

## Registration Information

**A MINIMUM OF 20 REGISTRATIONS ARE REQUIRED**

to offer this workshop, so please sign up early or have us reserve a place for you. Class is limited to 40 registrants. **Registration and payment must be received by April 12, 2016 to get the Early Bird rate.**

## Workshop Schedule

### Friday, April 22, 2016\*

7:30 a.m. - 8:30 a.m. – Onsite Registration

8:30 a.m. - 4:00 p.m. – Workshop

12:00 - 1:00 p.m. – Lunch on your own

### Saturday, April 23, 2016\*

8:30 a.m. - 4:00 p.m. – Workshop

12:00 - 1:00 p.m. – Lunch on your own

\*Continental breakfast provided both days

## Workshop Location

THE RIVERSIDE HOTEL

North Star Room, second floor

2900 Chinden Blvd., Boise, ID 83714

## CE Hours

- NBCC Provider No. 6525 credit for Counselors – **12 CE HOURS**
- Social Worker CEs approved (ISCSW) – **12 CE HOURS** (LSW, LMSW, LCSW levels)

## Cancellation Policy

Unable to give refunds after April 12.

## Special Accommodations

Please contact Tom McIntyre by April 12 at (208) 344-7194 if you need special accommodations.

## Hotel Accommodations

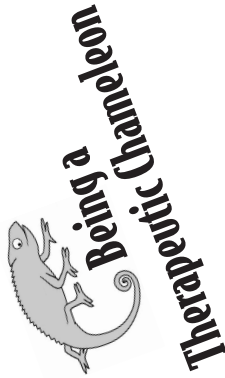
Ask for special ISIP rates (first come, first serve).

THE RIVERSIDE HOTEL, 2900 Chinden Blvd., Boise, ID 83714.

RESERVATIONS: (208) 343-1871.

Single or Double Occupancy \$96.

NON-PROFIT ORG  
U S POSTAGE  
PAID  
BOISE, ID 83709  
PERMIT NO. 679



Idaho Society of Individual Psychology  
Post Office Box 284  
Boise, Idaho 83701-0284

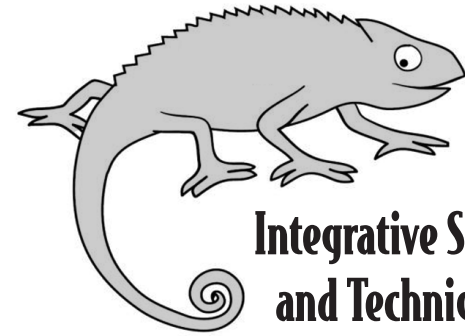


"Anyone trained in Adlerian Psychology knows what to do the first time they sit down with a client and through the process."  
Wes Wingett & Steven Maybell



Idaho Society of  
Individual Psychology  
presents

# Being a Therapeutic Chameleon:



Integrative Strategies  
and Techniques for  
Adlerian Therapy

Facilitated by

Richard E. Watts, PhD, LPC-S

Friday, April 22, 2016

Saturday, April 23, 2016

**BOISE, IDAHO**

# Being a Therapeutic Chameleon

## – Registration –

**Registration Fee: \$195** (includes ISIP membership)

**20% DISCOUNT offered for 3 or more regular registrants from the same agency when sent together.**

**Discount NOT available for online registrations.**

**Full Time Student: \$95** (group discount not available)

Student's Professor's Signature

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_ Zip \_\_\_\_\_

Day Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

E-mail:\* \_\_\_\_\_

Profession/License \_\_\_\_\_

Agency/Institution \_\_\_\_\_

To register, detach this completed form and mail with your payment.

Make check payable to **ISIP**. Mail payment and completed registration form to: Tom McIntyre 828 E. Pennsylvania Drive, Boise, Idaho 83706

To register online, go to

**OUR NEW WEBSITE**  
**[www.adleridaho.org](http://www.adleridaho.org)**

**EARLY BIRD REGISTRATION DEADLINE: April 12**  
**\$25 LATE FEE AFTER April 12.**

**Cancellation Fee of \$25 will be retained after April 12. NO REFUNDS after April 12.**

*A \$25 returned check fee must be assessed for insufficient funds.*

For questions or additional information, contact Tom McIntyre, Executive Director, ISIP at (208) 344-7194 or by e-mail at [adleridaho@gmail.com](mailto:adleridaho@gmail.com)

*\*Please note: Confirmation is sent via e-mail only.*



## Featured Speaker:

**Richard E. Watts, Ph.D., LPC, LPC-S**

Dr. Richard Watts is a Texas State University System Regents' Professor, a Distinguished Professor of Counseling at Sam Houston State University (SHSU), and the Director of the Ph.D. Program in Counselor Education and Supervision at SHSU. He is also a Fellow of the American Counseling Association, a Diplomate in Adlerian Psychology, and the immediate Past-President of the North American Society for Adlerian Psychology. Dr. Watts has published and presented extensively, both in the United States and internationally, on Adlerian theory and practice, and has developed or adapted several Adlerian-based interventions that will be addressed in this workshop.

## Being a Therapeutic Chameleon: Integrative Strategies and Techniques for Adlerian Therapy

Being a therapeutic chameleon means that the counselor does what the client needs; not what the counselor prefers. Because Adlerian counseling is a flexible approach, it readily allows mental health professionals to be both theoretically consistent and technically eclectic; that is, it allows us to be a therapeutic chameleon. Thus, the counselor does what the client needs; not simply what the counselor prefers. Via discussion, demonstration, and practice, attendees of this workshop session will increase understanding and application of (a) the common ground Adlerian counseling and the common factors of successful counseling outcomes; (b) the common ground between the Stages of Change Model and the four phases of Adlerian counseling; (c) Adlerian strategies and techniques – some traditional, some more recently developed; (d) techniques that resonate with, and integrate easily into, Adlerian counseling; and (e) where and how these strategies and interventions may be used in the counseling process. Although the content in the workshop is geared toward Adlerian counselors, the techniques presented may be used by most counselors regardless of their guiding theoretical orientation and work settings.

## Friday, April 22, 2016

### 8:30-10:00 a.m.

- Key Adlerian concepts for being a therapeutic chameleon
  - Recognition and Ubiquitous Presence of Adler in Contemporary Counseling Practice
  - Stages of Change Model and the Four Phases of Adlerian Counseling
- Goal:** To identify the specific ideas from and remarkable influences of Adlerian counseling that are all too often overlooked and identify the common ground between the Stages of Change Model and the four phases of Adlerian Counseling

### 10:15-12:00 noon

- Adlerian Encouragement is not a technique
  - Adlerian Encouragement and the therapeutic chameleon
- Goals:** To increase understanding of Adlerian encouragement (AE), identify the attitudes and skills of AE, demonstrate the remarkable common ground between AE and the common factors of successful outcomes in counseling, and demonstrate how AE provides a unique and solid foundation for being a therapeutic chameleon.

### 1:00-2:30 p.m.

- Brief Style of Life (SoL) Assessment
  - Tasks of Life and Taking a CAB Across the Life Tasks
- Goals:** To understand and be able to apply (b) brief means of SoL Assessment and (b) the "Taking a CAB across the Life Tasks" assessment process

### 2:45-4:00 p.m.

- Early Recollections
- The Question
- The SoL syllogism

**Goals:** To understand and be able to (a) access client early recollections in traditional and unique ways, (b) use "the question," for assessment purposes, (d) develop a SoL syllogism using SoL assessment information.

## Saturday, April 23, 2016

### 8:30-10:00 a.m.

- Cognitive therapy (CT) and Adlerian therapy (AT)
- Push Button
- Using the Misperception Log and Vertical Arrow technique to access symptom specific SoL convictions

**Goals:** To (a) understand key points of common ground between CT and AT, (b) understand and use the push button technique to help clients understand their control over their cognitions, and (c) understand and apply an integrative technique to access one or more core SoL convictions.

### 10:15-12:00 noon

- Selected Cognitive Restructuring Techniques
- Catching Oneself

**Goals:** To understand and be able to use (a) selected restructuring techniques from CT and (b) the Adlerian "catching oneself" technique. Both the techniques from CT and AT address changing cognitions and/or behavior.

### 1:00-2:30 p.m.

- 'As If,' Acting 'As If,' and Reflecting 'As If'

**Goals:** To understand and be able to apply (a) the traditional Acting 'As If' technique and (b) the recently developed integrative procedural extension known as Reflecting 'As If'.

### 2:45-4:00 p.m.

- Selected Constructivist Procedures

**Goals:** To (a) understand key points of common ground between constructivist therapies and AT, and (b) be able to use selected constructivist procedures in an Adlerian counseling context.