

# Adlerian Parenting

## 21st Century Family Life Needs Us More Than Ever!

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

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This 5-hour workshop is for parents, teachers, school counselors, educators, psychologists, social workers, and anyone who deals with children aged 18 mos. – 18 yrs. The focus of the work will be on how to foster cooperation in children. Most of our historic approaches are based on making children listen to authority and mind our will. Adlerians believe in winning a child's cooperation and that requires an entirely different child guidance approach.

Using interesting props as metaphors, experiential activities and group discussion, Alyson will help parents make a paradigm shift. Concepts of the usefulness of behavior, encouragement, mutual respect, belonging and contribution will be addressed. Alyson will have you laughing while loading up your tool box with new techniques for addressing classic (and 21st century!) discipline problems across the ages.

### Participants will:

- ✚ Learn (or review) Adlerian parenting principles
- ✚ Normalize that the issues parents have been facing are common in many families
- ✚ Reframe one's thinking about their misbehaving children
- ✚ Become more optimistic and effective in how they spend their parenting energies
- ✚ Take home new discipline techniques to implement immediately
- ✚ Be motivated to share the ideas they learned with others!



ALYSON SCHAFER is a therapist, educator, best-selling author, international speaker and consultant, and one of Canada's most notable parenting experts, appearing regularly on Canadian TV and in the newspapers. Alyson is the author of 3 parenting books: Honey I Wrecked the Kids, Breaking the Good Mom Myth, and Ain't Misbehavin'.

**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, May 6, 2017

# ADLERIAN PARENTING: 21st century family life needs us more than ever!

*Presented by Alyson Schafer, BSc, MA Counseling, OACCPP, AAMFT*

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; you can register at the door at 8:30 AM for an added \$15.

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

Agency \_\_\_\_\_

Address \_\_\_\_\_

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

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

Please circle your rate and note the amount enclosed: \_\_\_\_\_

**PRE-REGISTRATION PRICES: WPSAP members: \$35    Non-members: \$60    Students: \$20**  
**REGISTER AT THE DOOR: WPSAP members: \$50    Non-members: \$75    Students: \$25**  
**Add \$5 for Lunch**

Registrations, postmarked by April 25, 2017: 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. 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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