

Individual Psychology
Training



INFORMATION BOOKLET

Counselling and well-being training based on the theories and principles of Alfred Adler.

Discover the training path to becoming a counsellor, learn more about Individual Psychology and find out about our courses.



www.individualpsychologytraining.co.uk



WHAT IS INDIVIDUAL PSYCHOLOGY?

"Individual Psychology" is the approach to understanding human thinking and behaviour that was developed by Alfred Adler, and which is used as the basis for Adlerian counselling and psychotherapy.

The name refers to Alfred Adler's belief that each of us is unique and individual, and that we develop our own ways of coping with the challenges of life. Individual Psychology is a "holistic" approach, meaning that we cannot look at particular aspects of our life and being in isolation, but must take everything into account when examining the difficulties we may be dealing with.

Individual Psychology is based on the assumptions that every action we take is taken for a reason, which is based in our personal understanding of our place in the world, and that we are, essentially, goal-driven, working towards achieving some purpose that we have defined for ourselves, typically in early life. There is also a great emphasis on the role of the individual within their social context, and the importance of pro-social activity, both as a means of determining someone's level of psychological functioning, and as a way to improve that functioning.



WHO WAS ALFRED ADLER?

Alfred Adler was born in Vienna in 1870, and was a contemporary of Freud during the early years of the development of psychoanalytic and psychotherapeutic methods. Freud and Adler had a profound difference of opinion, mainly around fundamental principles of therapeutic ideas, resulting in Adler forming his own school of thought, which is more focused on the individual's role in their community as opposed to Freud's more individualistic approach.

Adler's teaching became well-known through regular lecture tours and demonstrations, throughout the United States and United Kingdom, and many Adlerian books are transcriptions or adaptations from these lectures.

Alfred Adler died in 1937, while on a walking tour in Scotland.

Individual Psychology Training



WHO ARE IPT?

Individual Psychology Training (IPT) is a community interest company, formed in 2022 to take over the delivery of Adlerian counsellor training, which was formerly conducted by the Adlerian Society of Wales since the early 2000s. Collectively, its tutors have many years' experience teaching and practicing Individual Psychology, and have trained many Adlerian practitioners over that time.

IPT strives to embody the core values of Individual Psychology - equality, integrity, and compassion - in the way it operates and runs courses, with a strong emphasis on personal development and self-knowledge alongside close adherence to the theoretical principles of the approach.

IPT is a member of the UK Adlerian Society (ASIP) who validate its training, and is an organisational member of the British Association for Counselling and Psychotherapy (BACP), which accredits its core counsellor training courses.

Individual Psychology Training

ROUTES TO QUALIFICATION



Notes

1) The introductory course is optional for entry onto the Adlerian Certificate course, but students may want to attend to help them decide whether to make the commitment to the course.

2) The Adlerian Certificate may qualify students to attend another organisation's Diploma/L4 course, but you will need to check with the course provider to confirm eligibility.

3) Students on a non-Adlerian Certificate level 3 course will need to attend an Adlerian introductory course, so as not to be at a disadvantage in terms of Adlerian theory on the Diploma.



INTRODUCTION TO ADLERIAN COUNSELLING

In a very encouraging and safe atmosphere, we cover Family Constellation and Birth Order, Early Recollections, Dreams, External factors in life as a child, and also childhood illness and the impact on us. Adler considered the first 5 years as our foundation, where we created our beliefs around how we see ourselves, others, the world around us, and what we feel we must do in order to function according to our belief system (Weltbild). We will practice some basic listening and attending skills, encouragement. Through demonstrations by the tutors and some skills practice, we will learn to process Early Recollections and dreams, and to observe how our early situation influenced how we go through situations as an adult.

To supplement this, we encourage attendees to read, and we provide a suggested reading list.

Feedback from previous attendees:

“The tutor was exceptional, her teaching skills were very effective and her passion for Adler shone. It is very motivational and infectious. I feel incredibly lucky to have experienced this course with her.”

“Taking this course will spark something within you which will change your life in some way going forward. Most likely you’ll find this within yourself waiting to be discovered.”

“I cannot recommend this course enough. The training is excellent with a tutor who really knows the information and pitched perfectly for beginners or those with prior knowledge.

The course runs over a month, with a total of 28 teaching hours across 2 weekends face to face, and 4 evening webinars delivered via Zoom.

Individual Psychology Training



CERTIFICATE IN ADLERIAN COUNSELLING

The Adlerian Certificate course is the first year of the 3-year Combined Certificate & Diploma in Adlerian Counselling. The 3 year course is accredited by the British Association for Counselling & Psychotherapy (BACP), and moderated and accredited by the Adlerian Society UK (ASIIP).

However, the certificate course as a stand-alone course is not accredited.

The course consists of six main modules:

- **Core Counselling Skills** - we learn and practice skills including listening and attending, reflecting and paraphrasing and identifying and expressing feelings;
- **Fundamentals of Adlerian Psychology** - we look at all the Adlerian theories including Early Recollections; Dreams, Private logic and child behaviour;
- **Personal and Professional Development** - we explore how we are in groups, personal boundaries and working with difference; this module requires each student to have 10 hours min of their own personal counselling.
- **Adlerian Lifestyle Assessment** - students have an opportunity to explore their own and others 'lifestyles' using counselling skills;
- **Grief and Loss** - we explore the impact on individuals and families of different types of loss including suicide;
- **Alternative Approaches** - we have a tour around other counselling approaches including TA and person centred, and look at similarities and differences.

The learning methods include: lectures; skills work in pairs and triads; small group work; group process and assignments and reading.

The certificate course is a part time course with a total of 150 teaching hours across weekly two hour webinars and a weekend of in-person teaching every month during term time.

Individual Psychology
Training



DIPLOMA IN ADLERIAN COUNSELLING

The Diploma in Adlerian Counselling constitutes years 2 and 3 of IPT's counsellor training course, continuing the training from the Certificate course. Entry is by interview, and requires potential students to have completed a suitable Certificate training, either with IPT or another organisation.

The course extends the teaching of Adlerian counselling skills to cover more advanced topics, exploring Adlerian theory at greater depth, as well as ongoing personal development and self-awareness learning, and the preparation of students for training placement work via the development of professional skills.

The final qualification, which entitles students to become full members of UK professional counselling organisations, is issued by ASIIP (UK), and is awarded on the basis of a client case study, written during or after the latter stages of the training, and extensive training and preparation work is done in order to enable students to complete this successfully.

The diploma course is a part time course with a total of 320 teaching hours over two years across weekly two hour webinars and a weekend of in-person teaching every month - two of which are residential - during term time.