping with our mission to serve the community based on Adlerian Principles.

Not long ago I was speaking to a group of seasoned counsellors on Vancouver Island. We talked about specific cases and this led to a discussion of how public education is losing its way. The discussion turned to how training has replaced education and learning, and how the role of citizen has been replaced by the role of consumer.

Tony Flanders who worked in the area of market research has suggested that there are two kinds of adults in Canada; the Subject who is a person who knows but doesn't act, and the Barbarian, who doesn't know yet acts. Tony Flanders suggests that our job as parents and educators is to create what he calls participants; these are people who both know and act.

The Parenting Revolution is well underway. We have expanded our parenting classes four fold in the last 8 months. We have trained over 30 Parenting Facilitators, and 13 teachers have completed the new Adlerian School Counsellor Program this year.

We are inviting you to join in, take a workshop, or enroll in our new, fully approved and provincially registered program: Certificate in Parent Education which leads to the credential Certified Parenting Facilitator. We offer Adlerian

Program Opportunities for parents and professionals including teachers, child and youth care workers, social workers, and counsellors. The Adler Centre also has Volunteer opportunities: The Newsletter, Finance Committee, and the Organizational Development Committee, to name but a few areas where we need assistance.

In addition to our training opportunities we also continue to provide direct and front line service to the community. As a Centre for parents, families and those experiencing psychological and emotional stress, we care for others by providing low cost support to those who might not be able to otherwise access services. Also, as a teaching clinic, we foster and mentor the development of new professionals who go on to work in all parts of the province and beyond. This is achieved since the Adler Centre is an internship site in Counselling Psychology as well as a practicum site for Parent Educators.

I would be remiss if I did not emphasize that we are a non-profit organization and we therefore depend on you and your support to continue to do this important work. Hence, any and all donations are very much appreciated and tax deductible.

We invite you to join in, become a participant, and help us to create a future for our children and grandchildren based on values that produce healthy communities and the enlightened resiliency necessary for spreading social interest. The Adlerian principles of democratic family structures, social interest, care and compassion for others in the community, empathy and responsibility are needed in these trying economic times. The organic holism that Adler argued for needs ongoing cultivation in the home, schools, workplace and the community at large. I am grateful to be able to serve as Executive Director and endeavour towards the widespread establishment of these values and look forward to your joining with us as we cultivate and grow these values here in BC and beyond.

Respectfully,

Jim Skinner

Executive Director

A.P.A.B.C.

Looking to Become Certified as an Adlerian Counsellor through The Alfred Adler Institute?

Certification is a great way to enhance a counsellors credentials and to convey to the public, peers, and employers that the bearer is able to practice counselling therapy using Adlerian interventions and clinical methodologies. As your Adlerian Association, APABC is pleased to provide Certification by expert Adlerians through our training institute The **Alfred Adler Institute**. Successful certification includes the issuance of a Certificate by The **Alfred Adler Institute** as well as having your name added to the official Directory of Adlerian Counsellors on our website:

www.adlercentre.ca

Certified Adlerian Counsellor (CAC)

The Certified Adlerian Counsellor credential indicates that the recipient has met all of the standards and requirements for the practice of Adlerian Counselling in the Province of British Columbia. The credential is awarded by The **Alfred Adler Institute** and recognised by Adlerian peers and practitioners through the Adlerian Psychology Association of BC. The criteria for Certification is as follows:

- The applicant is a member in good standing of the Adlerian Psychology Association of British Columbia;
- The applicant holds a recognised Masters degree or its equivalent;
- The applicant holds a Grandparent Award (for already qualified Adlerians, see below) or has completed all of the following requirements for the Certificate in Adlerian Counselling:
 - 28 course credits (compulsory and elective courses);
 - 100 hours of Adlerian case Supervision;
 - Candidates have had their Style of Life assessed by a trained Adlerian practitioner;
 - The applicant must provide a written Adlerian case formulation specific to five current clients. In addition, and at the discretion of the Registrar, an applicant may be asked to competently defend the formulations at an oral exam;
 - The applicant is Licensed, Certified, or Registered and in good standing with any of the following professional bodies in British Columbia (or equivalent organizations in Canada and the USA):
 - * College of Psychologists (R.Psych. or Psychological Associate);
 - * College of Physicians and Surgeons of BC;
 - * Canadian Counselling Association (Certified Canadian Counsellor);
 - * British Columbia Association of Clinical Counsellors (Registered Clinical Counsellor);
 - * British Columbia Teachers Federation,

- * British Columbia College of Teachers (Certified Member)
- * American Association for Marriage and Family Therapy (AAMFT Clinical Member);
- * College of Registered Nurses of British Columbia (Registered Nurse Practitioner, NP);
- * College of Registered Psychiatric Nurses of British Columbia (RPN);
- * The Law Society of British Columbia;
- * Board of Registration for Social Workers (Clinical Social Worker, R.S.W.)

The applicant agrees to fulfill Continuing Education Units (CEUs) which can be shown to reinforce the principles and practices of Adlerian counselling at the rate of 20 units per year, tallying 100 units over 5 years. [1 unit = 1 hour]

Grandparent Clause:

All applicants must have completed, at minimum, a Masters degree in Counselling Psychology from a recognized school with transcripts that demonstrate the successful completion of course work in:

- Adlerian theory;
- Adlerian approaches to counselling / psychotherapy;
- Lifestyle / or Style of Life Assessment
- Adlerian perspectives on psychopathology.

Note: Course work must have been taught by qualified Adlerian instructors. Some courses may qualify for equivalency transfer at the discretion of the Registrar.

The applicant is professionally Registered or Certified and in good standing to practice counselling/psychotherapy in Canada;

The applicant agrees to an ongoing commitment to fulfil Continuing Education Units (CEUs) which can be shown to reinforce the principles and practices of Adlerian counselling at the rate of 20 units per year, tallying 100 units over 5 years;

Applications for the Grandparent Award must be filed by December 31st 2009 or forfeit the right to the award.

Note: Grandparent Award recipients do not need to complete the Certificate in Adlerian Counselling.

Educational Workshops and Professional Development

Adlerian Approaches to Psychotherapy

A two-weekend, four day short course facilitated by
Dr. Robert Armstrong

The practical application of Adlerian approaches to psychotherapy are presented with specific emphasis on interventions for individuals and families.

Dates: Saturdays & Sundays October 3rd, 4th, 17th & 18th, 2009 at the Adler Centre

**24 Continuing Education Units -
Canadian Counselling Association**

Restorative Practices in the Classroom

A short day course facilitated by **Alyson King**

This workshop will introduce the restorative philosophy to educators and support staff as well as provide activities that can be implemented in the classroom.

Date: Friday October 23rd, 2009 at the Adler Centre

Concurrent Disorders

A one day short course facilitated by
Judy Simonett & Lori Rock

The goal of this workshop will be to focus on learning how to assess the stage a client is at in the model of change and how to treat the client at the various stages of change.

Date: Saturday October 24th, 2009 at the Adler Centre
**24 Continuing Education Units -
Canadian Counselling Association**

Certificate in Parent Education (New! PCTIA Registered program)

A training program facilitated by **Jim Skinner**

The Certificate program in Parent Education provides the necessary training for Parenting Facilitators to lead Adlerian recognized Parenting Programs.

Dates: Part 1: November 14 & 15 2009,
Part 2: January 30 & 31st, 2010

Life Style Assessment Workshop (NEW!)

A weekend workshop facilitated by **Dr. Chris Shelley**

This is an introductory course covering theory & methods of data collection and analysis of the Adlerian *Style of Life*. The course can be taken for Continuing Education or as a part of the Institute's Certification requirements.

Dates: Saturday & Sunday November 7th & 8th, 2009 at the Adler Centre

Art Therapy Group (NEW!)

Facilitated by **Tamara Pride**

Art Therapy is a form of expressive therapy that uses art materials. It combines traditional psychotherapeutic theories and techniques with an understanding of the psychological aspects of the creative

process, especially the affective properties of the different art materials. The goals of this art therapy group is to create the possibility of experiencing a deeper inner connection to oneself based on the relationship we cultivate with our creative self. This is a confidential group open to women and men.

\$20/session

Women's Group

Facilitated by **Laurel Mowatt**

Join our counselling/therapy group as we discuss issues related to living an empowered life. Topics include self - esteem, identifying and expressing feelings, communication, assertiveness, boundaries, hopes, dreams and goal setting. This is a unique opportunity for women to offer and receive support.

\$20/session - weekly commitment required

STEP Parenting Workshops

8 week parenting group based on highly regarded STEP (Systematic Training for Effective Parenting) method

Covers topics such as: communication, positive discipline, problem solving, encouragement, freedom and responsibility and much more.

Consecutive Tuesdays from September 15th to November 3rd

Consecutive Wednesdays from October 7th to November 25th

6:45 – 8:45

Dreams and Dream Interpretation in Counselling & Psychotherapy

A professional development weekend facilitated by
Dr. Chris Shelley

This workshop combines experiential and practical discussion for implementing dreams into counselling and psychotherapy practice.

Dates: Saturday & Sunday December 5 & 6th, 2009 at the Adler Centre

**12 Continuing Education Units -
Canadian Counselling Association**

Introduction to Adlerian Psychology

A short course facilitated by **Dr. Chris Shelley**

This is an introductory course that will survey the core theoretical tenets of Adlerian Psychology.

Dates: Saturdays & Sundays April 10, 11, 24, & 25th, 2010 at the Adler Centre

For more information on the above workshops, please contact us at 604-742-1818 or apabc@adler.bc.ca

Remembering



DELLA IRWIN

We would like to take a minute to remember Della Irwin. For those of you who remember Della, she had been ill with Alzheimer's for the past six years and she passed away quietly in her sleep on March 24th, 2009 in Nelson, B.C. Della was one of the founding members of APABC (then known as BCAAP) in 1973. She was a very active member in the association, and worked in the office with other volunteers to prepare for workshops for visiting and local speakers. Della was also a Historian for ICASSI (International Committee of Adlerian Summer Schools and Institutes) for many years and kept records of all the events. She will be greatly missed by our local and international Adlerian family.

Opportunity to Donate

APABC is a non profit society and depends on donations from everyone to continue its important work in helping individuals, couples and families. We are providing you with the opportunity to keep the Adler Centre's doors open for future generations. Please call the executive director, Jim Skinner or any board member and they will assist you in making it possible for you to make a donation. Or you can mail or fax your donation using the donation form located below.

DONATION FORM

Please print and complete this form and send to: Fax: 604.742.1811

Or mail to: The Adlerian Psychology Association of BC, 230-1818 West Broadway, Vancouver BC V6J 1Y9

Please make cheques or money order payable to APABC

Or Charge to: Visa MasterCard Amex

Card Number: _____ Expiry Date: Month _____ Year _____

Signature: _____

Please send tax receipt to:

Name: _____

Address: _____

City: _____ Province _____ Postal Code: _____

Telephone: _____ E-mail _____