

Psychology for Today: Comments From a Participant

By Melanie Christopherson BA, BSW, RSW

I am still a little puzzled about how Linda Kasdorf and Deb Gibson got me so excited about spending two whole days discussing the life of a man who was born in 1870 and had the chin of John Travolta with the physique of Danny DeVito. Yet somehow, Deb and Linda of ThinkLife Empowerment Company did just that, and more.

When I registered for **Stage One - Psychology for Life, Work, and Play** in November, I hoped that the two days would fulfill my expectations. I had taken Deb's parenting classes in the past, but I'd never met Linda. By the time that lunch rolled around on the first day, Linda and Deb's knowledgeable and relaxed facilitation styles pulled me in and made the topic come alive. I knew that they were giving me tools that would benefit me in all aspects of my life – tools that I would use as a mom, as a professional, and as a member of our community.

By the time the two days of Stage One were over, the nine participants and the facilitators had formed a strong bond. We gained deeper knowledge about Adlerian Psychology, increased our self-awareness, and developed our own meanings about how our new-found knowledge would be applicable in our day-to-day lives.

If I had been flirting with Adlerian Psychology in the past, Stage One ignited an all-out love affair for me! The way that Deb and Linda presented the materials made the information relevant to me and helped to set the foundation for my participation in the next stage.

Needless to say, I jumped at the chance to participate in **Stage Two - Yes, You Too Can Lead a Group: Adlerian Facilitator Training** which was offered in February over two days. Stage Two proved to be another fantastic investment of my time and energy. In this stage, Deb and Linda empowered each participant with feelings of confidence, affirmation of skill, and a toolbox full of useful tips for developing and facilitating our own groups. As participants, we had the opportunity to practice our delivery technique in a safe, encouraging, and nurturing environment. I believe that I can speak for all eight participants when I say that each and every one of us left with renewed purpose as Adlerians and increased self-assurance as facilitators.

I would highly recommend this training to anyone considering registering for the upcoming sessions through ThinkLife Empowerment Company. I am confident that this training would be of personal and professional benefit to all.

Melanie Christopherson is the mother of two sons who are both in grade school. She was first introduced to Adlerian Psychology (AP) through a "Positive Discipline" parenting class with Deb Gibson eight years ago. Since then she has taken many classes and read books on the subject through independent study. Melanie has degrees in Sociology and Social Work, and she finds AP to be very relevant in her professional life as well as her personal life.