

# Living the Encouraged Life

Florida Adlerian Society 23rd Annual Conference



March 1<sup>st</sup> and 2<sup>nd</sup> 2019

Safety Harbor Resort and Spa

105 North Bayshore Dr., Safety Harbor, FL

## PRESENTING



Howie Glasser

**Howie Glasser** **Howard Glasser**, creator of the Nurtured Heart Approach, is a psychotherapist, author, and Board Chairman of the Children's Success Foundation. He has authored 15 books including *Transforming the Difficult Child*, which remains bestselling on ADHD. He has been featured on CNN and in Esquire as well as many other avenues of media. Howard spends much of his time providing trainings to parents, educators, treatment professionals and those wishing to have transformative impact. He has been called the most influential living person working to have children free of medications.



Dr. Francis Walton

**Dr. Frank Walton, PhD Private Practice, International Trainer, Columbia, South Carolina.**

Also presenting:, Timothy Evans, PhD, LMFT, Geri Carter, MA, LMHC, CST, Detrial Williams, Registered MFT Intern, Emalee Gabriel, MA Candidate, and Sylwia Jurkiewicz, MA.

Offering 14 hours of Florida CE's! This conference for anyone who wants to improve relationships! It is ideal for parents, educators, students, couples, individuals, and Florida mental health professionals.

Friday March 1, 2019



**Full Day Workshop 9:00 AM – 4:30 PM**

**F1) Understanding Yourself and Others**

**Frank Walton, PhD, Private Practice, International Trainer, Columbia, South Carolina**

This full day workshop will include a demonstration by the presenter of his approach to helping individual adults understand important aspects of their belief systems in the initial counseling session. The group will use the presenter's eight step approach to analyze a "case". In addition, participants will have the opportunity to use this holistic approach with a fellow participant, as well as to be the "client" for a fellow participant.

**Friday Half Day Workshops 9:00 AM – 12:00 PM**

**F2) An Adlerian Approach to Strengthening Couple Relationships**

**Geri Carter, MA, LMHC, Certified Sex Therapist, Private Practice, Carter and Evans Marriage and Family Therapy**

This workshop will focus on helping couples build happy and mentally healthy relationships. Participants will learn about Adler's ideas of equality, cooperation, encouragement and social interest and how couples can foster these ideals in their partnerships. Ideas for enhancing love life will be presented as well as ways for couple's to improve their sex lives.

**F3) The Use of Early Recollection and Social Interest to Improve Relationships**

**Sylwia Jurkiewicz, MA, Graduate student, University of South Florida and Detrial D Williams, MS, Register MFT Intern, Certified Parent Skill Trainer, White Sands Treatment Center, Plant City, Florida**

Participants will explore the holistic theory and practice of Individual Psychology. Social interest (a mandate of Individual Psychology) is an inextricable element of an encouraged life and the real-life applications for today's challenges. The use of early recollections will be explored in terms of learning your parenting style. This information will improve your relations with self.

**Friday Half Day Workshop 1:30 PM to 4:30 PM**

**F4) The Courage to be Disliked**

**Timothy D. Evans, Ph. D., AAMFT Approved Supervisor, Carter and Evans Marriage and Family Therapy, Tampa.**

Using the theory of Individual Psychology, participants will be guided through the concepts of learning how to get along with oneself and others, self-forgiveness, mind decluttering, developing the courage to change, and understanding what is change? It is designed to guide individuals toward authentic self while maintaining an interest in others. The workshop will explore cooperation instead of competition, what is freedom, how to move relationships from the shallow to the deep end, and more.

## FRIDAY EVENING KEY NOTE ADDRESS, 7:30 PM

HOWARD GLASSER

Creator, The Nurtured Heart Approach

Board Chairman and Founder, Children's Success Foundation

### Key Note: The Challenges of Challenging People and Our Challenging Self

People are always surprised when they come to see how simple it is to turn a difficult child into an awesome child. The Nurtured Heart Approach has succeeded as a way of transforming the same intensity that has gone awry and having it become the very source of a child's greatness. The secret is in understanding the energies of relationship. The very same principles apply to how the energies of relationship govern our forays into living with our own challenges and those of others. Learn how the very energies that can impinge on us negatively from within and from others can become the fuel for our greatness as well as theirs.

**9:00 PM – 10:00 PM** Encouragement Exchange. Enjoy food, libations and a lively discussion about the keynote with conference participants and peers.

## Saturday Full Day Workshop

**9:00 AM to 4:00 PM**

### (S1) Awakening Greatness in Children

**Howard Glasser, M.A., Children's Success Foundation, Tucson, AZ**

The Nurtured Heart Approach® has been shown to be applicable across many disciplines: psychologists, social workers, counselor, other treatment professionals, educators, and parents alike, as well as greatly successful for with almost any symptoms related to behavior: opposition, defiance, ADHD, ADD, anxiety, depression, and children on the Autism Spectrum.

And maybe the best news of all: because this approach was designed for the toughest kids it works like a charm with the average child.

Most approaches designed to improve communication, manage behavior or teach social skills target specific realms of problematic actions that children are manifesting. This approach shifts the target away from problems and into greatness. It inspires challenging children to use their intensity in great ways, while awakening all children to the greatness of who they really are, helping them to take charge in leading passionate and purposeful lives.

The Nurtured Heart Approach® is more than a set of strategies; it is a philosophy and practice of creating healthy relationships. It reveals exactly what makes relationships flourish and thrive and what makes them go awry, developing awareness and understanding that improve the gamut of the ways we interact with others...and ourselves.

## Saturday Half Day Workshop 9:00 AM – 12:00 PM

### (S2) The Strength in Being Ordinary

**Emalee Gabriel, MA Candidate, University of South Florida**

The concept of 'ordinary' life often conflicts with the messages and ideals projected in American culture and social media. This workshop highlights the importance of purposeful, yet typical, everyday living in a world of extra, faster, smarter and better. Participants will begin to understand the importance of typical everyday living by examining these contrasting lifestyles and ideals.

## Saturday Half Day Workshop 1:30 PM-4:30 PM

### (S3) The Third Life Task: Solving the Life Tasks

**Timothy D. Evans, PhD, AAMFT Supervisor, Carter and Evans Marriage and Family Therapy, Tampa, Florida.**

**Geri Carter, MA, LMHC, Certified Sex Therapist, Carter and Evans Marriage and Family Therapy.**

Meaningful relationships are central to the "good life." But no matter what one does, it sometimes seems, "I never get it right." The psychology one uses somehow gets in the way of staying connected to the important people in one's life. What exactly is this psychology? Mental health is not control. Good choices connect us to the important people in our life, bad choices disconnect. This workshop will discuss Adler's three life tasks--Meaningful Work, Community/Friendships and the Other Sex.—and how to create a more satisfying and connected life in each of the areas.



To register go to  
[www.adlerflorida.org](http://www.adlerflorida.org)

Call 888-237-8772 for Hotel Reservations or go to [www.safetyharborresort.com](http://www.safetyharborresort.com) approximately \$139/night. Reservation should be made by February 5, 2019 to qualify for discount.