

# TRAUMA ACROSS THE LIFESPAN: AN ADLERIAN APPROACH (5 CE HRS)

SPONSORED BY: THE NORTH AMERICAN SOCIETY OF ADLERIAN PSYCHOLOGY  
AND HOSTED BY THE WESTERN PENNSYLVANIA SOCIETY OF ADLERIAN PSYCHOLOGY

Trauma Across the Lifespan: An Adlerian Approach is a 5 hour didactic and experiential workshop focusing on three aspects of trauma experienced by children, adolescents, adults and the aging. Four aspects of trauma of this workshop: identification of the trauma, response to the trauma, wants and needs after the trauma, and resolution of the trauma. The workshop will be conducted using the theory of Alfred Adler and will utilize empathy, encouragement, equality, ethics and education.

Objectives: Participants will (1) review several principles of Adlerian psychology, (2) identify traumatic events for each age group, (3) identify responses to trauma utilizing components of Adlerian lifestyle, (4) identify individual wants and needs in response to a trauma, (5) identify familial, social, and spiritual/philosophical resources to help individuals affected by trauma, and (6) clarify specific strategies to move toward resolution of the trauma.

Wes Wingett, PhD, LMHP has been a counselor in private practice in Norfolk, NE since 1978. Prior to entering private practice, Dr. Wingett had been employed as a counselor in a mental health center, a university program development specialist, & in multiple educational settings as a counselor & teacher. Dr. Wingett received his bachelor's degree from Wayne State College, Wayne, NE, & his masters & doctorate in guidance and counselor education from the University of Wyoming in Laramie, WY. Additional graduate study was completed at the University of Northern Colorado & the University of Vermont. Dr. Wingett's private practice focuses on providing individual, couple, and family counseling, consultation to educational institutions and businesses, & presenting Adlerian training in variety of venues. Wes has served as a consultant in the areas of aging & long term care solutions, early childhood education, time and stress management, domestic violence, drug & alcohol prevention and treatment, health care and wellness, adult-child relationships and training of professional educators & counselors.



A workshop open to the general public, psychologists, counselors, social workers, teachers, parents, and anyone interested in learning more about the concepts of Adler's Individual Psychology that facilitate recovery from trauma.

**About the Local Society:** The Western Pennsylvania Society for Adlerian Psychology promotes the educational theories and practical techniques of Dr. Alfred Adler, a leading theorist in the field of mental health and the founder of child guidance centers. His theory of Individual Psychology promotes a holistic approach for each individual and is based on a model of growth. His teachings are applicable to parent/child relationships and counseling for individuals and families. We are pleased to host this NASAP workshop.

## Workshop Registration Saturday, September 17, 2016

# TRAUMA ACROSS THE LIFESPAN: AN ADLERIAN APPROACH

Presented by Wes Wingett, PhD, LMHP

Registration 8:30 AM; Workshop starts at 9 AM to 3 PM

Risen Lord Education Center, 3250 California Ave. Pittsburgh, PA 15212

Lots of parking on the street; handicap accessible

**Prior Registration is requested**, but not mandatory. You can register at the door at 8:30 AM.

Name (print) \_\_\_\_\_

Agency \_\_\_\_\_

Address \_\_\_\_\_

City & Zip \_\_\_\_\_

Phone \_\_\_\_\_/email \_\_\_\_\_

**Registration Prices: WPSAP members: \$35      Non-members: \$60      Add Lunch: \$5**

If registering by mail, **please postmark by September 10**: Make checks payable to: WPSAP and return registration form to: WPSAP c/o Donalies 255 Catalpa Place Pittsburgh, PA 15228

**Cancellation Policy:** Should the event have to be cancelled, WPSAP will send out emails to all in the WPSAP address book. If you are not on that list, please check with Kerry Kennelly (412 716 2078) the morning of the event. To insure an email contact, please send your email address to [pawaltond@verizon.net](mailto:pawaltond@verizon.net). Special needs requests should be directed to Kerry Kennelly.

**Continuing Education Information: 5.0 hours CEUs    APA - NBCC - NASW**



*"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."*



*"The North American Society of Adlerian Psychology (NASAP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5263. Programs that do not qualify for NBCC credit are clearly identified. NASAP is solely responsible for all aspects of the programs."*

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