

Programme		
Saturday 06/02/21	Session	Presenter
09.30 – 9:45	Informal assemble and a prompt start at 10am	
10:00 – 10:45	Morning Meeting	Organisers
10:45 – 11:00	Break	All
11:00 – 12:30	Workshop 1 “Lifestyle – Theory & Practice” Exploring the Style of Life: - Three Portals to the Psyche Each one of us has a unique pattern, like a personalised theme tune, which runs through everything we think, feel, and do. It is consistent over time and remains an ever-present influence on how we see ourselves, others, and the world. At times of stress, when our private thinking does not align with the world as we experience it to be, a compensation occurs, and our lifestyle pattern turns up the volume to reassert itself. These occasions can be captured from childhood experiences in Early Recollections and are present in dreams. This workshop will consist of a mix of theory and practice, as a whole group and in small groups. Have pen and paper to hand, should you need it.	Jill Reynolds
12:30 – 13:30	Lunch (Zoom will remain open for discussion and chats)	All
13:30 – 15:00	Workshop 2 Lifestyle Narratives An experiential session looking at creative ways to discover Lifestyle	Christine Nutt
15:00 – 15:30	Closure session	Organisers

For the one-day attendance, your contribution will be £13 if paying via BACS transfer and £15 if you use PayPal.

Please be aware that additional charges will be applied by your bank, and ours, if you are not resident in the U.K.

Students on Adlerian training courses and delegates under 18-yrs, will be invited Free-of-Charge.

BACS money transfer: - Sort Code 30-13-55 Account 01888697.

Please Register by notifying us via adleriansummerschools@gmail.com