

# THE 40<sup>TH</sup> SOUTH CAROLINA CONFERENCE OF ADLERIAN PSYCHOLOGY THE PRACTITIONER'S CONFERENCE September 30, October 1, and 2, 2022 Landmark Resort, 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 30 7 CE Hours	8:00 – 10:30 am, 12:30 – 2:00 pm 9:00 am – 5:00 pm	Registration, Seaview Ballroom Entrance 4 Full Day Workshops, 2 half day workshops offered. Seaview, Grand Strand Ballrooms, Board Room 1 Morning Half Day Workshop Offered 1 Afternoon Half Day Workshop Offered Book Store, Coquina Room Hospitality, Coquina Room
3.5 CE Hours 3.5 CE Hours	9:00 am --12:30 pm 1:30 pm – 5:00 pm	KEYNOTE PRESENTATION, Coquina Room (Schedule continues below Keynote description.)
Friday Evening	8:00 pm – 10:30 pm	
Saturday, October 1	6 CE Hours 9:00 am – 10:00 am 10:10 am – 5:00 pm	

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

“Adlerian Ethics,” As the fundamentals of Adlerian Ethics there are regarded three ethical pillars: Social Interest, Equality and Freedom, and Responsibility. Adlerian counseling and psychotherapy especially may be described as applied ethics. A case study will be presented to illustrate how, within the context of the lifestyle, the essential pillars of Adlerian Ethics are present or missing in a life of the client. Daniela Cechova, Ph.D., is a Psychologist and Associate Professor at the Psychology Department in the Faculty of Arts of Comenius University, 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, Author, Bratislava, Slovakia

Saturday Presentations in Grand Stand and Seaview Ballrooms

Saturday, October 1 continued	10:10 am – 11:25 am 11:35 am – 12:50 pm 12:50 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 -	Second Session, Four Presentations Third Session, Four Presentations Lunch (On your own) Fourth Session, Four Presentations Fifth Session, Four Presentations Hors d'oeuvres and Cash Bar, Coquina Room Sing-A-Long, Poolside
Sunday, October 2 4 CE Hours	8:30 am – 9:30 am 9:00 am – 1:00 pm	Registration, Seaview Ballroom Entrance Five Workshops, Seaview, Grand Strand Ballrooms, Board Room

## *Check-In And Location*

Check In is not guaranteed until 4:00 p.m. at LANDMARK RESORT, 1501 S. 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.\* The 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 Therapist. S. C. licensed psychologists may use attendance at conference presentations for CE's. Independent application must be made for credentialing hours for Addiction Counselors.

# CONFERENCE REGISTRATION

Name \_\_\_\_\_  
Last First Middle e-mail

Institution/Organization \_\_\_\_\_

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

If this is your first time attending our conference and you wish to be on our e-mail list, please check here. \_\_\_\_\_

## \*Pre-Registration – Before September 15, 2022.

Day/Date	Non-Student	F/T Student	
Friday, September 30, Full day or 2 Half day	_____ \$121.00	_____ \$99.00	
Friday, September 30, One Half Day	_____ \$82.00	_____ \$72.00	
Friday/Saturday	_____ \$215.00	_____ \$175.00	
Saturday/Sunday	_____ \$187.00	_____ \$143.00	
Saturday, October 1	_____ \$121.00	_____ \$99.00	
Sunday, October 2	_____ \$82.00	_____ \$72.00	
<b>Full Three Day Attendance</b>	<b>_____ \$259.00</b>	<b>_____ \$199.00</b>	Amount Paid _____

## \*AFTER SEPTEMBER 15, 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 \_\_\_\_\_4 Friday AM Half Day \_\_\_\_\_5 Friday PM Half Day \_\_\_\_\_6

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

Pre-selection is not necessary for Saturday presentations.

Saturday registration includes hors d'oeuvres at the 5:00 p.m. reception. Coffee and pastries are provided Friday, Saturday & Sunday mornings.

No other meals are provided.

## MAKE CONFERENCE REGISTRATION CHECKS PAYABLE TO:

S. C. Society of Adlerian Psychology and mail to Dr. Walton  
(Conference Registration and Refund available through September 30.  
(For on-site registration, late registration rates will apply.)

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

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

**TO MAKE HOTEL RESERVATIONS: *GROUP CUT-OFF DATE – September 2, 2022.*** All requests for early arrivals and 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 wet bar area with a sink. The ocean view units have a private balcony with northerly view of the Myrtle Beach coastline. Discounted Thursday Rate: \$55. & Fees & Tax = \$79.10 per night. Discounted Weekend Rate \$74. & Fees & Tax = \$100.57 per night. Max. 4 people.

**OCEANFRONT STANDARD ROOM.** Two double beds with a private balcony that faces the ocean. The unit also has a wet bar, mini refrigerator & a microwave. Discounted Thursday Rate \$63. & Fees & Tax = \$88.14 per night. Discounted Weekend Rate: \$89. & Fees & Tax = \$117.52 per night. Max 4  
**OCEANFRONT KING ROOM.** A King sized bed and private balcony that faces the ocean. Equipped with a wet bar featuring a small refrigerator and microwave. Discounted Thursday Rate \$63.00 & Fees and tax = \$88.14 per night. Discounted Weekend Rate \$89.00 & Fees & Tax= \$117.52 per night. Max 4.

**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 Thursday: \$76.00 & Fees & Tax - \$102.83 per night. Discounted Weekend Rate 112.00 & Fees & Tax = \$142.51. Max. 6 people.

**ANGLE OCEANFRONT 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 \$63. & Fees & Tax = \$88.14 per night. Discounted weekend rate \$89. & Fees & Tax = \$117.52 per night. Max 4 people.

Rates are Based on Single/Double Occupancy, Additional Fees May apply.

A one time \$7.00 booking fee will be added to the first night's stay. Waives the Daily Vehicle Registration Fee 2 Night Stay Required.

Upon calling in Breakfast can be purchase for \$13.00 Inclusive per adult per morning. Full Breakfast buffet, coffee & juice included, plus a waffle station.

## GROUP CUT-OFF DATE: SEPTEMBER 2<sup>ND</sup>, 2022.

### 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: SC Society of Adlerian Psychology. Group Reference #: 3617107

Group Reservation Hours: Monday – Friday 9 am – 9 pm. . Saturday & Sunday 9 am – 5 pm

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

### **1. The Telos Project**

Calvin D. Armerding, MA, LPC, Senior Associate, Travelers Rest Counseling Associates, Travelers Rest, SC.

Everyone has an aspirational answer to the question: “What is the meaning of my life?” However, it is difficult to answer the question truthfully. This experiential and didactic workshop explores Adlerian teleology, offering structured lifestyle investigation exercises to demonstrate the discovery of the “telos,” our global, desired ideal.

### **2. The Ladder Approach**

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

This didactic and experiential workshop will focus on four phases of the counseling process when working with adolescents and adults. Adlerian theory will provide the groundwork, encouragement and social interest will provide guidelines as counselor and client work together to move through the phases of Problem, Person, Pattern, and Progress. Emphasis will be on practical application utilizing Adlerian theory and practice.

### **3. Fantastic Adlerian Techniques for Change**

Rob Guttenberg, MA, Counseling Psychology, LCPC-Supervisor, DNASAP, Mental Health Therapist, Jewish Social Services Agency, Rockville, Maryland, Author.

This workshop demonstrates the power of jokes, metaphors, songs and experiential exercises for demonstrating Adlerian concepts to diverse populations in a variety of settings. Learn how to apply these motivational techniques in parenting classes, private practice, human relations training or for personal growth in your life.

### **4. Use of Early Recollections and Dreams, An Experiential Approach**

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

Early recollections (ERs) and dreams provide one of the best means for revealing lifestyle orientation contained in the unconscious mind. In this workshop we will discuss the connections and through brief didactics, demonstration, group collaboration and small group exercises explore the meaning in personal ERs and dreams. Bring your ERs and Dreams ready to discuss!

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

### **5. Couples Contracts**

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.

Couple relationships are among those which can be very satisfying as well as demanding. The couple contract is based on the unconscious motives, the hidden reasons underlying our partner selection. When couples engage in therapy, it appears to be helpful to work with them on understanding their couple contract and how it has been changed. This highly experiential workshop focuses on the participants' awareness of how the first meeting, first date, early recollections, decision to get married and current issues are interlinked.

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

### **6. 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 famous. Their ERs are useful to our understanding of their guiding fictions. ERs are a predictive metaphor to their perceived rise to superiority. Participants will have fun in assessing and guessing the identity of well know people through their ERs.

## **Saturday 75 Minute Presentations**

### **From Childhood Day Dreams to Present Day Reality**

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

This didactic and experiential presentation will focus on the identification of two or three childhood daydreams and will use Adler's approach to daydreams to help participants examine how those daydreams may impact their lives today. Emphasis will be on an atmosphere based on equality, empathy, and encouragement as new meaning may evolve from old daydreams.

### **Not Your Average Ethics Seminar**

Calvin D. Armerding, MA, LPC and Lindsay K. Hill, M.Ed., LPC, Senior Associates, Travelers Rest Counseling Associates, Travelers Rest, SC.

Helping professionals regularly discuss the ethical “hot spots” of confidentiality, dual relationships, gifts, etc. However, there is little conversation about the ethics of counseling practice such as case load size, self-care, or cancellation policies. This presentation will address these issues using Adlerian ideas of equality, mutual respect, and social interest as guiding principles.

### **Singing the Unsung: Women's Voices in Adlerian Psychology**

Bengu Erguner Tekinap, Ph.D., DNASAP, President Elect, NASAP, Professor Counseling Drake University, Des Moines, IA; Marina Bluvshstein, Ph.D., DNASAP, President International Association of Individual Psychology Professor Adler University, Chicago, IL.

This presentation will revisit past Adlerian women's contributions with the contemporary eye. Although Adlerian theory emphasizes equality, social interest, and belonging and is better at recognizing women in its development, pioneer, and contemporary women Adlerians are not at the forefront of our consciousness. This presentation will focus on how early women Adlerians' work influenced the foundation of Adlerian theory.

### **Trauma as Exogenous Factor**

Calvin D. Armerding, MA, LPC, Senior Associate Travels Rest Counseling Associates, Travelers Rest, SC.

Adler spoke of the importance of exogenous factors, the things in life that we encounter when unprepared. Traumatic experiences, in the Adlerian lens, are a particular kind of exogenous factor. This workshop will outline and demonstrate an Adlerian approach to working with trauma, the importance of lifestyle in the development of post-traumatic symptoms, and Adlerian clinical interventions

### **Overcoming Power Struggles: 4 Steps to Move from Conflict to Cooperation**

Alyson Schafer, MA, Family Counselor, Parent Educator, Host of Canadian TV “The Parenting Show,” International Consultant, Author, Toronto, Canada.

Tired of locking horns with your kids? Feeling a loss of control when they dawdle or don't listen? In this presentation you'll learn a 4-step process and many new tools to win your child's co-operation.

### **Integrating Neuroscience into Adlerian Play Therapy**

Courtney Evans, Ph.D., LCMHC-S, NCC, ACS, RPT-S, BC-TM, Assistant Professor, Liberty University, Lynchburg, VA.

Research in the field of neuroscience shows the impact of trauma on different regions of the brain. For therapists working with clients who have experienced traumatic events, it is important to have a modality to conceptualize and to provide efficacious interventions. According to Adlerian theory, early life influences, such as potentially traumatic events, can have an impact on an individual's lifestyle (his or her general orientation to life). This session will focus on the application of neuroscience research in Adlerian play therapy when working with children who have experienced trauma.

### **Take Adler to the World: Present Like a Pro to 1 or to 1,000**

Kevin O'Connor, Ph.D. Graduate Faculty of Loyola University, Co-leader of NASAP' Transformative Leadership and Coaching (TLC) Section, Professional Speaker and Teacher of Physician Leaders in the United States and Europe, Author., Chicago, IL

This session is devoted to taking your presentation skills one level up to master your previous experience with public speaking. This workshop will focus on tips and techniques to make your work with Adlerian ideas more useful due to the way you present to others in person or on Zoom. 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.

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

### **Introduction to Adlerian Psychology: If Adler Were Here Today**

James Robert Bitter, Ed.D., Professor Emeritus, Dept. of Counseling & Human Services, East Tennessee State University, Johnson City, TN.

This is an introduction to the basic principles of Adlerian Psychology [movement, goal-directedness, purpose, the unity of the personality, social interest, and social equality], and processes for understanding children, adolescents, and adults [family constellation, life tasks, and early memories]—and most importantly, how these can be used in clinical and school settings today.

### **Emotions and Private Logic**

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

Each emotion serves a unique purpose and the better we understand that purpose, the better we understand private logic. In this presentation we will discuss the two categories of emotions, the three purposes and the adaptive function of major emotions. We will use this to help understand private logic reflected in emotional experiences. A live demonstration will be used to illustrate concepts.

### **Adlerian Group Drumming**

Jon Sperry, Ph.D., Faculty, Lynn University. A Staff Therapist at Counseling and Psychological Services, Florida Atlantic University, Past President NASAP, International Consultant, Author, Boca Raton, FL

Drum and music therapy are holistic interventions that assist individuals and groups to foster social interest and well-being. Rhythm and music can help individuals experience stress reduction and also connection to others. As individuals move through time and circumstance, they have the choice to cooperate (maintain rhythm with others) or focus on self-centered strivings (being out of rhythm). This presentation will review evidence-informed therapeutic group drumming interventions that can be used in educational, therapeutic, and community-based settings.

### **Mental Health Day**

Calvin Armerding, MA, LPC, Senior Associate, and Lindsay K. Hill, M.Ed., LPC, Senior Associate, Travelers Rest Counseling Associates, Travelers Rest, SC,

Adler observed that people are in a constant state of movement: striving away from a “felt minus” and towards a “felt plus.” This brief presentation will demonstrate the use of two simple questions during the lifestyle investigation to precisely assess clients’ movement, thereby improving empathic understanding and efficiently assessing lifestyle.

### **Don’t Bend Over Backwards: Creating An Inclusive Environment For Those With Disabilities**

Co-Presenter: Blind since birth, Corbb O’Connor 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 work with enterprise organizations seeking to ensure their websites don’t exclude those with disabilities. A graduate of George Washington University’s economics and political communication programs, Corbb frequently presents about digital accessibility, disability inclusion, and marketing performance around the country, Chicago, IL.

Co-Presenter: Kevin O’Connor, Ph.D., Graduate Faculty of Loyola University, Co-leader of NASAP’S Transformative Leadership and Coaching (TLC) section and 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 created by everything from unusable paper forms to verbal gaffes, set you apart, put everyone at ease, and respond to the needs of a diverse community.

Based on their lived and learned experiences, the presenters invite you for a discussion about the language, technology, and perspectives of people with disabilities.

### **Assessing Early Recollections**

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

Participants will have fun in understanding well known individuals though as assessment of their ERs.

### **Reflections on Fifty Years As An Adlerian – Video Tape from 2021 Keynote Presentation**

Francis X. Walton, Ph.D., Psychologist and International Consultant, Retired, Author, Executive Director, SCSAP, Former President, NASAP, Columbia, SC

In this videotape of the Keynote Presentation at the 39<sup>th</sup> S. C. Conference of Adlerian Psychology, Frank Walton shared thoughts about his initial experiences in Adlerian Psychology with Rudolf Dreikurs and his professional journey in the interest of spreading the use of Adlerian Psychology in his career as an international consultant. Frank will be present to respond to questions at the conclusion of the videotape.

### **Counseling And The Sacred Space – How Pastoral Counseling Enables The Adlerian Spirit\***

Marguerite Urizarri MAPC Student Loyola University, Chicago, IL

Most human beings (90%+ by most surveys) believe in God or a greater power. Private logic rooted in a spiritual practice can lead to guilt, shame, or anxiety. We will discuss the alignment of Adlerian principles with Christian/Judean spirituality to show the opportunity to invite the Spirit into the counseling room.

### **Mindful and Body-full Self Care: Discovering Your Rituals**

Patti Walton Agatston, Ph.D., LPC, RYT-200, is a Licensed Professional Counselor, Registered Yoga Teacher, and Owner of Another Path Counseling and Wellness. A former Crisis Coordinator for the Cobb County School District in suburban Atlanta, she worked with students and staff impacted by grief, loss, and trauma, and instituted self-care Wednesdays for staff, Powder Springs, GA

In these times we need self-care strategies as much as our clients. Top-down cognitive approaches are often not sufficient to reduce stress and anxiety. Making use of grounding, movement, breathwork, and mindfulness based self-compassion strategies can allow our clients and us to move through difficult times and feelings with a greater sense of ease, and less-reactivity.

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

### **A. How Shall We Live? -An Adlerian Invitation to Mindfully Map Our Memory of the Future: Tapping into the Deep Roots of Belonging to the World and Each Other**

Pepper Sarnoff, LPC LMFT, NCC, Charleston, SC.

Adler said “each new generation struggles afresh with old and new tasks.” Through improvisational encounter and interactive dialog, we’ll examine some of those struggles through movement and role-play to see what we can learn.

### **B. An Adlerian Perspective on Common Psychopathologies Among Children and Adolescents**

Alyson Schafer, MA, Family Counselor and Parent Educator, Host of “The Parenting Show” on Canadian Broadcast Network, International Consultant, Author, Toronto, Canada.

Jon Sperry, Ph.D. Faculty Lynn University. A Staff Therapist at Counseling and Psychological Services, Florida Atlanta University, Past President, NASAP, International Consultant Author, Boca Raton, FL

Dr. Alfred Adler identified that safeguarding is often the goal of various behaviors, symptoms, and emotions. This workshop will examine the conceptualization of mental health disorders and emotions from an Adlerian perspective. Assessment, conceptualization, and treatment implications of common psychopathologies among children and adolescents will be reviewed.

### **C. 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.

### **D. Keep Lights On Without Burning Out**

Marina Bluvshstein, Ph.D., DNASAP, President International Association of Individual Psychology, Professor, Adler University, Chicago, IL.

This workshop addresses the Adlerian approach to issues related to burnout, compassionate fatigue, and vicarious trauma that helping professionals face in their daily life, especially during times of mass crises. In a mini-lecture followed by a live demonstration, participants will identify sources of burnout, risk, protective factors, as well as interventions – all from an Adlerian perspective.

### **E. Adlerian Counseling: The First Hour**

James Robert Bitter, Ed.D., Professor Emeritus, Dept. of Counseling & Human Services, East Tennessee State University, Johnson City, TN.

This workshop is a demonstration presentation on how counselors can prepare with, orient to, and exact an Adlerian therapeutic process for clinical mental health. This model uses of emotion, an understanding of movement and lifestyle, and the creation of meaning in therapy. A focus on precipitants, predispositions, and perpetuants are emphasized as a thinking mode.