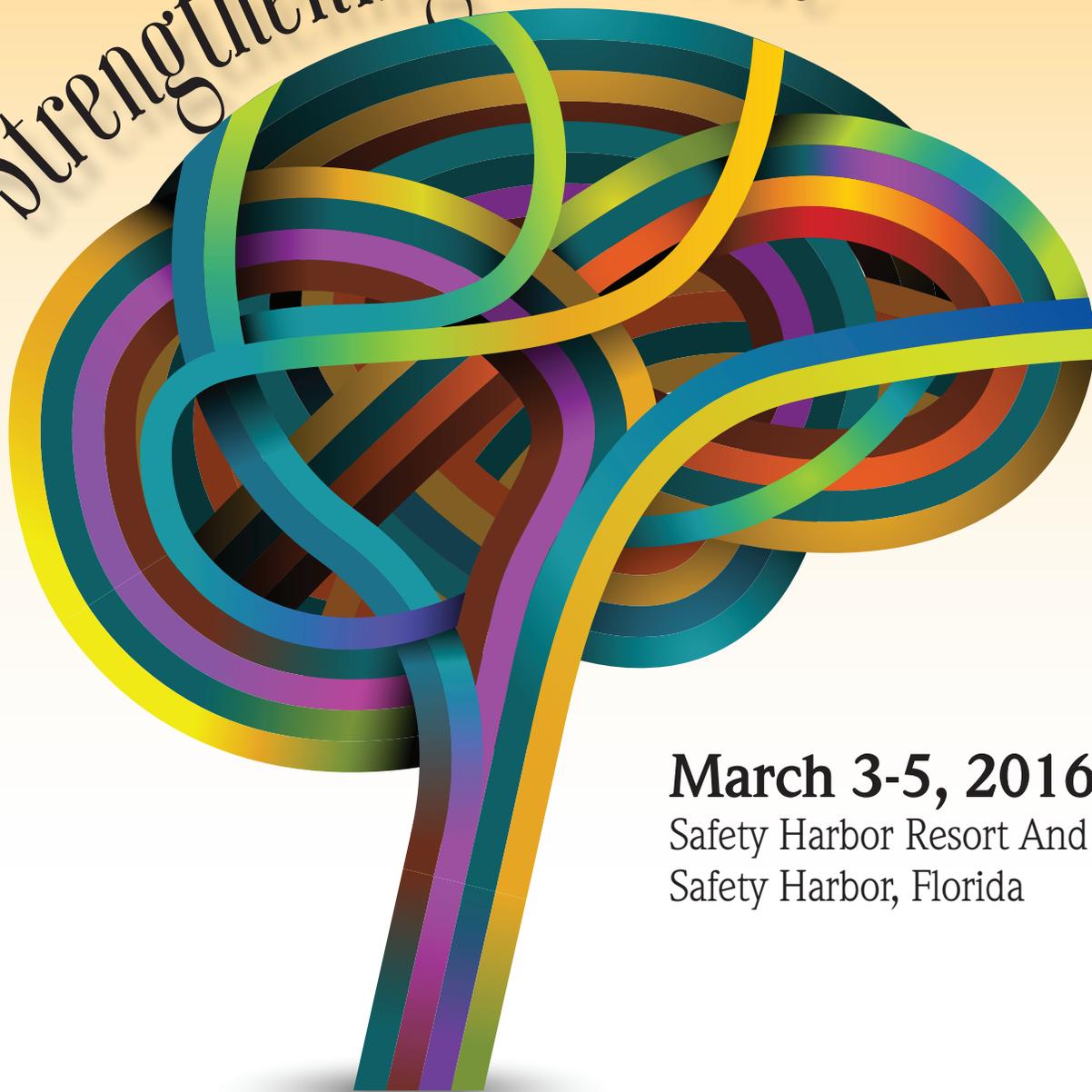


Florida Adlerian Society &
The Center for the Study of Empathic Therapy
Present The 21st Annual International Conference

Strengthening Your Core



March 3-5, 2016

Safety Harbor Resort And Spa
Safety Harbor, Florida



Florida Adlerian Society

adlerflorida.org

Offering up to 20 hours of Professional Continuing Education Credits

This conference is for people who want to improve their relationships with themselves and others. It is ideal for educators, parents, leaders, students and mental health professionals.

Thursday, March 3

Full Day Workshops 9:00 am - 4:30 pm

A1. *Finding Solutions Through Adlerian Psychology: Two Demonstrations*

Francis X. Walton, Ph. D., Consultant & Psychologist, Private Practice, Columbia, SC.

The presenter will explain and demonstrate an approach that has proven helpful to treat children who have met the criteria for ADHD. The approach does not involve the use of medication. A second presentation will be devoted to demonstration of an approach to understanding and helping an adult in an initial counseling interview. Participants will have an opportunity to experience this approach.

A2. *Day Dreams, Night Dreams, Life Style Themes: How To Do Dream Interpretations*

Wes Wingett, Ph.D., Diplomat in Adlerian Psychology, Private Practice, Norfolk, NE.

This didactic and experiential course will focus on an understanding of daydreams and night dreams as they relate to lifestyle. Participants will learn strategies to gather daydreams and night dreams, to process and understand these creative experiences and explore meaningful methods to apply these findings to their personal and professional lives.

A3. *Mating in Captivity: Maintaining Desirability in our Relationships*

Timothy Evans, Ph.D. and Geri Carter, M.A., Certified Sex Therapist,
Carter and Evans, Private Practice, Marriage and Family Therapy, Tampa, FL

Sexual pleasure is one of nature's great offering. The combination of sex inhibitors, mistrust based on our puritan heritage, and belief that with time sex becomes a lowered priority, couples throw away one of the greatest gifts bestowed upon us. Participants will learn attitudes and behaviors necessary for maintaining desirability and mystery over a lifetime.

A4. *Energy & Smart Brain, Stupid Muscle*

Energy: 9:00 am - 12:00 pm

Elizabeth Kieffer, Energy, Health and Nutritional Counselor, Tampa, FL

Are you sick and tired of being sick and tired? Do you want to have more energy during the day and sleep better at night? Learn how your morning ritual could be your #1 reason you're tired during the day. Learn why your cravings can actually help you have more energy.

Smart Brain, Stupid Muscle: 1:30 pm to 4:30 pm

Joseph Walters, M.S. in Exercise Science and Sport Nutrition Fitness,
Lab Director , Genergy Human Performance/Performance

Exercise physiology now recognizes that muscle acts like a receptor to the brain signaling it to do movements. Muscle functions as an endocrine organ that controls many facets of general health! In this presentation Joseph will discuss the importance of muscle, not for the general vanity reasons, but for the importance for health and mortality.

Thursday Premier of "Letter from Generation RX

7:00 pm

At the Westshore AMC Theater.

Conference participants will enjoy filmmaker, Kevin Miller's, award winning documentary as well have a Q & A with him afterwards. Cost is included with Thursday's registration fee or will be \$10 for only this event.



Friday, March 4

9:00 am - 4:30 pm

Psychiatry--The Good and the Bad:

A critique by two of the top scientists & science journalist Robert Whitaker

Join us for a day with 3 of the world's top leading scientist! Learn how they let science and not economics lead the way for creating excellence in mental health.

Peter Breggin is regarded by many as “the Conscience of Psychiatry” for his efforts to promote human potential and psychiatric reform. Dr. Breggin is a staunch advocate for psychosocial & educational approaches and against the over-diagnosis and overuse of psychiatric medications, the oppressive drugging of children, electroshock “therapy,” and fictitious biological theories promoting “chemical imbalances” in the brain. He is a Harvard-trained, former full-time consultant at NIMH and the author of dozens of scientific articles and books, including *Psychiatric Drug Withdrawal: A Guide for Prescribers, Therapists, Patients and Their Families*, *Talking Back to Prozac, & Guilt, Shame and Anxiety: Understanding and Overcoming Negative Emotions*

Peter C. Gøtzsche is a Danish physician, medical researcher, and leader of the Nordic Cochrane Center at Rigs Hospital in Copenhagen, Denmark. He has written numerous reviews within the Cochrane collaboration, one of his books

Deadly Medicines and Organized Crime: How Big Pharma Has Corrupted Healthcare.

Robert Whitaker, Finalist Pulitzer Prize 1999, author of *Mad in America* and *Anatomy of an Epidemic*, co-author of *Psychiatry Under the Influence*. He is an award-winning journalist who has had an international influence for the betterment of psychiatry, psychology, and the delivery of mental health systems.

Friday's Schedule Of Events

9:00 am - 10:45 am

Antidepressants Do More Harm Than Good and Should Be Avoided
Peter Gøtzsche, MD

10:45 am - 12:00 pm

Psychiatric Drugs and Better Approaches: What Have We Learned?
Bob Whitaker

12:00 pm - 1:30 pm

LUNCH

1:30 pm - 3:15 pm

An Overview of Psychiatric Drugs and Psychiatry Today
Peter Breggin, M.D.,

3:15 pm - 4:30 pm

Panel of Experts Talks with the Audience

4:30 pm - 5:15 pm

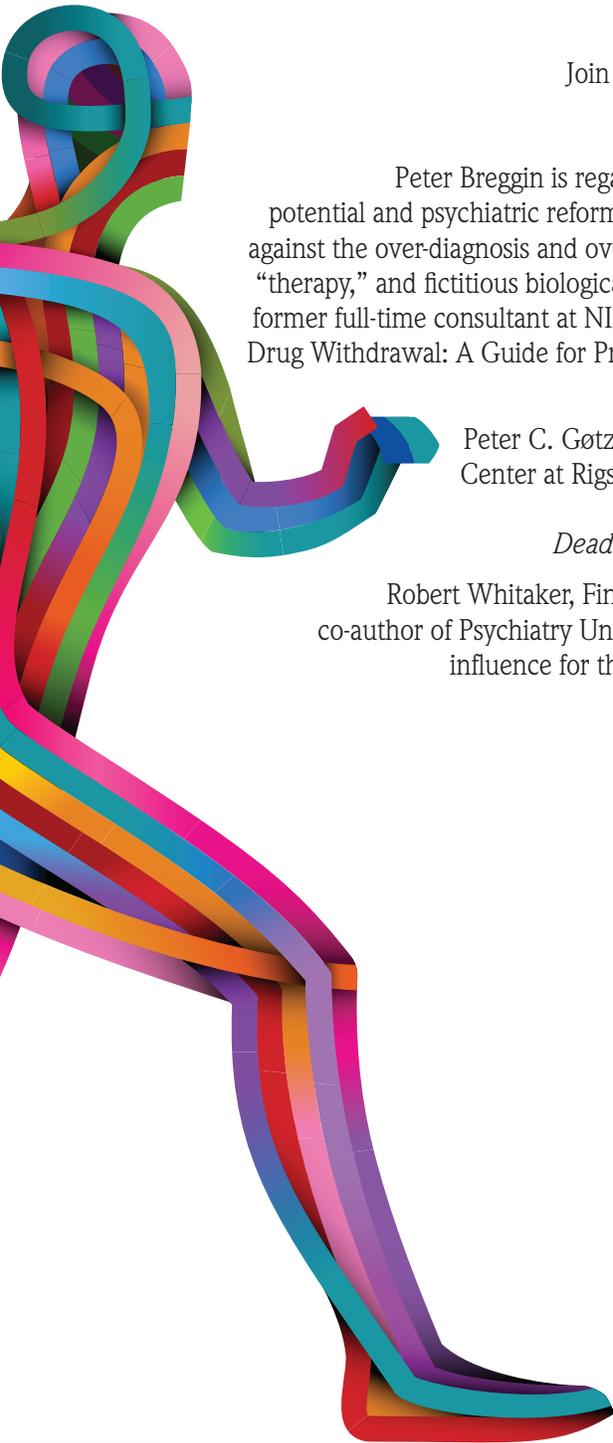
FAS Book Store Reception with complimentary Hors d'oeuvres & Cash Bar and International Encouragement Exchange

5:15 pm - 6:15 pm

A Conversation on the Art of Encouragement
Dr. Timothy Evans & Geri Carter, M.A.

7:00 pm - 9:00 pm

Social Interest Exchange at the Safety Harbor Spa Pool
Join fellow conference participants for music, dancing and libations.
Band - Danielle DeCosmo and Blackbird Morning



Saturday, March 5

9:00 am - 10:30 am

Keynote Address: The Harm Caused by Forced Treatment & The Baker Act.

Based on medical research Dr. Göttsche will explain why forced treatment must be banned by law and the number of deaths that occur from psychiatric drugs. Good mental health is not created by forced admissions and treatment

Workshop Session B 10:45 am -12:00 pm

B1. Resiliency and the Essentials of Post-Traumatic Growth

Pepper Sarnoff, M.S. M.A., Private Practice, Charleston, SC
Living through stressful or traumatic experiences can challenge us to become more fully human. Facing adversity, we can choose to cultivate the high road of resiliency, courage, and acceptance. We will review the skills and practices that encourage post-traumatic growth, with Alfred Adler as a case example. We'll conclude with a sampling of songs that honor the resilient spirit.

B2. A Visit with Peter Breggin

Peter Breggin, M.D., author *Psychiatric Drug Withdrawal: A Guide for Prescribers, Therapists, Patients and Families*; *Ithaca, NY Medication Madness: The Role of Psychiatric Drugs in Case of Violence, Suicide and Crime*; and *Guilt, Shame and Anxiety: Understanding and Overcoming Negative Emotions*. Participation with Q & A will be emphasized. Come prepared to talk about psychiatry, therapy and life.

B3. Introduction to Couple's Therapy

Geri Carter, MA, LMHC, CST, Carter and Evans Marriage and Family Therapy, Private Practice, Tampa, FL.
Defining a couple's problem as solvable is important in therapeutic success. This workshop is for therapists or individuals who want to learn how to have a better marriage. Participants will learn to apply principles of Adlerian Psychology to get clients out of the fight, set up the framework for connection and cooperation and learn problem solving strategies.

Buffet Luncheon 12:00 pm -1:30 pm

Fellowship, socialization and food! Included in your Saturday Registration

Workshop Session C 1:45-3:00 PM

C1. Adlerian Counseling Strategies

Wes Wingett Ph.D., Private Practice, Norfolk, NE
This workshop will focus on the understanding and utilization of Adlerian counseling strategies that are applicable when working with adolescents and adults. Emphasis will be on seven facets of counseling from intake through termination. Seven questions of the therapeutic process will be addressed. Emphasis will be on responding to clients within an atmosphere conducive to change.

C2. Mindfulness and Embodied Meditation, "Learning To Let Go."

David Loggans, MA, LMHC –Rejuvenated Mind, Private Practice, and Rissa Wray, BA, LMT, Thai Massage, St. Petersburg, FL
This workshop will focus on a mindfulness method to assist with clients and in our own lives. You will learn to release tension and anxiety in your body and mind, and "let it go." Learn how to affect real change and "hold the space" for yourself and for others. Learn how to teach mindfulness methods that combine Eastern and Western philosophies.

C3. Movement: How to Develop A Fit Core

Joseph Walters, M.S. in Exercise Science and Sport Nutrition Fitness, Genergy Human Performance/Performance Lab Director
Your physiology can highly influence your psyche. Movement is the foundation of our external physiology. Therefore movement affects your mind. The purpose of this workshop is to educate participants on the aspects of movement and the standards we should set for ourselves for a healthy lifestyle.

Workshop Session D 3:15 pm - 4:30 pm

D1. Family Constellation Revisited

Wes Wingett PhD., Private Practice, Norfolk, NE
This didactic and experiential workshop will focus on the views of Alfred Adler on family constellation with an emphasis on the various family structures that are part of the current culture. Emphasis will be on gathering, processing, and applying family constellation information that will be helpful to mental health professionals.

D2. A College Planning Boot Camp

Michael Mastroianni, Melbourne, FL
The Get Knowledge for College Boot Camp will jumpstart your college search. It gives you the basics. It pulls back the curtain and provides you with the tools and training to navigate the college admission process. The program is divided into 3-5 minute training videos that allows even the busiest person to build the skills and strategies to successfully tackle college planning

D3. Introduction to Adlerian Psychology

Randall Gainforth, MA., LMHC, Private Practice, Tampa, FL
Anthony Miller, M.A., LMHC, Private Practice, Brandon, FL
The workshop will provide an overview of the theory and the utility of Adlerian thought and practice in today's clinical environment. Emphasis on the many applications appropriate to individuals, families, couples and the workplace arenas of service delivery.



Florida Adlerian Society

The 21st Annual International Conference Registration Form

March 3-5, 2016

Safety Harbor Resort And Spa, Safety Harbor, FL

Call 888-237-8772 For Hotel Reservations

www.SafetyHarborResort.com approx. \$139/night plus \$10 per person

Reservation made by February 5, 2016 qualify for the discount.

** Be sure to mention FAS when you reserve your room. **

Name: _____ Prof. License #: _____

Address: _____ City/State/Zip: _____

Email (Required): _____ Phone: _____

Select all that apply: (Early Registrations must be postmarked by February 16, 2016)

1. SELECT DAYS

	EARLY	REGULAR	STUDENT	CE's
<input type="checkbox"/> Thursday	\$ 95	\$105	\$75	\$15
<input type="checkbox"/> Thursday (Premier Film only)	\$ 10	\$ 10	\$10	
<input type="checkbox"/> Friday	\$ 95	\$105	\$75	\$15
<input type="checkbox"/> Saturday	\$ 95	\$105	\$75	\$15
TOTAL:	\$ _____	\$ _____	\$ _____	\$ _____

To receive Continuing Education Credits please add \$15 for each day (maximum credits available Thursday: 9, Friday: 7, Saturday: 5.25)

2. SELECT SESSIONS

THURSDAY

- A1. Finding Solutions Through Adlerian Psychology:
Two Demonstrations
- A2. Day Dreams, Night Dreams, Life Style Themes:
How To Do Dream Interpretations
- A3. Mating in Captivity
- A4. Energy & Smart
Brain Stupid Muscle

FRIDAY

- Psychiatry--The Good and the Bad: A critique by Two of
the Top Scientists & Science Journalist Robert Whitaker

SATURDAY

- B1. Resiliency and the Essentials of Post-Traumatic Growth
- B2. A Visit with Peter Breggin
- B3. Introduction to Couple's Therapy
- C1. Adlerian Counseling Strategies
- C2. Mindfulness and Embodied Meditation, "Learning To Let Go."
- C3. Smart Brain Stupid Muscle
- D1. Family Constellation Revisited
- D2. A College Planning Boot Camp
- D3. Introduction to Adlerian Psychology

3. SELECT PAYMENT

Please charge my: (Circle One) Visa MasterCard AMEX Discover

Account # _____ Exp. ____/____ ZIP Code: _____

Please make check or money order payable to Florida Adlerian Society (FAS) and mail to:

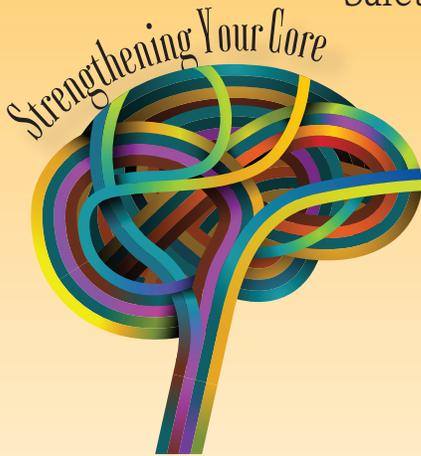
FAS, 1509 W. Swann Ave., Suite 215, Tampa, FL 33606 or register online at www.adlerflorida.org

If you have questions or need to request special accommodation, please contact info@adlerflorida.org. You may also contact Tim Evans at 813-251-8484 or Tim@evanstherapy.com.

Requests for Refunds

In order to receive a partial refund, due to cancellation, all requests must be in writing, and may be granted subject to a small cancellation fee. Any changes to the conference program will be posted promptly on the FAS website.

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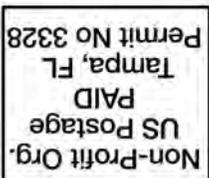
NASAP Affiliation

This program is sponsored by the North American Society of Adlerian Psychology (NASAP). NASAP is approved by the American Psychological Association to offer continuing education for psychologists. NASAP maintains responsibility for this program and its content.



About The Safety Harbor Resort & Spa

Our conference location is a luxury resort, peaceful sanctuary, and world-class day spa set on 22 beautiful acres of Tampa Bay coastline. The resort's 175 spacious rooms and suites include views of Tampa Bay, wireless Internet access, and many other amenities. Recreational opportunities include the 50,000- square foot Aveda spa and fitness center, three heated pools (1 leisure, 1 lap, and 1 indoor), and biking and walking trails. The resort is just 15-20 minutes from Tampa Airport.



Florida Adlerian Society
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