



# Advanced Certificate in Counselling Studies and Continuing Professional Development

Ongoing Training Opportunities in Adlerian Integrated Approaches

**Saturday 17th and Sunday 18th November 2018**

9.45am-5pm

**at: Bottisham Village College, Bottisham, Cambridgeshire CB25 9DL**

## TWO-DAY WORKSHOP

### Ursula Oberst, Ph.D.

is associate professor of Psychology at Ramon Llull University (Barcelona, Spain).

She was born in Germany and after earning her degree in Psychology she was trained in Individual Psychology at the Alfred-Adler-Institute in Zurich (Switzerland).

In 1992 she moved to Spain and has been working ever since at the University and also as a counsellor in a private practice.

She has published several articles and books in Spanish and English on Adlerian Psychology (e.g.: Oberst & Stewart, Adlerian Psychotherapy: An Advanced Approach to Individual Psychology).

She is co-founder and president of the Spanish Association of Adlerian Psychology (AEPA), and has been teaching IP at ICASSI and in several countries, especially in Latin America.

# Sculpting Your Lifestyle: Working Creatively with Early Recollections

Presented by  
**Ursula Oberst, Ph.D.**

We use Early Recollections (ERs) to remind us of who we are and what are the basic tenets of our lifestyle. Assessing the client's lifestyle is key importance for the Adlerian counsellor or therapist, in order to help them make the appropriate decisions and changes with respect to the symptoms or presenting issues. The usual way of accessing clients' lifestyle is by using the memories they have from their earliest experiences in life. Individual Psychology has developed standard techniques; however, given each client's unique situation, it is often helpful for counsellors to be able to adopt creative ways of working with ERs.

One way of working creatively with ERs is through using the sculpting technique. The technique used in this workshop borrows from family therapy and psychodrama. Sculpting can be understood as a therapeutic game based on a confrontation of the pseudo-static and dynamic forms of attitudes and behaviour. The members of a family are represented and physically modelled during the sessions in positions symbolizing the mode of relations between them. Thus, past events and attitudes, as these affect the present, may be perceived and tested out. However, not only people, but objects and events can also be sculpted metaphorically.

This workshop provides a method for analyzing ERs, both with the more "standard" approach and with the use of the sculpting technique. Participants will learn how to use the sculpting technique and to define ERs according to their basic messages within a client's private logic and lifestyle.

Each participant will have the chance to experience the work on ERs, both as a client and as a counsellor. The recording and interpreting of ERs will be demonstrated step-by-step and participants will be able to practice this in pairs.

**Tea & coffee will be provided. Please bring some food for a shared lunch.**

**BOOKING SLIP** for 'Early Recollections' workshop on Sat 17 & Sun 18 November 2018. **Fee £130 (£78 concessionary).** For all enquiries & to check eligibility for concession rates, contact Bottisham Village College 01223 811372. Email: staracewicz@bottishamvc.org

Name..... Phone .....

Address.....

..... Email .....

**Please tick the appropriate box below. I am attending as part of:**

the Advanced Certificate Training Programme (payment made separately)

the Continuing Professional Development Programme and enclose payment of £130  £78

**Please send to:** Counselling Course Co-ordinator, Bottisham Village College, Lode Road, Bottisham, Cambridge CB5 9DL **with cheque** payable to '**Bottisham Village College**'