

*On the occasion of our 35<sup>th</sup> Anniversary, we present:*

## **Creating Movement and Change through the Use of Early Memories**

### **•Adlerian Strategies •Clinical Demonstrations •Useful Applications**

**An afternoon of workshops for psychotherapists, counsellors, social workers, physicians, psychologists, educators, clergy, and others interested in learning to effectively apply Adlerian theory and practice in their work with clients.**

Creating movement and change with our clients is a core goal of any therapeutic relationship. Adlerian psychology focuses not on 'symptoms' but rather on exploring and addressing the underlying purpose that these 'symptoms' serve in a client's life. Using **Early Memories** as a therapeutic technique, we can assess: a person's beliefs about themselves, others, life, and values; the client's stance in relation to the counseling relationship; and individual strengths, assets, coping patterns, and interfering ideas.

The use of **Early Memories** can help to quickly identify how a client's life today is affected by early childhood beliefs and decisions. This intervention can be used to powerfully and effectively shift clients' perceptions and actions.

In this clinical workshop, our Adlerian team will:

- Outline the steps in collecting and analyzing early memories
- Offer a live demonstration of 'therapy in action'
- Provide an opportunity to practice the use of early childhood memories

Presenters:



Marion Balla, M.Ed., M.S.W., R.S.W.



Cathy Lumsden, M.A., R.P.



Susan Prosser, R.N., B.Sc.N, M.A., R.P.



Kathryn Zettel, M.A., M.Ed., R.P.

**Tuesday, November 10<sup>th</sup>, 2015**

**1:00 – 4:30pm**

**RA Centre – 2451 Riverside Drive Ottawa, ON**

**Cost: \$75.00 + HST**

*Continuing Education Credits (CECs) available*

**To register, please call the Adlerian Counselling and Consulting Group at 613-737-5553 or email [info@adleriancentre.com](mailto:info@adleriancentre.com)**

The Adlerian Counselling and Consulting Group has been a leader in providing counselling and psychotherapy services in the Ottawa area for 35 years. Our team is a highly skilled group of experienced therapists who work with individuals, couples, and families, to find positive and creative solutions to the challenges they face.

**[www.adleriancentre.com](http://www.adleriancentre.com)**