

SCSAP WORKSHOPS 2025

South Carolina Society of Adlerian Psychology's 43rd Annual Conference

October 10-12, 2025

Greenville, SC

Hyatt Downtown Greenville

Friday, October 10, 2025

Full-Day Workshop (8:30am-5:30pm *with an hour for lunch 12:30-1:30pm*):

James Robert Bitter, Ed.D. — Professor of Counseling & Human Services, East Tennessee State University (retired). Diplomate in Adlerian Psychology (NASAP, 2002). Past editor of the *Journal of Individual Psychology*, national certified counselor & marriage-family counselor.

Adlerian Therapy in Practice

This workshop is based on demonstrations of Adlerian therapy. Demonstrations will include lifestyle assessment, early recollections, life task investigations, working with exogenous factors, and adaptive reorientation. Demonstrations are integrated with commentary on interventions chosen and used at particular moments in sessions. An opportunity for supervised practice will be provided to a participant who would want to experience it.

Half-Day Workshops (8:30am-12:30pm):

1. **Jim Holder, M.A., LPC, MAC** — Licensed Professional Counselor, Master Addiction Counselor, with 45+ years of training experience in Adlerian theory and practice.

Adlerian Psychology: Accessing Cues/Guiding Words in Early Recollections:

ERs are a key to understanding how a client moves through their world. How they think and process information is vitally important in maintaining a quality relationship. The guiding words in ERs give

the therapist metaphorical hints of issues that are problematic and possible questions to ask to assist the clinician and client in their quest for healing and understanding.

2. **John F. Newbauer, Ed.D., HSPP, DNASAP** — Former faculty at the Adler School of Professional Psychology and Director at Phoenix Associates. Holds Diplomate from NASAP and extensive experience working with trauma and juvenile justice populations.

Adlerian Counseling with Clients Who Have Experienced Trauma

Trauma, including abuse of all kinds, as well as inter-generational trauma, is a part of the lives of many of our clients. We will explore the various ways trauma impacts people through mistaken ideas and private logic and ways of working with clients will be addressed.

3. **Jeffrey Kottler, Ph.D.** — Professor Emeritus, California State University, Fullerton. Author of 80+ books on psychotherapy, change, and self-care. Fulbright Scholar and founder of Empower Nepali Girls.

Unexplained Mysteries of Psychotherapy and Everyday Life

This talk will touch on some of the therapeutic practices that, while somewhat popular and universal, may not be close to fully understood. Do we really understand how and why therapy works, with whom it works best, and the best ways to do it? This workshop will discuss some of the most provocative and interesting aspects of our profession, encouraging participants to embrace mysteries in our work and lives as the means by which to increase creativity and growth.

Half-Day Workshops (1:30pm-5:30pm):

4. **Calvin Armerding, M.A., LPC-S, DNASAP** — Licensed Professional Counselor–Supervisor in SC, with Diplomate in Adlerian Psychology.

Ethics: Equality in the Therapeutic Relationship

This workshop explores the ethical imperative of equality between therapist and client. Drawing on Adlerian theory and contemporary practice, we examine how power dynamics, subtle hierarchies, and therapist entitlements can undermine trust and collaboration. Participants will engage in reflection and discussion to promote mutual respect, foster client autonomy, and strengthen the ethical foundation of their clinical work.

5. **Lindsay Hill, M.Ed., LPC-SC, DNASAP**—Licensed Professional Counselor–Supervisor Candidate in SC, with Diplomate in Adlerian Psychology.

First Glances and Hidden Dances: Exploring Sex and Intimacy in Daydreams, Fantasies, and First Impressions

This course delves into the intricate dance of initial attractions and the ongoing influence they have on our relational strategies and life goals. Through demonstrations, case studies, and experiential activities, participants will examine how the traits that initially draw us to our partners mirror our deeper values and the strategies we employ to achieve happiness and fulfillment.

Saturday, October 11, 2025 — 75-Minute Workshops

Welcome & Keynote 8:00-9:30am—Jeffrey Kottler, Ph.D: “Adler’s Contemporary Legacy: How Exceptional Therapists Practice What They Preach”

9:45am-11:00am:

1. **Jim Holder, M.A., LPC, MAC — *Sobriety Enhancement Strategies***

This workshop will detail the process of substance use disorders. Participants will learn how substance use disorders reinforce clients' beliefs and life themes. Life themes are found within the metaphorical makeup of ERs and point to the positive reason for substance use.

2. **Kelly Pfeiffer — *Experiential Parent Education with Positive Discipline***

Explore how experiential learning and guided facilitation is encouraging and respectful for shifting beliefs for parents and early childhood educators. You'll get to sit in the role of an adult learner in this interactive workshop that combines Adlerian theory with the practical, hands-on tools of Positive Discipline and designed with a learning community model.

3. **Calvin Armerding, M.A., LPCS, DNASAP — *Helping Supervisees Identify Their Assets & Liabilities***

This workshop offers clinical supervisors tools to help supervisees recognize their personal and professional strengths and areas for growth. Participants will explore methods to foster insight, encourage self-reflection, and facilitate productive conversations about development. The goal is to enhance supervisee confidence and competence through clear, respectful feedback and individualized guidance.

4. **Lindsay Hill, M.Ed., LPC-SC, DNASAP — *Intro to Adlerian Psychology: Encouragement, Connection, and Purpose in Practice***

Discover the core principles of Adlerian psychology in this interactive overview. We'll explore how encouragement, belonging, and purposeful behavior shape human dynamics in therapy, supervision, and daily life. Learn practical tools to understand client behavior patterns and foster courage, connection, and clarity.

11:15am-12:30pm:

1. **James Robert Bitter, Ed.D. — *Uses of Imagination in Adlerian Therapy***

We use our imaginations to manage life and to reach goals. Indeed, the very act of goal creation requires the imagination of desired outcomes. One way of thinking about clients with clinical diagnoses is that they are very good at imagining negative outcomes. Adlerians engage individual imagination in generating preferred outcomes. Discussions and demonstrations involved in this workshop.

2. **Megan S. Holder — *Individual Mascot: Projective Technique for Exploring the Lifestyle***

Presenters will provide an educational framework for how the projection of a person's mascot can provide insight into their lifestyle. Presenters will then allow time for participants to gain hands-on experience using playdough to create their own personal mascots. This experiential workshop will engage participants in modeling the technique as well as pair and share with other attendees.

3. **Susan Belangee, Ph.D., LPC, NCC, ACS, DNASAP — Executive Director of NASAP, licensed counselor, National Certified Counselor, Approved Clinical Supervisor, Diplomate in Adlerian Psychology —**

Using Adlerian Psychology to Treat Eating Disorders

This session covers the main concepts in Adlerian psychology and how to use them when working with clients with eating disorders. A brief overview on eating disorders will be shared. The focus of the session will be experiential activities to demonstrate the importance of family dynamics, lifestyle, purposefulness of behavior, and social interest.

4. Hallie M. Williams, Sr. — *Lifestyle and Implicit Bias*

The construction of the of the lifestyle is completed early in childhood. All thinking, feeling and acting of an individual supports his/her style of life. Thoughts and feelings are "implicit" if we are unaware of them or mistaken about their nature. Adlerian Theory allows us to better understand implicit actions that affect how we relate with others and how they relate to us.

LUNCH 12:30pm-1:30pm

1:45pm-3:00pm

1. Pascale Brady, PCC, CPCC, MBA — Certified Co-Active Coach (CTI), Professional Certified Coach with ICF, CPCC, MBA, and integrates Adlerian Psychology and Positive Psychology in corporate & personal coaching.— *Brain Makeover: How to Rewire Your Brain So Everything Can Be Different*

Our private logic and our lifestyle are just the beginning of the story of our lives. Come to this workshop to learn practical techniques to rewrite the story, so you can rewire your brain. As a result, YOU can be in charge of the life you wish to have and the outcomes you truly desire.

2. Calvin Armerding, M.A., LPCS, DNASAP — *Understanding Couples Stuck in Conflict*

This workshop explores common patterns that keep couples locked in cycles of conflict. Drawing from Adlerian theory and systems thinking, participants will learn to identify mistaken goals, power struggles, and emotional reactivity. Clinicians will leave with practical tools to assess, conceptualize, and intervene to promote mutual understanding and cooperation in couples therapy.

3. Emily Williamson — *Circles of Safety*

This is a child sexual assault prevention curriculum that discusses inappropriate adult behaviors, developmentally appropriate child behaviors, and how adults can keep kids safe.

4. **Kervin Searles — *Empowering and Reframing Perspectives to Progress in Black Male Clients***

This session explores how Adlerian concepts—such as commitment, connection, and self-awareness—can be applied in counseling Black men to overcome societal limitations, reframe worldviews, and achieve personal growth. Participants will learn practical strategies rooted in Adlerian theory to support Black men's mental health and development.

3:15pm-4:30pm:

1. **Karla Sapp, LPC-S, LMHC-S —*Rewriting Social Narratives: The Power of Adlerian Early Recollections in Offender Transformation and Justice***

This presentation explores the innovative application of Adlerian Early Recollections (ERs) as a therapeutic and rehabilitative tool within offender populations. Through detailed case analyses, we demonstrate how ERs can reveal underlying social dynamics, foster self-awareness, and promote personal growth—ultimately contributing to the mitigation of social injustices. Attendees will gain insights into the practical use of Adlerian methods in correctional settings and how these interventions can support social justice initiatives by empowering offenders to understand and transform their social behaviors.

2. **Lindsay Hill, M.Ed., LPC-SC, DNASAP & Calvin Armerding, M.A., LPCS, DNASAP — *Beyond Compatibility: Psychoeducation for Clients Selecting a Partner***

This workshop equips clinicians to provide psychoeducation for clients navigating partner selection. Grounded in Adler's three life tasks—work, friendship, and love—it emphasizes courage and responsibility over typological compatibility. Participants will learn strategies to help clients assess relational readiness, identify life style fit, and make purposeful, wise choices in building lasting partnerships.

3. **Jeffrey Kottler — *Practicing What You Preach: Self-Care for Counselors and Therapists***

Mental health professionals have among the most stressful jobs in the world, especially those who are required to assist clients in the throes of trauma after violence, abuse, neglect, shootings, and natural

disasters like wildfires and earthquakes. The program will explore some of the features of vicarious trauma and compassion fatigue that afflict many helping professionals. This includes some of the corrosive aspects, as well as the kind of posttraumatic growth that can result from adversity. In addition, we will explore some of the ways that clinicians can not only take better care of themselves—modeling such behavior for their own clients—but also support and nurture colleagues.

4. Kelly Pfeiffer — *Draw on Your Strengths – An Invitation for Adults and Children*

Expand to a wider panoramic view of your assets, strengths and skills plus explore ways to apply these attributes with more intention in your life. We'll get playful with taking colored markers to paper and we'll get serious about opening your lens to imagine what is possible. Once you shift your beliefs, you can support others to do the same.

Sunday, October 12, 2025 — Half-Day Workshops (9:00am-1:00pm)

1. Calvin Armerding, M.A., LPCS, DNASAP — *Open Forum Counseling Demonstration*

This live demonstration models Adlerian open forum counseling in front of a group, offering a real-time experience of clinical attunement, encouragement, therapeutic creativity, and insight. Participants will observe and reflect on the counselor's use of immediacy, and lifestyle interpretation to foster growth and awareness in the client.

2. Susan Belangee, Ph.D., LPC, NCC, ACS, DNASAP — *Lifestyle Assessment using the BASIS-A Inventory*

Ever wish you had a user-friendly tool to decode a client's core beliefs and patterns? The BASIS-A Inventory brings Adlerian lifestyle theory to life in a practical, research-based assessment. In this session, you'll learn how to interpret BASIS-A profiles to uncover clients' private logic, relational strategies, and mistaken beliefs. We'll explore real-world applications in therapy, supervision, and education—with a brief demonstration to show how it works in action.

3. Lindsay Hill, M.Ed., LPCSC, DNASAP — *The Crucial Cs: Unlocking Adlerian Psychology for Adults and Adolescents*

Ready to transform the way you work with both adults and adolescents? This engaging workshop brings Adlerian psychology to life with humor, clarity, and actionable tools. You'll learn how to apply the Crucial Cs as a powerful framework for breaking down barriers, deepening connections, and helping clients of all ages step into their full potential. Through hands-on demonstrations, real-life examples, and a fresh, fun approach, you'll walk away with not only practical strategies—but the renewed energy and excitement to use them immediately in both your personal and professional life.

4. David Markell — *Private Logic Meets Irrational Beliefs: Applying Adlerian and REBT Principles in Supervision*

This presentation examines the integration of Adlerian and Rational Emotive Behavioral Therapy (REBT) principles in clinical supervision. By exploring private logic and irrational beliefs, supervisors can foster deeper insight, promote emotional resilience, and encourage growth in supervisees. Practical strategies will be provided to enhance supervisory relationships, challenge cognitive distortions, and support the development of effective, reflective clinicians.
