

Cambridge Adlerian Society Newsletter

Evening Meetings

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

Cost: £2 per meeting

- **Wednesday, 24 February 2010**

Parenting

Presenter: Suzanne Pearson

The Sharing Parenting Programme has been developed over the last 15 years and is based on Adlerian principles.

Within the Sharing Parenting programme there are a number of courses including Raising Children and Raising Teens, both of these programmes are 10 weeks and include sessions on self esteem, challenging behaviour and active listening.

The Raising Children programme has been evaluated by the University of London and validated by the National Academy of Parenting Practitioners.

Suzanne's talk will give an overview of the programme and the evidence behind the Raising Children Parenting program

Suzanne Pearson works for the National Academy of Parenting Practitioners as a Regional Development Manager for the East of England. She has 15 years experience in Parent Education and Youth Work managing the County Parenting Programme for Suffolk County Council for over 10 years. She has vast experience in Staff Development and Training in both parent education and personal effectiveness. Suzanne is also an Occupational Psychologist, Adlerian Counsellor and co-author of a number of parenting packs. It is Suzanne's vision which has resulted in the development of the 'Sharing Parenting' Programme

- **Wednesday, 24 March 2010**

Non-violent communication

The idea that our everyday communication can be violent or abusive may sound extreme but we all experience feelings of 'put-down' and judgementalism at times.

Whether Marshall Rozenberg's approach to mediating conflict is used to promote peace across the world or in our family or work relationships we can learn to 'look more deeply' at one another's needs to develop relationships based on mutual respect, compassion and co-operation and break the patterns that lead to arguments and depression. An approach closely allied to both Adler and Buddhism, I find these ideas both affirming and inspiring.

Issa (Clarissa) Cochran trained as an art therapist and taught art in Community Education and at Highpoint Prison before obtaining her Adlerian Counselling Diploma in 1994. She has worked as an art therapist both independently, (running workshops and groups as well as one to one), as well as for the Haverhill Mental Health Care team. Since completing further training as an art psychotherapist and in Supervision she continues with a small private practice and is involved with the community based arts workshop - 'Arts on Prescription'.

AGM, Wednesday, 20 January 2010

Discussion on *What's in a Picture*. Please bring a picture which could be a postcard/card/magazine/newspaper picture or from a book on any subject which catches your attention. See attached agenda and report.

Forthcoming CPD Workshops

Saturday 6 February 2010
*Prescribed Medication and
Counselling*

Presenter:
Dr Peter Bailey

Saturday 6 February 2010
*Working with Difference and
Diversity*

Presenters:
Kim Lee-Own & Camilla Ghazala

**Saturday 13 March &
Sunday 14 March 2010**
*Psychopathology & Clinical
Counselling Skills*

Presenter:
Dr Karen John

**Saturday 15 May &
Sunday 16 May 2010**
Couples Counselling

Presenter:
Marion Balla

Sunday 13 June 2010
Trauma & Recovery

Presenter:
Anthea Miller

Further information :
cambridgeadleriansociety.org.uk

Other Events

London, Conway Hall, WC1
**Programme of Monthly
Lectures**
www.adleriansociety.co.uk

Café Adler (Buckingham)
'In dialogue 2'
Dr Lillian Beattie & Paul
Lindemann
21 February 2010
Tel: 01280 847853 or
Email: jillreynolds@virgin.net

**Events and CPD Days in Wales
2010**
For further information please go
to:
www.adleriansocietywales.org.uk

• Training Enquiries:
adleriantraining@googlemail.com