

LOIS INGBER, LCSW, CPDLT

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EDUCATION

LICENSED CLINICAL SOCIAL WORKER. #LCS 11116, State of California, *November, 1984.*
CERTIFIED POSITIVE DISCIPLINE LEAD TRAINER, Positive Discipline Association.
February, 2011.

MASTER OF SOCIAL WORK – San Diego State University, *May 1981.* Concentration:
Children, Youth and Families.

BACHELOR OF ARTS, SOCIOLOGY – University of California at Los Angeles, *May, 1976.*
Area of Specialization: Social Psychology.

CERTIFICATIONS AND TRAINING

CERTIFIED POSITIVE DISCIPLINE TRAINER *June, 2008.*

CERTIFICATE OF PROFESSIONAL STUDIES IN ADLERIAN PSYCHOLOGY, Americas
Institute of Adlerian Studies, *1983 (90-hour training course).*

ADLERIAN PSYCHOLOGY WORKSHOPS and TRAININGS: *Over 800 hrs. since 1983.*

CERTIFIED MEDIATOR, State of California, *1992.*

EXPERIENCE

TRAINER/CONSULTANT (*2007 – Present*). Private consulting business offering trainings,
workshops, consultation, and classes for parents, schools and groups in Positive Discipline and
Adlerian Psychology. www.adlerianconsulting.com.

SOCIAL WORKER II (*12/99 – Present*). Outpatient Psychiatry, Rady Children's Hospital and
Health Center, San Diego. Provide Adlerian clinical services in-house, in schools through EPSDT
school-based counseling, and in the community for children 0-18 and their families. Provide
consultations with educators re: student behavior challenges. Provide Positive Discipline parent
education classes and supervision of interns. Provide consultation and training to Encinitas Unified
School District EMHI program ("Early Mental Health Initiative" through the California State
Department of Mental Health, 2008-2012).

SCHOOL CONSULTANT (*2008 – Present*). In diverse school settings, train students and their
teachers to hold student-led "Positive Discipline" class meetings for mutual problem solving,
leadership development and the creation of cooperative, mutually respectful classrooms.

DIRECTOR OF OCEANSIDE OFFICE (*1994-1999*). North County Lifeline, Vista, CA.
Supervise clinical and administrative operations of counseling component of social services agency
– Oceanside branch. Clinical Responsibilities: Programs supervised and personally provided:
prevention and intervention of youth delinquency; individual, family, group and multifamily
group counseling; Adlerian parenting education; school outreach. Administrative
Responsibilities: Hired and supervised staff and interns; designed and implemented programs;
community outreach, collaboration and public relations; contract management, grant writing.

YOUTH SERVICES SUPERVISOR (*1982-1994*). North County Lifeline, Vista, CA.
Established Oceanside office (1988). Provided juvenile diversion, delinquency prevention, school
outreach and other youth/family related counseling services. Coordinated a community based
restitution program for first-time juvenile offenders. Staff and intern hiring and supervision.

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ADMINISTRATIVE MANAGER, PARTNERS FOR HEALTHY NEIGHBORHOODS / OCEANSIDE TITLE V COLLABORATIVE (1997-1999). Implemented a federally funded youth delinquency prevention collaborative project in three community resource centers with agencies, residents, youth and civic leaders to support youth through community engagement.

EXPERIENCE
(Cont.)

PRIVATE PRACTICE THERAPIST (1986-2000), Oceanside, CA. Individual, couple, family and child therapy in the Adlerian model.

FACULTY, AMERICAS INSTITUTE OF ADLERIAN STUDIES – San Diego County, (1990 – 1995), Carlsbad, CA. Co-taught with Robert L. Powers, M.A., Jane Griffith, M.A. and Steven A. Maybell, Ph.D. certificate program in Adlerian Psychology covering “Understanding Behavior,” “Assessing Individual and Group Styles,” and “Applying Psychological Skills.”

MEDICAL SOCIAL WORKER (1982-1984), San Diego Home Patient Care, Oceanside, CA. Provided in-home social work services with a medical team to senior citizens through the Long Term Care Demonstration Project.

PUBLICATIONS

Ingber, Lois. (2011). “Doing To vs. Doing With.” Article in *Theories of Counseling and Therapy*, 2nd Ed. J. Kottler and M. Montgomery, authors. Sage Publications, Inc. pp.192-193.
Ingber, Lois and McVittie, Jody, M.D. (2007). **BRIDGES: Building Relationships for Improved Discipline, academic Gains and Effective Schools.** A Student-Centered Approach for Building Skills and Accountability. Self-published. www.bridgesforschools.com.
Ingber, Lois. (1997). The Question of Trust in Relationships. *NASAP Newsletter*, 2, 1, p. 2.
Nugent, Lois. (1991). A Model Juvenile Justice Program. *Individual Psychology*, 2, 189-198.

PROFESSIONAL
PRESENTATIONS

“Empowering Teens and Parents with Positive Discipline” with Jane Nelsen, Ed.D., author. Parenting Conference, San Diego County Commission on Children Youth and Families, February, 2011. San Diego, CA.
“Motivation Modification.” (7/20/12) Positive Discipline Conference, San Diego.
“Understanding Dignity, Creating Equality.” (6/12) NASAP Conference, Atlanta
“Building Better Relationships with ‘Top Card’ ” Early Mental Health Initiative (EMHI-State of California) Annual Conference, October/January, 2011, Sacramento/San Diego, CA.
“Teaching Parenting the Positive Discipline Way.” (2010, 2012-2016). Invited trainer in Shanghai, Beijing, Shenzhen, and Chengdu, China, and Vancouver, Canada.
Family Education Center with Jane Nelsen, Ed.D. (Monthly, 2010). Parenting seminars on **“Positive Discipline,”** Santa Fe Montessori School, Solana Beach, CA.
“Breaking the Code: The Hidden Messages in Misbehavior” with Linda Renfroe, MFT. (December, 2009). EMHI Annual Conference. Burlingame, CA.
“Positive Discipline in the Classroom – Tools for Schools” (Numerous trainings since August, 2010). Two-day classroom educator training. San Diego region and cities in China.
“Teaching Parenting the Positive Discipline Way” (Numerous trainings since March, 2009). Two-day parent educator training. Public and private trainings in the San Diego region and cities in China.
“Positive Discipline” with Ginger Bial, LCSW. (August, 2009). Rady Children’s Hospital Outpatient Psychiatry, All-staff training, San Diego, CA.
“Positive Discipline: Tools for Schools” Staff Inservices. (2009-Present). Carden Academy, Innovations Academy, Community Montessori, Santa Fe Montessori, San Luis Rey

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PROFESSIONAL
PRESENTATIONS
(Cont.)

Elementary (OUSD), Leonardo daVinci Charter, NUA Sparrow School, Encinitas USD, Kinderhouse Montessori School, Bella Mente Montessori Academy.

“Positive Discipline: Tools for Schools” (August, 2009). Annual training day, Agency for Jewish Education, San Diego, CA.

“Rewards and Punishments: Doing ‘To’ vs. Doing ‘With’ ” (June, 2009). NASAP Annual conference. Tucson, AZ

“Paths to Belonging” (June, 2008). Poster session, NASAP Annual Conference, Vancouver.

“Button-Pushers, Beliefs and Belonging” (October, 2007). EMHI Annual Conference, Burlingame, CA.

“The Typical Day ‘Play’ ” (May, 2007 and 2006). Adlerian family counseling assessment technique created by the presenter. NASAP Annual Conference, Chicago, IL.

“Encouragement: The Path to Student Success.” (January, 2007). EMHI Conference, Los Angeles, CA.

“Growing Encouragement: Creating a Support Structure for Discouraged Kids” with Jody McVittie, M.D. (May, 2006). NASAP Annual Conference, Chicago IL.

“I Have This Student... – Assessing School Behavior Problems” with Kelly Yengst, M.S. (May, 2005). NASAP Annual Conference, Tucson, AZ.

Additional inservices: Above titles and various topics of Adlerian family assessment and counseling, school-based counseling and Positive Discipline. (February, 2000 – Present). Rady Children’s Hospital Outpatient Psychiatry, San Diego, CA.

Comments from workshop participants: “Fun, practical and inspiring.” – Steve Dahl, Parent Educator, Carlsbad.

“I appreciate Lois’ gentleness, intuitiveness and compassion.” – Donna Goldman, Teacher, Los Angeles.

Comments from parents: “It has helped immensely...to focus on solutions that work for me and my children.” “I saw things in a new way; it has taught me a new language.” – Parents, San Diego.

PROFESSIONAL
AFFILIATIONS

BOARD OF DIRECTORS, POSITIVE DISCIPLINE ASSN. Since December, 2015

LIAISON TO CHINA, POSITIVE DISCIPLINE ASSN. Since 2012

NORTH AMERICAN SOCIETY OF ADLERIAN PSYCHOLOGY (NASAP). Member since 1986.

POSITIVE DISCIPLINE ASSOCIATION. Member since 2007.

POSITIVE DISCIPLINE MENTOR GROUP OF SOUTHERN CALIFORNIA. Founder and member since April, 2007.

DELEGATE, Adlerian Counseling and Therapy Section, NASAP Delegate Assembly, May, 1994-May, 1997.

PRESIDENT, San Diego Society of Adlerian Psychology, 1990-1996.

NASW (National Association of Social Workers), Member since 1996.

COMMUNITY
AND COMMITTEE
AFFILIATIONS

SAN DIEGO COUNTY COMMISSION ON CHILDREN, YOUTH AND FAMILIES (1996-1999). County ordained commission for policy, programs, advocacy and services related to children, youth and families. Representative for North County.

CONVENTION CHAIRPERSON. Organized the 2013 and 1994 NASAP Annual Conference in San Diego, CA.

YOUTH SERVICES NETWORK (1983-1999). Countywide youth advocacy and networking organization recommending policies for youth and strategies for funding, outcome measurement and collaborative planning. Positions as Co-chair and Secretary.

PERSONAL

Married to Jonathan Ingber, Master of Music (trumpet); one daughter, age 14.
Interests and activities: neuroscience, music, cooking, origami, and well-being.