



FLORIDA ADLERIAN SOCIETY

27th Annual Conference



2 Days
Sessions

11.25

Continuing
Education
Credits

TO REGISTER



www.adlerflorida.org



This conference is for anyone who wants to improve his or her relationships. It is ideal for interested individuals, educators, parents, leaders, students, and mental health professionals.

Date: **March 3 & 4, 2023**

Venue: **Safety Harbor Resort**

**105 North Bayshore DR
Safety Harbor, Florida 34695**

Offering up to 11.25 hours of Continuing Education Credits through Florida Department of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling

HOTEL RESERVATIONS:

WWW.SAFETYTHARBORSPA.COM

Half Day Workshops 9:00 A.M.- Noon

- A1 Present Like A Pro: Taking Adler to the World Through Your Presentation Presence- Kevin O'Connor, CSP, LCPC, LMFT, CCMHC, Faculty, Loyola University, Chicago - Whether you present to one or to one-hundred, are confident or nervous, new or experienced to presentations, this workshop will help you focus your message for maximum impact on your audiences. While many would rather be in the coffin than have to give the eulogy (!) that does not have to be you. Join us for a special time to ramp up our courage to present and enhance relationships.
- A2. Encouragement: The Key to Feeling Confident, Building Up Others, and Reaching Success - Stavros N. Akrotirianakis, M.Div. St. John the Baptist Greek Orthodox Church, Tampa - Many people in the world are suffering from a confidence problem. Self-doubt leads to low self-esteem, which leads to low productivity, anxiety and lack of confidence, a vicious cycle. Encouragement is crucial to breaking this cycle. It's something we all need. It's something we can all give.
- A3. Who is Adler and Why Should I care?- Geri Carter, MA, LMHC, Carter and Evans, Marriage and Family Therapy, Tampa - This is an introduction to Individual Psychology, a theory that one doesn't "Possess" it but a way to "use" it in life and in understanding others.

Half Day Workshops 1:30 to 4:30 P.M.

- A4. Adlerian Treatment of Depression- Calvin Armerding, MA, LPC; Senior Associate, Travelers Rest Counseling Associates, Travelers Rest, SC - This workshop will articulate a distinctively Adlerian approach to working with depressed clients. Participants will review broad theory, explore Adlerian case conceptualization of depression, lifestyle investigation, and Adlerian interventions for depression. Demonstrations of lifestyle investigation strategies and case studies will be included. While specifically focused on treating depressive movement, this workshop could apply to other therapeutic issues as well.
- A5. Fun'tastic Adlerian Techniques for Change- Rob Guttenberg, Licensed Clinical Professional Counselor-Supervisor, Maryland - This workshop shares the power of jokes, metaphors, stories, fables, songs, cartoons, and other experiential exercises demonstrating Adlerian concepts to diverse populations in a variety of settings. Participants will learn how to apply motivational techniques in parent education, private practice, human relations training, or for personal growth in their own lives.
- A6. How to Recognize and Practice Mental Health; What is it?- Timothy D. Evans, Ph. D., Carter and Evans, Tampa - How do we describe mental health? With all the unhappy people, the challenge we have is to teach people how to improve their own mental health without being labeled or treated with brain drugs. We know the attitudes, behaviors, and practices for being fully functioning. Good relationships, not control, are the core of mental health.

Social Event 4:30 p.m

FAS Bookstore and Reception - Enjoy Bar and Friends

SATURDAY SESSIONS

Keynote Address 9:00 AM to 10:30 AM

Psychedelics; New Paradigms for Mental Health and Cognitive Enhancement of Healthy Individuals Dr Juan Egas, Double Board-Certified Physician, in the specialties of Anesthesiology and Pain Medicine. Discussion and introduction of psychedelics in the treatment of TRD/PTSD, and other mental health conditions. Psychedelics and psycho-exploration, effects on cognitive flexibility and as an expression of spirituality. Brief description of psychedelic use by indigenous cultures, western perspectives on psychedelic use, and religions that use psychedelics.

Workshop Session B 10:45-Noon

- B1 Trauma as Exogenous Factor- Calvin Armerding, MA, LPC & Lindsay Hill, M.Ed., LPC Travelers Rest Counseling Associates, Travelers Rest, SC- Adler spoke of the importance of exogenous factors, the challenges we encounter for which we are not prepared. Adlerians can view trauma as a particular kind of exogenous factor. This workshop will demonstrate an Adlerian approach to working with trauma, the importance of lifestyle in post-traumatic symptomology, and potential interventions.
- B2. Adlerian Parenting: Fostering Cooperation from Toddlers to Teen- Caroline Faifman, MS, LMHC, Private Practice, Tampa - In this workshop you will learn practical application of Adlerian parenting techniques to build a strong democratic family environment, less power struggles, and more cooperation ranging from toddlers to teenagers.
- B3. Happy Campers in the Workplace- Geri Carter, MA, LMHC, Carter and Evans, Marriage and Family Therapy, Tampa - This workshop will present “Lead Management” an encouraging management style that treats co-workers as co-contributors to quality or service. It is essential to the concept of creating and constantly improving the quality of any product.

Workshop Session 1:45-3:00 PM

- B4. Psychedelic Assisted Psychotherapy: What Psychedelics can Teach us about Therapy and Human Nature- Timothy D. Evans, Ph. D., Carter and Evans, Tampa- Psilocybin-assisted-therapy has resulted with individuals experiencing relational embeddedness. Moving from a state of separateness to interconnectedness. Allowing the individual to let go of rigid patterns of thoughts and rumination and while creating and forming new lines of connection for the individual. This increase of connectedness is consistent with the views and theories found in Third Force Psychology
- B5. Two Points on a Line; Mini-life Style Assessment- Rob Guttenberg, Licensed Clinical Professional Counselor-Supervisor, Maryland- ‘Two points on a line’. This is a specific training technique that can assist the clinician in developing an eye for the unifying commonalities and patterns of the life-style. The presenter will teach this method by conducting a live demonstration with a workshop participant.

SATURDAY SESSIONS

Workshop Session 1:45-3:00 PM (cont)

- B6. Courageous Parent Workshop- Addie Carothers, MA, LMFT, CLC, Director of Wellness, University of Tampa, - This workshop seeks to encourage parents to approach parenting in ways that will create family cooperation and respect while simultaneously preparing their children to be contributing members of society. We will discuss practical ways to implement caring habits, the goals of misbehavior and the difference between punishment and consequences.

Workshop Session 3:15 PM - 4:30 PM

- B7. Early Recollections and Couple Relationships- Anne M. Geroux, Ph.D., Private Practice and Professor & Jenna Petrella, MS, MFTI, Carter & Evans MFT, Tampa- Early recollections are a valuable resource to enhance further understanding of the interactions related to couple relationships. More specifically, individuals can use their early recollections to better understand how they behave in their current relationships. This insight can be a powerful way to change current life behaviors and relationship experiences.
- B8. What is this Thing Called “Trauma”: An Adlerian Perspective- Kathi Coker, Ed. D., LMHC, Private Practice, Tampa - We do not suffer from the shock of our experiences but our self-determined. Self-determined is the meaning we give to adverse situations such as “trauma”. Meanings are not determined by situations. We determine ourselves by the meaning we ascribe to situations. This workshop will examine Adler’s theory of self-determination in contrast to the modern-day causal belief of “trauma”.
- B9. Family Meetings: A How to Guide-Tommy Nordmann, Administrator at Alfred Adler School, St. Petersburg - Family meeting are an integral part of building relationships, developing social interest, and creating freedom with order. This contrasts with the autocratic order without freedom or permissive freedom without order parenting styles. Join us for a discussion and walk away with the courage to lead a family meeting.