

# South Carolina Society of Adlerian Psychology Newsletter

OCTOBER, 2015

1313 St. Andrews Road  
Columbia, SC 29210  
[www.adleriansc.org](http://www.adleriansc.org)

## PRESIDENT'S LETTER

Dear Fellow Adlerians

Much applause and many thanks to all the folks who helped make our 33<sup>rd</sup> Annual Conference a success. We continue to get high praise for the quality, variety and novelty of the presentations and workshops, as well as the opportunities for folks to socialize and network with one another. The conference drew a solid number of "first-timers" and we always have a strong contingent of familiar faces who join us year after year. Amongst professional conferences, there is hardly a better value in terms of training, networking and simple good fun than this little conference of ours. Thanks again to all who attended and all who made a contribution. And I didn't have to look very far or wait very long to see Adlerian philosophy put to work. In the recent floods in South Carolina, the response of support was breath-taking. Here, you truly saw folks who demonstrated "seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another."

Thanks to all those helping hands and courageous hearts.

Join us Tuesday, November 3<sup>rd</sup>, at the Airport Campus of Midlands Technical Colleges, as we review our conference proceedings and do some planning for 2016.

Regards,

John Arnold, President SC Society of Adlerian Psychology

## BI-MONTHLY MEETING

Committee chairpersons and others who wish to do so, please bring your conference after-action reports to our meeting, Tuesday at 7:00 p.m. in Room 245 of the Student Center at the Midlands Tech Airport Campus. A discussion of the 2015 conference and preliminary planning for the 2016 conference will take the place of our educational program.

## ADLERIAN ROAD TRIPS

Now is a good time to plan for attendance at one of the forthcoming conferences or institutes you may note in the "Dates to Remember", portion of this newsletter. You may plan to visit Safety Harbor, Florida (near Tampa), Bloomington, MN (near Minneapolis), or Trencianske Teplice, Slovakia (near Bratislava).

## THOUGHTS ON CULTIVATING RESILIENCE

One of our long time and highly rated presenters, Pepper Sarnoff, sent the following quotes from participants in her presentation on cultivating resilience.

Behind every dark cloud, a silver lining. We may not see the sun, but it is there. Look up and **live!**

When you learn to ignore the negative things, it's easier to focus on the positive ones.

Whenever I **engage** in life, instead of playing the victim, I create less stress.

If you change the way you look at things, the things you look at change.

Stress can make you move backwards, forwards, or stand still.

When stress is pushing you back, go forth and laugh.

Lean into life. In order to mistake our way to success, we must cultivate the courage to be imperfect.

No risk, no reward. . . we miss 100% of the shots we don't take.

We work to change a negative perception to a more positive one.

### DATES TO REMEMBER:

- WHAT:** *SCSAP MEETING*  
**WHEN:** Tuesday, Nov. 3, 2015 at 7:00 p.m.  
**WHERE:** Room 245, Student Center, Airport Campus, Midlands Technical College  
**WEB SITE:** [www.adleriansc.org](http://www.adleriansc.org)
- WHAT:** *Florida Adlerian Conference*  
**WHEN:** March 3, 4, 5, 2016  
**WHERE:** Safety Harbor, Florida  
**WEB SITE:** [www.adlerflorida.org](http://www.adlerflorida.org)
- WHAT:** *North American Society of Adlerian Psychology Convention*  
**WHEN:** May 12-15, 2016  
**WHERE:** Bloomington, MN  
**WEBSITE:** [www.alfredadler.org](http://www.alfredadler.org)
- WHAT:** *International Adlerian Summer Institute (ICASSI)*  
**WHEN:** July 24 to August 6, 2016  
**WHERE:** Trencianski Teplice, Slovakia  
**WEB SITE:** [www.ICASSI.net](http://www.ICASSI.net)