

Agenda for the BASIS-A Level 1 Training Session

(*times are subject to change based on registrants' time zones; currently these times are EST.)

Friday (6 hours)

9:00 - 9:30 AM - Introductions and agreements, review of agenda, sharing of hopes/expectations

9:30-10:15 - Review of Adler's concept of lifestyle and theoretical foundations

10:15-10:30 - 15 minute break

10:30 - 11:15 - Review of development of the BASIS-A Inventory, psychometric properties, uses

11:15 - 12:00 PM - Stages of Adlerian counseling and how the BASIS-A fits into each stage

12:00 - 1:00 PM - Lunch break

1:00-2:30 - Discussion and review of the 10 BASIS-A scales

2:30 - 2:45 - 15 minute Break

2:45 - 4:30 - continued Discussion and review of 10 BASIS-A scales; looking for puzzle picture (score combinations that are confusing or interesting to participants); assign BASIS-A completion as homework - administration instructions (childhood, gut reaction to items)

Saturday (6 hours)

9:00 - 9:30 - Reflections from yesterday and questions

9:30-10:15 - Scoring of completed BASIS-A inventory; Review of scale interpretation

10:15-10:30 - 15 minute break

10:30 - 12:00 PM - Discussion of the feedback process with clients and how our lifestyle impacts our work with clients; Demonstration of feedback process using protocol in manual and explanation of why/how to ask or present feedback on each scale

12:00 - 1:00 PM - Lunch break

1:00-2:30 - Conclude demonstration of feedback process (if necessary); dyad work in breakout rooms to practice using protocol and giving feedback

2:30 - 2:45 - 15 minute Break

2:45 - 4:30 - continued dyad work in breakout rooms to practice giving feedback

Sunday (6 hours)

9:00 - 9:30 - Reflections from yesterday and questions, mention evaluation form and deadline

9:30-10:15 - How to adjust the process depending on client's personality/ mental health

10:15-10:30 - 15 minute break

10:30 - 12:00 PM - How to relate the feedback to the presenting concern and incorporate life tasks

12:00 - 1:00 PM - Lunch break

1:00-2:30 - Dyad work in breakout rooms to practice incorporating presenting concern and life tasks

2:30 - 2:45 - 15 minute Break

2:45 - 4:30 - Conclude dyad work, discussion of course and I learned statements, final Q&A