



Idaho Society of Individual Psychology

Virtual Conference Program

March 5 & 6, 2021 • Offered Via Zoom



Presents:

“Practical Adlerian Approaches to Trauma Throughout the Lifespan”



Anthea Millar



Jody Malterre

Featuring:

Anthea Millar, MA, MBACP

Jody Malterre, MAED

www.AdlerIdaho.com

ISIP Position on Ethics

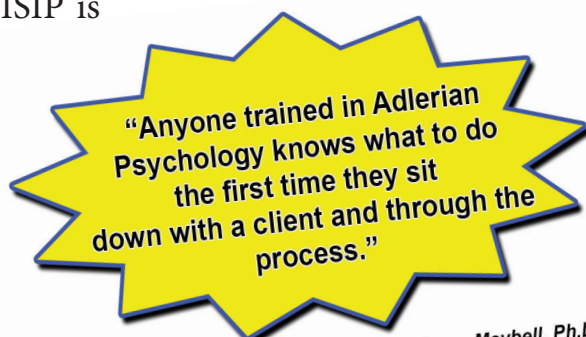
Adler believed that teaching his psychology to a wide audience would increase the mental health of the general population, and that is a good thing. However, Adler and ISIP recognize that knowledge should not be confused with competence. Each person attending the ISIP workshops and the conference needs to be reminded that the practice of psychotherapy in any profession is governed by the ethics and standards established by the profession. It is imperative that each person attending is required to apply the Adlerian tools within the scope of practice established by the person's profession. ISIP is concerned about how the tools are applied. The utility of Adlerian Psychology makes it tempting for trainees to use them even if that trainee's profession would not normally recognize the person's competence.

ISIP is aware of the need to respect the professional standards and practice limitations of all mental health providers. Because ISIP training is not specifically designed to apply to any profession, it runs the risk of being seen as an alternative to developing the competencies and standards of the professions utilizing it. Rightly or wrongly, that can easily be viewed as threatening to the goals and purposes of various professions.

Because of the concerns stated above, this statement, and a statement similar to the one below will be included in all training to alert attendees and prospective attendees of the need to be conscious of and guided by each attendees ethics and state laws.

“It is the individual responsibility of each attendee to be knowledgeable of the particular ethics and state laws of their profession with respect to areas of authorized practice, as well as those areas of practice that are beyond the scope of the attendees credentials. ISIP is not responsible for any misunderstanding, or misapplication of the training received.”

As far as the ethics training provided at our annual conference, ISIP does not believe the ethics presentations should be profession-specific since most of us have to be sensitive toward two or three different Codes anyway. The differences are fairly small and usually apply to a limited number of issues or work settings. Since ISIP is committed to promoting Adlerian theory and practice, it only makes sense for our conference to offer training that is Independent from any specific profession. Our goal is to promote ethical practice, regardless of one's profession or licensing. Therefore, it only requires that we present material that is more universally applicable.



Wes Wingett, Ph.D. & Steven Maybell, Ph.D.

WELCOME TO THE 2021 VIRTUAL ISIP ANNUAL CONFERENCE MARCH 5th & 6th

Welcome to ISIP Membership. Membership is included in your registration.

Please read the following announcements!

1. As a courtesy to the presenter and others, please mute your microphone at all times and be aware of possible distractions if you have your camera turned on.
2. ISIP bylaws provide for the election of ISIP board members for the year 2021-2022 on Saturday of this Annual Conference. A ballot link will be given in the chat box for you to cast your votes.
3. We ask that you participate in all sessions. Some of the sessions will include a breakout room where you will be joined randomly with other attendees to discuss and share your learning insights.
4. CE certificates will be available upon conclusion of the conference. You will receive a certificate via email following the conference. Please allow some time for ISIP to confirm attendance and distribute the certificates.
5. If you are seeking CE for NBCC and Social Worker hours it is important that you sign in by typing your first and last name in the chat box at the beginning and end of each session. We are required to report attendance verification to CE providers upon request. ISIP is an Approved Continuing Education Provider (ACEP) for the National Board for Certified Counselors (NBCC) and an Authorized Provider for Social Workers.
6. Your board really wants to know how you feel about your experience to guide them in responding to your interests for future conferences. We would appreciate it if you would take a moment and complete the conference evaluation form that will be posted on the conference landing page and in the chat towards the end of the conference.



Keep in touch!

Follow The ISIP Facebook Group!

Scan the code to the right with the camera on your phone! Then click the link.





Anthea Millar MA, MBACP

(Senior Accredited), UKRC, Dip. IIP

Anthea Millar is a UK based Adlerian psychotherapist, trainer, and supervisor/supervisor educator, with 38 years' experience of working in the National Health Service, with EAPs, and numerous educational and charitable agencies. Anthea founded the Adlerian Counselling Diploma training in Cambridge over 30 years ago and has been invited to provide training in both the UK and internationally including Eastern Europe, Greece, Israel, Malta, Canada, Germany, the USA and Malaysia.

A first career as a speech and language pathologist, when she specialised in neurological trauma, set the scene for her interest in psychological as well as physical trauma, for which she has undergone many longer specialised trainings.

Anthea is a Vice-President of the Adlerian Society of the UK, on the faculty and board of ICASSI, and a founder and director of Cambridge Supervision Training. She is co-author of 'Practical Supervision: How to become a Supervisor for the Helping Professions' and has also written many other chapters and articles on trauma, supervision and Adlerian psychology.

Anthea will be presenting

"Healing Trauma through Connection: An Adlerian Integrative Perspective"

The learning objectives for her session are:

1. Describe core tenets of Adler's approach.
- 2: Differentiate between Single Shock and Complex Trauma.
3. Understand safeguarding purpose of trauma symptoms
4. Describe impact of Adverse Childhood and Community Experiences.
- 5: Describe parallels between Adlerian and Polyvagal Theory approaches
6. Understand Dissociation and use of Internal Family Systems.
7. Describe case conceptualisation process.
- 8: Describe principles of 3 phase approach to trauma therapy
9. Describe process of safety, stabilisation and ANS regulation.
10. Understand use of dual awareness in working with symptoms and trauma memories.
11. Explain importance of self-care as practitioners



Jody Malterre, MAEd

Jody has over 30 years' experience in education as a teacher, administrator, and consultant. She was the owner/administrator of three Montessori schools in Idaho for 18 years. This experience led her to her work at Westminster College in Utah as a Montessori Teacher Trainer.



Jody “found” Adler when she took her first parenting class from her mother-in-law while reading *Children the Challenge*. She was sold on the concepts immediately and was inspired to become a Positive Discipline facilitator. Currently, Jody is a Positive Discipline trainer for parents, teachers, early childhood educators, and professionals. Because she knows social interest is at the heart of being an Adlerian, she serves as the Co-Chair of the Positive Discipline Association and as a Co-Chair of the Educators Section of North American Society of Adlerian Psychology. Additionally, Jody is an active member of ISIP and holds a certificate in Adlerian Studies.

Jody’s work has taken her around the world as a trainer, consultant, and coach. Her favorite moments, however, are found in Boise where she lives with her husband, dog, and enjoy visits from her college daughters.

Jody will be presenting
“Practical Adlerian Skills for Counselors, Parents and Teachers”

The learning objectives for her session are:

1. Practice skills to walk kids, parents, and clients through the steps of self-regulation and then finding meaningful connection before correction.
2. Learn new encouragement strategies that strengthen resiliency.
3. Take a brief look at the work of Dr. Daniel Siegel, Dr. Bruce Perry, Dr. Jane Nelsen and Lynn Lott and how their work helps us apply the writings of Adler and Dreikurs.
4. Participate or observe experiential activities that can be repeated in a classroom or therapy setting.



Charles S. Pohl, LCSW, CGP

Charles S. Pohl LCSW,CGP has been in the mental health/substance use disorder field almost his entire adult life having his first undergraduate field placement in 1972 at a halfway house for patients being discharged from the Allentown State Hospital (PA) during the height of the deinstitutionalization movement. He received his MSW from the University of Utah in 1981. He has worked at a variety of outpatient and inpatient mental health settings and recently retired from the Boise VA Medical Center earlier this year after over 20 years of outpatient service including coordinating the MSW Intern Program and facilitating the psychiatric residency group program. Charlie continues working part time with the residency and as a consultant from his home.



The Four Objectives of the Idaho Society of Individual Psychology

1. Provide an opportunity for people to share in applying Individual Psychology to education, medicine, business, family, and mental health.
2. Encourage personal and professional growth.
3. Encourage research in and stimulate the further scientific development of individual psychology.
4. Assemble a library relating to Adlerian Psychology for use by the members.

FRIDAY, MARCH 5TH

7:30 a.m.	Zoom Room Open & Tech Checks
8:30 a.m.	Anthea Millar Session 1 <ul style="list-style-type: none"> • Adler’s History & ‘Gemeinschaftsgefühl’ • Single Shock vs Complex Trauma • Adverse Childhood and Community Experiences (ACES) • Race and Social Justice: Trauma Informed Approaches • Safeguarding Purpose of Trauma Symptoms • Critique of Medical Diagnostic Approach
10:00 a.m.	BREAK
10:15 a.m.	Anthea Millar Session 2 <ul style="list-style-type: none"> • Holism & a Biopsychosocial Approach • Connection as a ‘Biological Imperative’ • Adler and Polyvagal theory (Porges) • Organ Jargon • Dissociation & Internal Family Systems (Schwartz)
11:15 a. m.	LUNCH BREAK
12:15 p.m.	Jody Malterre Session 1 <ul style="list-style-type: none"> • What we want for our clients, students, and children. • The behavior we see is driven by a belief system we don’t see. Often, “misbehavior” is a solution to a problem we don’t see. • The importance of following the order of Regulate, Relate, Reason • The Brain in the Palm of the Hand. • Value & effectiveness of regulation before correction • Ideas for helping ourselves and other self-regulate.
1:15 p.m.	BREAK
1:30 p.m.	Jody Malterre Session 2 <ul style="list-style-type: none"> • Watch and/or participate in some activities designed to build connection through validation and empathy. • Participate in an activities to practice conveying empathy to the point that a person truly “feels felt” • See how to validate anger as a means to help kids and teens navigate through it. • Practice using curiosity quesations as a way to understand, not manipulate.
3:00 p.m.	BREAK

FRIDAY EVENING, MARCH 5TH

3:15 p.m.	ETHICS Session 1: <i>“The 7 Deadly Sins: A Conversation with Temptation”</i> Charles Pohl LCSW, CGP
4:45 p.m.	BREAK
5:00 p.m.	ETHICS Session 2: <i>“An Ethic Beyond Ethics”</i> Charles Pohl LCSW, CGP
6:30 p.m.	Conclusion of Day 1



Earn Your Certificate of Professional Studies in Adlerian Psychology!

ISIP offers workshops in all three regions of Idaho twice per year. We strive to assist mental health professionals by helping them understand human behavior based on the teaching of Alfred Adler.

KEEP CHECKING THE ISIP WEBSITE AT WWW.ADLERIDAHO.ORG FOR UPDATES ON WORKSHOP OFFERINGS. THE BOARD IS CURRENTLY PLANNING WORKSHOP OPPORTUNITIES THAT WILL BE VIRTUAL AND IN-PERSON AS SOON AS WE WILL BE ABLE TO GATHER.

SATURDAY, MARCH 6TH

7:30 a.m.	Zoom Room Open & Tech Checks
8:30 a.m.	Anthea Millar Session 3 <ul style="list-style-type: none"> • 3 Phase Approach to Trauma Therapy • Assessment and Case Conceptualisation • Enabling Safety & Stabilisation • ANS Precision Regulation • Dual attention: Building Internal Connections • Integration with SIBAM (Levine)
10:00 a.m.	BREAK
10:15 a.m.	Anthea Millar Session 4 <ul style="list-style-type: none"> • Managing Triggers, Flashbacks, & Nightmares • Working Safely with Trauma Memories • Focus on Resources • Life Tasks & Reconnection • Resilience & Post-traumatic Growth • Safety and Connection as Practitioners
11:45 a.m.	LUNCH BREAK
12:45 p.m.	Jody Malterre Session 3 <ul style="list-style-type: none"> • Unpack new encouragement ideas to go much deeper than praise. • Our kids and clients all have strengths. How might we see their “misbehavior” as an under or over-use of these strengths? • When we are in tough moments, how might we use these strengths to re-direct behavior to be more useful? • Discuss how encouragement changes the perceptions affecting private logic of our clients and kids.
2:00 p.m.	BREAK
2:15 p.m.	Jody Malterre Session 4 <ul style="list-style-type: none"> • Once we have regulated and related, we are ready to reason. Let’s examine the different results of consequences versus solutions? • “Laddership” vs. Leadership, how to invite others to strive toward social interest rather than a vertical position. • Tools we can use to help others move in a felt plus direction.
3:15 p.m.	Q&A Panel with Anthea Millar and Jody Malterre
4:00 p.m.	Conclude Conference

ISIP would like to thank the continued support of our sponsors. We are grateful for the past support these sponsors have given to the ISIP Society and its members.



Mental Health Specialists
Pocatello, Idaho

BestNotes

