

# The 41st South Carolina Conference of **ADLERIAN PSYCHOLOGY** THE PRACTITIONER'S CONFERENCE

**September 15, 16, 17, 2023**  
**Landmark Resort Hotel, Myrtle Beach, S.C.**

The South Carolina Conference of Adlerian Psychology is designed to serve psychologists, counselors, therapists, social workers, and other behavioral health workers, as well as educators, and those outside the helping professions, including business leaders and parents. Attendees may earn up to 17 CE hours.

## *Conference Schedule*

Friday, September 15  7 CE Hours 3.5 CE Hours 3.5 CE Hours  Friday Evening	8:00 am – 11:00 am 12:30 pm – 2:00 pm 9:00 am – 5:00 pm 9:00 am --12:30 pm 1:30 pm – 5:00 pm 8:00 pm – 10:30 pm	Registration, Fourth Floor Registration, Fourth Floor 3 Full Day Workshops Offered 2 Morning Half Day Workshop Offered 2 Afternoon Half Day Workshop Offered Reception Sponsored by Columbia Psychological Assoc. Coquina Room, Fourth Floor  Registration, Fourth Floor KEYNOTE PRESENTATION, Coquina Room, Fourth Floor (Schedule continues below)
Saturday, September 16 6 CE Hours with Keynote	8:00 am – 10:00 am 9:00 am – 10:00 am 10:00 am – 5:00 pm	

### ***WELCOME AND KEYNOTE ADDRESS FIRST SESSION 9:00 – 10:00 A.M.***

**“Take Adler to the World: Present Like a Pro to 1 or to 1,000 with Presence”**

**Kevin E. O’Connor, CSP, LCPC, LMFT, CCMHC, Graduate Faculty of Loyola University of Chicago, a co-leader of NASAP’S Transformative Leadership and Coaching section, Professional speaker and teacher for physician leaders in the United States and Europe, Author. Description listed with Saturday presentations.**

Saturday, September 16 continued	10:15 am – 11:20 am 11:30 am – 12:45 pm 12:45 pm – 2:00 pm 2:15 pm – 3:30 pm 3:45 pm – 5:00 pm 5:00 pm – 7:00 pm  9:00 pm – 11:00 pm	Second Session, Four Presentations Third Session, Four Presentations Lunch (On your own) Fourth Session, Four Presentations Fifth Session, Four Presentations Hors d’oeuvres and Cocktails, Coquina Room, Fourth Floor Dinner (On your own) Poolside Social and Sing-A-Long (Rain location) Coquina Room Registration, Conference Center, Third Floor Four Workshops Offered
Sunday, September 17 4 CE Hours	8:30 am – 9:30 am 9:00 am – 1:00 pm	

## ***Check-In And Location***

Check In is not guaranteed until 4:00 p.m. Landmark Resort Hotel, 1501 South Ocean Blvd., Myrtle Beach, SC 29577

## ***Continuing Education Credit***

South Carolina Society of Adlerian Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5167. Programs that do not qualify for NBCC credit are clearly identified. South Carolina Society of Adlerian Psychology is solely responsible for all aspects of the programs.

The conference has been approved as a source of CE’s by the S. C. Board of Social Work Examiners, the SC Board of Examiners for Licensed Professional Counselors, Associate Counselors, and Marital and Family Therapists. In addition, South Carolina licensed psychologists may use attendance at conference presentations for CE’s. Application must be made independently for credentialing hours for Addiction Counselors.



# CONFERENCE REGISTRATION

Name \_\_\_\_\_  
Institution/Organization \_\_\_\_\_  
Address \_\_\_\_\_ ( ) \_\_\_\_\_  
Number/Street \_\_\_\_\_ City/State/Zip \_\_\_\_\_ Phone Number \_\_\_\_\_

## \*Pre-Registration – Before September 6, 2023

Day/Date	Non-Student	F/T Student	
Friday, September 15 Full day or 2 Half day	_____ \$121.00	_____ \$ 99.00	
Friday, September 15 One Half Day	_____ \$ 82.00	_____ \$ 72.00	
Friday/Saturday	_____ \$215.00	_____ \$175.00	
Saturday/Sunday	_____ \$187.00	_____ \$143.00	
Saturday, September 16	_____ \$121.00	_____ \$ 99.00	
Sunday, September 17	_____ \$ 82.00	_____ \$ 72.00	
<b>Full Three Day Attendance</b>	_____ <b>\$259.00</b>	_____ <b>\$199.00</b>	Amount Paid _____

## \*AFTER SEPTEMBER 6, 2023, ADD \$15.00 LATE FEE TO REGISTRATION FEE TOTAL

If registering for Friday or Sunday Workshops, please check the workshop(s) you plan to attend:

Friday Full Day \_\_\_\_\_1 \_\_\_\_\_2 \_\_\_\_\_3  
Friday AM Half Day \_\_\_\_\_4 \_\_\_\_\_5 Friday PM Half Day \_\_\_\_\_6 \_\_\_\_\_7

Sunday \_\_\_\_\_A \_\_\_\_\_B \_\_\_\_\_C \_\_\_\_\_D

Pre-selection is not necessary for Saturday presentations.

Saturday registration includes hors d'oeuvres at the 5:00 p.m. reception.

All other meals are available on a cash basis.

## MAKE CONFERENCE REGISTRATION CHECKS PAYABLE TO:

S.C. Society of Adlerian Psychology and mail to Dr. Walton  
(Conference Registration and Refund available through September 13, 2023)  
(For on-site registration, late registration rates will apply.)

TO REGISTER AND PAY CONFERENCE FEES (NOT HOTEL FEES) ONLINE BY CREDIT CARD, ACCESS [www.adleriansc.org](http://www.adleriansc.org)

MAIL TO: Dr. Frank Walton, SCSAP  
1313 St. Andrews Road  
Columbia, SC 29210  
(FAX (803) 750-5437  
Mobile: (803) 727-8403



TO MAKE HOTEL RESERVATIONS: **GROUP CUT-OFF DATE – August 14, 2023.** All requests for early arrivals & additional nights will be confirmed by email.  
Check in is 4:00 p.m. and check out is 11:00 a.m.

**OCEAN VIEW ROOM.** Equipped with two double beds. Plus room amenities that include a mini fridge, microwave, coffee maker, and a web bar area with a sink. The ocean view units have a private balcony with a northerly view of the Myrtle Beach coastline. Discounted Sunday -Thursday Rate: \$79. + Fees + Tax = \$106.22 per night. Discounted Weekend Rate: \$89. + Fees + Tax = \$117.52 per night.

**OCEANFRONT STANDARD ROOM.** Two double beds with a private balcony that faces the ocean. Wet bar, mini refrigerator & a microwave. Discounted Sunday - Thursday Rate \$89. + Fees + tax = \$117.52 per night. Discounted rate Friday/Saturday \$99. + Fees + Tax = \$128.82 per night.

**OCEANFRONT KING STAND. ROOM.** A King sized bed and private balcony that faces the ocean. Wet bar, small refrigerator and microwave. Discounted Sunday - Thursday Rate \$89. + Fees + Tax = \$117.52 per night. Discounted Rate Saturday/Sunday 109. + Fees + Tax = \$140.12 per night.

**OCEANFRONT EXECUTIVE SUITE.** Bedroom with 2 double beds. Living room with double pull down wall bed, sofa and TV. Full kitchen with refrigerator, stove, microwave, coffee maker as well as basic dinnerware & cookware. Private oceanfront balcony off the living room. Discounted rate Sunday – Thursday \$99.00 + Fees + Tax = \$128.82 per night. Discounted Rate Friday/Saturday \$125. = Fees = Tax = \$158.20 per night.

**KING OCEANFRONT EXECUTIVE SUITE.** One bedroom with a king-sized bed., living room with a folding wall bed and sofa. Full kitchen with refrigerator, stove, microwave, coffee maker as well as basic cookware. An oceanfront balcony. Discounted rate Sunday-Thursday \$125.00 + Fees = Tax = \$158.20. Discounted Rate Friday/Saturday \$139.00 + Fees + Tax = \$174.02 per night.

**DELUXE OCEANFRONT EXECUTIVE SUITE.** Bedroom with two double beds and a fully equipped kitchen with a refrigerator, microwave, stove and basic cookware/dinnerware, as well as complimentary in room coffee. An oceanfront living room has a double murphy bed, safe, as well as the sliding glass doors to the oceanfront balcony. Max occupancy 6 people. Discounted rate Sunday-Thursday \$135. + Fees + Tax = \$169.50 per night, Discounted rate Friday/Saturday \$149. + Fees + Tax = \$185.32 per night.

**DELUXE ANGLE OCEANVIEW EXECUTIVE KING SUITE.** Living room, bedroom & kitchen. King size bed, living room double wall bed, sofa, fully equipped kitchen with dining table & chairs, side view balcony. Discounted Thursday rate \$115. + Fees + Tax = \$146.90 per night. Discounted Weekend Rate \$129. + Fees + Tax = \$162.72.

ALL RATES ARE BASED PER DAY. ALL ROOMS ARE BASED ON SINGLE/DOUBLE OCCUPANCY, ADD \$10. TAX PER DAY TO THE RATE FOR EVERY ADDITIONAL ADULT IN THE ROOM. Taxes are based on 13% S.C. Sales tax, and a \$15. Resort fee.

A one Time \$7.00 booking fee will be added to the first night's stay. First night's deposit is due at the time of booking to guarantee the reservation.

Upon calling in Guests can purchase our breakfast buffet for \$13.95 not including gratuity per person per morning.

The discounted group rates are honored 3 days prior to arrival and 3 days after departure. Check in time: 4:00 p.m. check-out time: 11:00

GROUP CUT-OFF DATE: August 14, 2023

Cancellation and early departure policies: Guests can cancel their reservation THREE days prior to the day of arrival to receive any refund. There is a \$25.00 cancellation fee charged after three days prior to arrival.

Landmark Resort, 1501 South OCEAN Blvd., Myrtle Beach, SC 29577

TO RESERVE A ROOM PLEASE PHONE CALL : 1 – 855-338-0226. Group Name: S. C. Society of Adlerian Psychology 2023. Group Reference # 3709233

GROUP RESERVATION HOURS: Monday- Friday 9: am – 9 pm. Saturday & Sunday 9 am to 5 pm.

## **Friday Full Day Workshop 9:00 am – 5:00 pm**

### **1. FROM LIFESTYLE ASSESSMENT TO THERAPEUTIC INTERVENTIONS**

James Robert Bitter, Ed.D., Professor Emeritus, East Tennessee State University, Johnson City, TN.

The heart of Adlerian therapy is a psychological assessment based on Lifestyle Assessment. Using demonstrations and intentional practice, this workshop teaches participants how to conduct lifestyle assessments and discover the meaning of symptoms within personal experience. Coupled with an investigation of precipitating events, patterns of coping and perpetuant-reinforcers, a case conceptualization emerges as a foundation for implementing therapeutic interventions.

### **2. FAMILY STRUCTURE, ENCOURAGEMENT AND SOCIAL INTEREST: AN ADLERIAN APPROACH**

Wes Wingett, Ph.D., LMHP, Norfolk, NE

This didactic and experiential workshop will focus on understanding ourselves and others through the study of personal family structure during childhood, adolescence, adulthood, and aging. Emphasis will be on identifying possibilities for encouragement of self and others and the development of social interest of self and others at each stage of life.

### **3. FROM HOPE TO HOMEWORK – THE COMPLETE ADLERIAN SESSION**

Jody Housker, Ph.D., NCC, ACS, NBCCH, LPC, Atlanta, GA

Ever wonder why your clients say they want change but then seemingly put-up roadblocks to ensure life/relationships stay the same? This session will assist the Adlerian practitioner to understand client readiness for change, instill hope and/ or confront with care, craft language, as well as develop homework to bridge to the next session. This presentation includes lecture, demonstrations, and experiential activities.

## **Friday AM Half Day Workshop 9:00 am – 12:30 pm**

### **4. DON'T BEND OVER BACKWARDS: CREATING AN INCLUSIVE ENVIRONMENT FOR THOSE WITH DISABILITIES**

Co-Presenter: Corbb O'Connor, blind since birth, he works to co-create an equal and joyous world by honoring and teaching others. He does this through his volunteer advocacy with the National Federation of the Blind, service to others in the ManKind Project, and works with enterprise organizations seeking to ensure their websites don't exclude those with disabilities. A graduate of George Washington University's economic and political communications programs, Corbb frequently presents about digital accessibility, disability inclusion, and marketing performance around the country, Chicago, IL.

Co-Presenter Kevin E. O'Connor, CSP, LCPC, LMFT, CCMHC, Graduate Faculty of Loyola University, Co-leader of NASAP'S Transformative Leadership and Coaching Section, a professional speaker and teacher of physician leaders in the United States, and Europe, Author, Chicago, IL

Safe environments are a necessary foundation for healing, yet few practitioners know how best to include people with disabilities. Fixing the accidental barriers will set you apart, create a useful relationship and respond to the needs of a diverse community. We will also demonstrate how people with disabilities use the web, including with screen readers used by the blind.

### **5. PSYCHOLOGICAL IMMUNE SYSTEM: CHALLENGES IN LIFE TASKS VERSUS LIFESTYLE RESOURCES**

Daniela Cechova, Ph.D., is a psychologist and an associate professor at the Psychology Department in the Faculty of Arts of Comenius University, and head of the Psychological Institute at the Faculty of Medicine of Slovak Medical University. She is president of the Slovak Association of Individual Psychology, former president of the International Association of Individual Psychology. Daniela also works in private practice as a licensed counselor and certificated psychotherapist and Author. Bratislava, Slovakia.

Kristina Siroka is a counselor in private practice, and PhD. student at the Dept of Psychology at the Faculty of Arts at Comenius University. She is a lecturer at the Psychological Institute at the Faculty of Medicine at Slovak Medical University, Bratislava, Slovakia

The presenters will introduce the model of psychological immune system of Hungarian psychologist, Attila Olah. The psychological immune system consists of 16 cognitive, behavioral and motivational personality dimensions which protect an individual against negative consequences of stress in coping with life tasks (family/intimacy, friendships, and work). This model can be viewed as a complement to Adler's conception of mental health, because it precisely defines lifestyle resources that create favorable conditions for the development of social interest.

## **Friday PM Half Day Workshop 1:30 – 5:00 pm**

### **6. WHAT IS MENTAL HEALTH? THE PRACTICE OF MENTAL HEALTH**

Timothy D. Evans, Ph.D., Carter and Evans Marriage and Family Therapy, Tampa, FL

How do we describe mental health? With all the unhappy people, the challenge we have is to teach people how to improve their own mental health without being labeled or when possible, to avoid being treated with

medication. We know the attitudes, behaviors, and practices for being fully functioning. Good relationships, not control, are the core of mental health.

### **7 NAVIGATING THE BONUS FAMILY**

Geri Carter, LMHC, Carter and Evans Marriage and Family Therapy, Tampa, FL

Katarina Evans, M.ED, NCC, Brave Tomorrow Counseling and Consulting, Statesboro, GA

Blending families is one of the most challenging jobs facing therapists today. Therapists as well as Bonus Mom and daughter will lead the group in learning how to use equality, encouragement, and social interest to help newly formed families to connect and thrive.

## **Saturday Keynote Address**

### **TAKE ADLER TO THE WORLD: PRESENT LIKE A PRO TO 1 OR TO 1,000 WITH PRESENCE**

Kevin E. O'Connor, CSP, LCPC, LMFT, CCMHC, Graduate Faculty of Loyola University of Chicago, a co-leader of NASAP'S Transformative Leadership and Coaching Section, Professional speaker and teacher for physician leaders in the United States and Europe, Author.

The keynote is devoted to taking your presentation skills one level up no matter your previous experience with public speaking. In person or on Zoom this keynote will focus on tips and techniques to make your work with Adlerian ideas more useful due to the way you present to others. Join us for a fast, fun and informative way to improve the way we can all present and more effectively help others know Adler and Dreikurs and ourselves!

## **Saturday 75 Minute Presentations**

### **AN INTRODUCTION TO ADLERIAN PSYCHOLOGY**

#### **WHO IS ADLER AND WHY SHOULD I CARE?**

Geri Carter, LMHC, Carter and Evans Marriage and Family Therapy, Tampa FL

Whether we realize it or not, we use a philosophy when relating to others. This presentation will offer Alfred Adler's theory as a mentally healthy model that one may choose to improve relationships in marriages, families, work, and community.

### **ADLERIAN COUPLES COUNSELING: LIFESTYLES IN THE INFINITY SYMBOL**

Calvin Armerding, LPC, Senior Associate, Travelers Rest Counseling Associates, Travelers Rest, SC

Lindsay Hill, LPC, Senior Associate, Travelers Rest Counseling Associates, Travelers Rest, SC

Effective Adlerian couples therapy depends on an understanding of the interaction of the lifestyles of the members of the relationship. This presentation will offer a comprehensive strategy for assessing lifestyles, conceptualizing the interaction between lifestyles, and interventions to reorient couples away from competition toward cooperation. Lifestyle investigation strategies will be demonstrated.

### **ETHICS UPDATE**

Jody Housker, Ph.D., NCC, ACS, NBCCH, LPC Atlanta, GA

This three-part session will include an overview of the updated 2023 NBCC Code of ethics. In small groups we will work through several case studies. Then we will end the session with a board game created to focus on the ACA code of ethics, Adlerian theory, and random trivia in the category of Psychology.

### **THE DAWN OF EVERYTHING: FREEDOM, SOCIAL EQUALITY, AND SOCIAL JUSTICE**

James Robert Bitter, Ed.D. Professor Emeritus, East Tennessee State University, Johnson City, TN

Recent archeological discoveries have focused on early human communities suggest that freedom, egalitarian relationships, social equality, and the prominence of women in the lifecycle were the norm. The world as we currently know it was not inevitable and does not have to continue today. This program details what archeology teaches us about freedom, social equality and ultimately social justice.

## **Saturday 75 Minute Presentations Cont.**

### **THE ADAPTIVE PURPOSE OF EMOTIONS – HOPE, ANXIETY AND DEPRESSION**

Paul Rasmussen, Ph.D., Clinical Psychologist, WJB Dorn VA Medical Center, Columbia, SC

This presentation will describe the psychology of use by illustrating the evolutionary-based adaptive purpose of emotions. The interrelated nature of these emotional experiences will be emphasized with the Thought, Feeling and Action model of lifestyle expression. The presentation will include a description, exercise and demonstration.

### **PSYCHEDELIC-ASSISTED THERAPY**

Timothy D Evans, Ph.D., Carter and Evans Marriage and Family Therapy, Tampa, FL

Psilocybin-assisted-therapy has resulted with individuals experiencing relational embeddedness. Moving from a state of separateness to interconnectedness. Allowing the individual to let go of rigid patterns of thoughts and rumination while creating and forming new lines of connection for the individual. This increase of connectedness is consistent with the views and theories found in Third Force Psychology.

## **ADLER AND EMDR: A PANEL DISCUSSION**

Calvin Armerding, LPC, Senior Associate, Travelers Rest Counseling, Travelers Rest, SC  
Lindsay Hill, LPC, Senior Associate, Travelers Rest, Travelers Rest, SC  
Mary Bennett Pickens, LPC, Travelers Rest Counseling, Beaufort, SC

Eye Movement Desensitization and Reprocessing (EMDR) is becoming a popular way of treating mental health problems, especially trauma. This presentation will serve as a dialogue between Adlerian Psychology and the theories and methods of EMDR, with a particular focus on the importance of the body in a holistic understanding of human functioning. Q&A will also be included.

## **SPEAKING YOUR CLIENT'S LANGUAGE**

Gary Bauman, Ph.D., Graduate Coordinator, Professor of Psychology, Lynn Darby School of Psychology and Adolescent Counseling, Ivestor College of Health Services, Gainesville, GA

Discouragement often prevails as individuals attempt to negotiate the tasks of life. Lifestyle is the individual's chosen way to attempt to navigate through life and to solve problems. In relationships, individuals may encounter conflicts with others due to differences in their lifestyle and failure to understand these differences. Helping professionals who learn how to speak their client's language are more likely to help clients feel accepted, understood, and encouraged, and this is so essential to establishing the foundation of the kind of relationship that can lead to change.

## **ADLERIAN GROUP CASE CONSULTATION: A DEMONSTRATION**

Wes Wingett, Ph.D., LMHP, Norfolk, NE  
LaShanna Stephens, MS, LPC, CCMHC, ACS, NCC, Sound Advice Counseling, Macon, GA

This demonstration will illustrate Adlerian theory, practice, case conceptualization, and consultation strategies when applied to a specific client. A structured format will demonstrate the consultee-consultant relationship as they develop Adlerian interventions to understand and empower a client moving from problem perception to personal understanding to pattern recognition to personal and social progress.

## **SOMATIC EARLY RECOLLECTIONS**

Mary Bennett Pickens, LPC, Travelers Rest Counseling, Beaufort, SC

This presentation will combine the exploration of lifestyle through early recollections with recent practices of using the five senses and body sensations to explore memories and sense of self. Learn through theory and a demonstration how to use the five sense and body sensations to identify early recollections with clients in the room of therapy.

## **BELIEFS EQUATE TO MOVEMENT FOR THE RICH AND FAMOUS**

James A. Holder, MA, LPC, MAC, Owner, Positive Intentions, Florence SC

Early recollections guide us to the beliefs that precede the movement of the Presidents. Participants will have fun assessing and guessing the identity of world leaders through their early recollections.

## **STRENGTHENING COUPLES**

Geri Carter, LMHC, Carter and Evans Marriage and Family Therapy, Tampa, FL

Adler's task of intimacy requires that a couple make their relationship a priority, which is difficult, but necessary in today's "selfie culture". A model for helping couples cooperate will be introduced, as well as a live demonstration of problem solving.

## **LIFE TASKS AND SAFEGUARDS**

Paul Rasmussen, Ph.D., Clinical Psychologist, WJB Dorn VA Medical Center, Columbia, SC

In this presentation we will review the relationship between the tasks of life and safeguarding. A safeguard is anything that we focus our thoughts and actions on in order to avoid the burden and challenges of the life tasks. We will discuss common safeguards and ways to overcome them. It is by facing our safeguarding tendencies that we create greater psychological muscle.

## **GEMEINSCHAFTSGEFUHL IN THE BEDROOM: AN ADLERIAN APPROACH TO INTIMACY AND SEXUALITY**

Lindsay Hill, LPC, Senior Associate, Travelers Rest Counseling Associates, Travelers Rest, SC

Adler's task of Love/Intimacy is one of the greatest challenges of life. How we engage in this task is based upon our individual lifestyles, and is related to our sexuality and intimacy patterns and practices. Come learn practical and creative ways to understand and fulfill this life task!

## **HOW TO PAINLESSLY DESENSITIZE TRAUMA IN 45 SECONDS OR LESS UTILIZING AN ADAPTATION OF THE "AS-IF" TECHNIQUE**

Irina Cromer, LISAW-CP, Columbia, SC

Reverend Earl W. Flora, PSY.D. He practices as a psychologist in Virginia.

Do you have clients that struggle with trauma but have a hard time addressing it safely? Do your clients complain that they have "too many thoughts" or a "racing mind" and cannot be in the present? Do your clients struggle with life despite "everything looking ok on paper"? Come to this presentation and learn how to safely

help your clients address their trauma and become present by using the "as-if" technique. A demonstration of how to use this technique will be provided.

## **GEMEINSCHAFTSGEFUHL WITHIN THE BRAIN**

Mary Bennett Pickens, LPC, Travelers Rest Counseling Associates, Beaufort, SC

Recent research has identified the value and significance of each part of the brain cooperating together for optimal mental health functioning. In essence, when the parts of our brain are experiencing a sense of gemeinschaftsgefühl, we are able to find healing and regain connectivity with others. In this interactive session, learn a tangible technique of how to bring this concept into the room of therapy for clients to understand and implement in their day to day lives.

## **Sunday Workshops 9:00 AM – 1:00 PM**

### **A. ADLER GOES TO THE CINEMA**

Calvin Armerding, LPC, Senior Associate, Travelers Rest Counseling Associates, Travelers Rest, SC  
Lindsay Hill, LPC, Senior Associate, Travelers Rest Counseling Associates, Travelers Rest, SC

Adler didn't only describe a model of psychopathology, but also offered a broad vision of human nature that can be used to understand art/media. This workshop will explore how Adler's ideas show up in multiple films. Clips from Talladega Nights: The Legend of Ricky Bobby, The Social Network, and others films will be used to prompt analysis and discussion.

### **B. ADLER AND GOTTMAN: WHY MARITAL RELATIONSHIPS NEED A GOOD UNDERLYING FRIENDSHIP**

LaShanna Stephens, MS, LPC, CCMHC, ACS, NCC, Sound Advice Counseling, Macon, GA

In this interactive program, participants will gain an understanding of the principles behind Adlerian marital and relationship counseling as well as those underlying Gottman Couples Therapy Method.

### **C. CLINICAL USE OF METAPHORS**

Gary Bauman, Ph.D., Graduate Coordinator, Professor of Psychology, Lynn Darby School of Psychology and Adolescent Counseling, Ivestor College of Health Services, Gainesville, GA

The use of metaphors in a clinical setting is a very powerful way to connect with clients. Metaphors can be used as a way of helping clients articulate the struggles faced, the unique perception held; and to brainstorm potential solutions for navigating one's way through the struggle. They can also provide the opportunity for counselors to speak the language of the client by making references to the metaphor.

### **D. GETTING TO THE RIGHT SIDE OF THE MOVEMENT: AFTER THE ASSESSMENT**

Paul Rasmussen, Ph.D., Clinical Psychologist, WJB Dorn VA Medical Center, Columbia, SC

In this workshop, the different ways of doing therapy will be described prior to discussion of the importance of life management skills. Adler described therapy as a process of education and reorientation using Adlerian principles. The importance of education directing reorientation is emphasized within the context of the Adaptive Reorientation Model. An individual lives life in the moment, dragging the past behind. In the AR Model the emphasis is on getting to the right side of each moment.