

International Adlerian Summer Seminar

The University of Malta
Valletta, Malta

[Earn 5 ECTs (European Transfer Credits)]



July 24-28, 2023

University of Malta - Valletta Campus



Adlerian Counselling: Theory & Practice

The 2023 summer seminar will focus on Adler's Individual Psychology in both Theory & Practice. The seminar will expand and build upon Adler's original theory introducing new techniques and intervention strategies. The research evidence supporting Adler's IP will be presented along with the compatibility of IP with many new treatment models thus expanding the applications of Adlerian Counselling in practice. This course is appropriate for those seeking an introduction to Adlerian theory as well as those seeking to further expand their knowledge of the continuing evolution/advancement of Adler's Individual Psychology. Learn effective preventive and treatment strategies that strive to promote mental health & social wellbeing.

Registration is open to anyone holding a bachelor's degree or higher.

Mental Health Counselors, Psychotherapists, Social Workers, Family Counselors, School Psychologists, School Counselors, Teachers & School Administrators, Personal Coaches, human development, or Graduate Students in these fields.

Those who are currently eligible to provide counselling & therapy services in their home country may also choose to apply this course toward the full UM Post Graduate Certificate in Adlerian Counselling,

Comments from Past Seminars:

- *"I've attended many continuing education programs before; this one ranks as the best!"*
- *"Challenges the audience to rethink our current practices and perceptions"*
- *"Most valuable and practical workshop I've ever attended"*
- *"Revolutionary information that changes the way I view my profession."*
- *"The most knowledgeable presenter I've seen in years!"*
- *"Knowledge, expertise & sharing of presenter & the international dimension made it very enriching"*

**Enjoy a week on the beautiful Mediterranean island of Malta
while furthering your knowledge & skills in
Adlerian Counselling & Therapy!!**

INSTRUCTORS: William G. Nicoll, Ph.D. & Monica A. Nicoll, Ph.D.

Bill & Monica are world renowned consultants, speakers, & trainers for both Mental Health and Education professionals. They have provided training in Adler's IP for universities, mental health organizations & schools, throughout North, South & Central America, Europe, Asia & Africa. Both have served as Professors of Counselling and in leadership positions in various Adlerian organizations. They currently co-direct the Resilience Counseling & Training Center in North Conway, New Hampshire USA providing consulting and training services for schools and mental health agencies around the world [[further information @ www.resiliencencounselingcenter.com](http://www.resiliencencounselingcenter.com)].

Adlerian Counselling: Theory & Practice

Course Objectives:

- 1). Learn the cornerstone concepts underlying Adler's Individual Psychology (IP) theory and practice.
- 2). Become knowledgeable of the research evidence both supporting and challenging IP theory and practice.
- 3). Critically examine IP theory and creatively address areas for the further development & growth of IP practice.
- 4). Develop skills in assessment, case conceptualization & treatment planning from an Adlerian IP perspective.
- 5). Learn to develop wellness-promoting intervention strategies for both adults and children.
- 6). Experience IP for personal growth and self-understanding in your own personal and professional life.

Course Agenda: 9:00 – 17:30 daily

July 24: Introduction to Adler's Individual Psychology

- Four cornerstones of Adler's Individual Psychology
- The wellness vs. pathology paradigms in mental health (what the research evidence is telling us!!!)
- Integrating Adler with compatible models (e.g., CB/DBT, IFS, Resilience, etc.)
- Understanding the 3 Levels, 2 goals, and the Infinity Loop in behavior patterns
- Case study demonstrations and skill practice.

July 25: Assessment Techniques & Case Conceptualization

- Knowing Thyself: Putting the pieces together (personal growth & understanding)
- Assessment & case conceptualization: Traditional and new techniques
- Case Conceptualization & intervention planning from a Wellness/Resilience paradigm.
- Live Demonstration & Case Studies

July 26: Assessing All Cultural Contexts: the importance of Social Embeddedness

- Characteristics of supportive social environments: home, school, workplace, & community
- Developing Social-Emotional Intelligence: adults & youth
- Live demonstration & Case study practice sessions

July 27: Facilitating Growth & Positive Change

- Changing the therapeutic dialogue: Promoting growth mindsets
- Developing Supportive Social Environments for social/emotional wellness
- Live demonstration & Case study practice sessions
- Small group exercise in facilitating mental and emotional wellbeing

July 28: Putting it all together: Applying IP in building Social-Emotional Wellness

- Demonstration & Small group case study sessions
- Small group sessions: Applications of IP in different work settings
- The continuing evolution of Adler's theory: Where to next?

SEMINAR LOCATION: The international Adlerian Summer Seminar course will be held in the **University's International programs building in the capital city of Valletta**. This building dates to the 16th century, the Collegium Melitense offers a prestigious setting for hosting international conferences, seminars, & short courses.

Course Registration:

FEE: 600 Euro

Includes 5 ECT Credits & course materials packet

For further Information & Seminar registration materials, 1) click on the link below, 2) complete the “register your interest” google form at bottom of the page. UM will send the registration materials to your email address.

[www.InternationalAdlerian Summer Seminar 2023 - L-Università ta' Malta](http://www.InternationalAdlerianSummerSeminar2023-L-Universita'ta'Malta)

For information Email: **Roberta.attard@um.edu.mt**, Head UM Counselling Department

TRAVEL ARRANGEMENTS: Participants are responsible for making their own flight, travel and/or housing reservations to/from/in Malta.

HOUSING ACCOMMODATIONS: The University of Malta has arranged special low rates at several nearby Valletta hotels. Participants should make their own reservations identifying themselves as participants in the University of Malta course COU5906 eligible for the university's corporate discount rate

HOUSING OPTIONS:

Osborne Hotel, 50 South Street, Valletta.

Nightly rates: 120 Euro sgl. / 135 Euro dbl. – incl breakfast

www.osbornehotel.com Email: reservations@osbornehotel.com

Luciano Valletta Boutique Hotel, Merchants Street, Valletta.

Nightly rates for twin room: 100 Euro courtyard view, 150 Euro street view – incl breakfast

www.Luciano-valletta-boutique.gotomalta.co.uk - Email: info@vallettaboutique.com

Kennedy Nova Hotel: 116 The Strand, Gzira

Nightly rates: 95 Euro sgl. 111.50 dbl. – incl breakfast

www.kennedynova.com

Email: reservations@kennedynova.com



The small island nation of Malta lies in the middle of the beautiful Mediterranean Sea just below Sicily and north of the African coast. It has long served as a strategic crossroad between Europe, Africa and the Middle East. English and Maltese serve as the dual national languages. Valletta, a fortress city, was built by the Knights of St John following the great siege of 1565. Experience over 7000 years of history & culture as well as Malta's beautiful beaches and secluded coves.

www.visitmalta.com