

Cambridge Adlerian Society Newsletter



'The individual is thus both the picture and the artist' (Adler)

Evening Meetings

**Bottisham Village College, Lecture Room,
7:30pm coffee for 8pm**

• **Wednesday, 19 May 2010**

Adlerian Reflections on Social Interest and Asperger's Syndrome

Presenter: Caroline Bolton-Smith

Caroline's first experience of a person with Asperger's Syndrome characteristics was a colleague whose every task had to be completed with immaculate thoroughness, regardless of tight time-scales, and he had a rigorous (and rigid) sense of fairness to others.

This was coupled with a high sensitivity to slight, when he would respond in an aggressive defensive manner, and be lost as to why he was then 'in trouble'. Additionally, his (very justifiable) outspoken truthfulness was at the point of almost losing him his job.

This experience coupled with an early awareness of, and interest in, neurophysiological research that implicates the Mirror Neuron System in

empathic recognition of facial expressions, led her to focus on Social Interest and AS for a short research essay assignment.

This involved one-off conversations with seven adult volunteers with AS and a survey of practising psychotherapists/counsellors' awareness and experience of AS.

Caroline will present some summary results with discussion around Adlerian views based on her observations and hopefully others' experiences of the problems faced by people with AS in their need for social relationships and goal of 'fitting-in' to their family and community.

Forthcoming CPD Workshops in Cambridge

Sat 15 and Sun 16 May 2010

Couples Counselling Presenter: **Marion Balla** (Ottawa, Canada)

Sun 13 June 2010

Trauma and Recovery Presenter: **Anthea Millar** (Cambridge)

Further information
cambridgeadleriansociety.org.uk

Other Events

Inaugural event of the Scottish Adlerian Society:

Understanding Child & Adolescent Behaviour: Meaning & Purpose' –

1 May 2010

tel: 01360311504 (Margaret Wadsley)
email: margaret@wadsley.demon.co.uk

Bucks Adlerian Training

Workshop: Crisis and Crisis Intervention

8 May 2010

tel: 01280 847853 (Jill Reynolds)
email: jill.reynolds@virgin.net

ICASSI

**International Adlerian Summer School
Poiana Brasov, Romania**

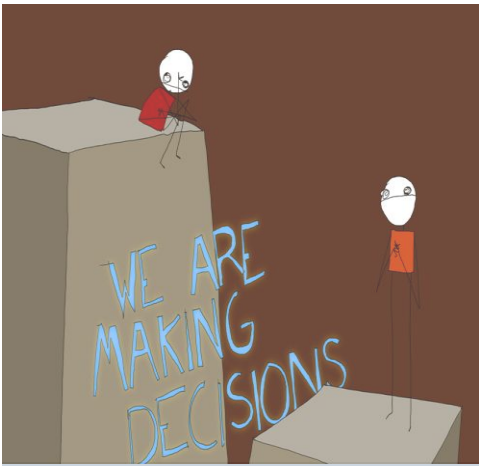
18 – 30 July 2010
website: icassi.net

Residential Summer School (Green Park, Buckinghamshire)

1 – 7 August 2010
Tel: 01258 880240 (Unity Joy)
website: adleriansummerschools.co.uk

Events and CPD Days in Wales 2010

For further information please go to:
www.adleriansocietywales.org.uk



Human beings are, "not as static machines designated by labels but as moving, living purpose filling entities striving for significance in a perplexing world" – Adler (1930)

Neil Davies worked as an occupational psychologist then as a mechanical engineer before teaching maths in secondary mainstream and at a school for emotional and behavioural difficulties. He is currently employed as an educational psychologist for a local authority and has a private practice training and supervising for the Institute of Reality Therapy UK.

Pam Hinds is an Adlerian Counsellor who also completed the Certificate in Reality Therapy and uses both approaches in her work as they seem to fit together very well, working with both individuals and couples.

Caroline Bolton-Smith PhD, is in her final term of the Adlerian Diploma Course, at Bottisham Village College, and second year of placement in a GP surgery providing a mix of short and longer-term therapy. Her background is as a research scientist in biochemical nutrition and health in relation to ageing. She currently works for Age-UK as an Advisor to Age Concerns in the Eastern Region, and is about to set-up in Private Practice. She is a Registered Nutritionist.

• **Wednesday, 16 June 2010**

Reality Therapy

Presenters: Neil Davies and Pam Hinds

Neil Davies and Pam Hinds will present an overview of Reality Therapy based on Choice Theory, the work of William Glasser.

Glasser tells how most of our behaviour is based on External Control theory, where we believe that other people can control us, and we can control other people. The learning is to recognise that in fact no-one can be controlled by someone else. We all need to satisfy certain human needs (cf. Adler/Maslow/Human Givens), and have higher or lower intensity of needs compared to other people. The therapy is generally short term, and always solution focussed. The client is helped to formulate a plan of action to improve their state of mind and get their needs met.

London Programme of Monthly Lectures Conway Hall, Red Lion Square, London WC1

Admission: Non-members £7, Concessions £4

(attendance certificates will be available for CPD purposes).
The London Lectures are held on the second Tuesday of each month, except December, in the academic year.

7.30pm Tuesday 11 May 2010
Presented by Wendy Goddard

**The Peter Pan Generation:
How can Adlerians model effective
parenting for the lost children today?**

7.30pm Tuesday 8 June 2010
Hertha Orgler Memorial Lecture
Presented by Anthea Millar

Fear, Adler and Neuroscience

www.adleriansociety.co.uk

Dates for your diary

22 September – Siobhan Mellon
'Our response to climate change'

20 October - Anthea Millar
'Communication and Social Interest'

17 November - Bruce Tate
'I know what I want and I want it now!'