

# LOIS INGBER, LCSW, CPDLT

---

2604-B El Camino Real, #234, Carlsbad, CA 92008-1205 USA

Phone: 760-729-0828

Email: [lois@adlerianconsulting.com](mailto:lois@adlerianconsulting.com)

## 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](http://www.adlerianconsulting.com).

**BEHAVIORAL COUNSELOR** *8/16 –Present*). Element Education, Inc., Escondido, CA.  
Provide support and guidance to educators and parents to facilitate student behavior as it pertains  
to independent learning. Collaborate with staff and provide training to implement the Positive  
Discipline philosophy in Learning Centers (K-12), and in the home school environment. Provide  
parent education workshops and parent coaching. Provide individual and small group support for  
students demonstrating challenging behaviors.

**SOCIAL WORKER II** (*12/99 – 7/16*). Outpatient Psychiatry, Rady Children's Hospital and  
Health Center, San Diego. Provide clinical services in-house and in schools through EPSDT  
school-based counseling for children 0-18 and their families. Consult with teachers and  
administrators re: student behavior challenges. Attend SST and IEP meetings when indicated.  
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.

**LOIS INGBER,**  
**LCSW, CPDLT**  
**Page 2**

**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.

**EXPERIENCE**  
**(Cont.)**

**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.

**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 the elderly through the Long Term Care Demonstration Project.

**PUBLICATIONS**

**Ingber, Lois.** (2011). “Doing To vs. Doing With.” Article in *Theories of Counseling and Therapy*, 2<sup>nd</sup> 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](http://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**

**“Un-charted Waters – Creating Connection the Classroom”** (5/16) *NASAP Conference, MN*)

**“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, Chengdu and Zhuhai, 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. Public and private in the USA and cities in China.

LOIS INGBER,  
LCSW, CPDLT  
Page 3

PROFESSIONAL  
PRESENTATIONS  
(Cont.)

**“Teaching Parenting the Positive Discipline Way”** (*Numerous trainings since March, 2009*). Two-day parent educator training. Public and private trainings: US, Canada.

**“Positive Discipline.”** (*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 Elementary (OUSD), Leonardo daVinci Charter, NUA Sparrow School, Encinitas USD, Kinderhouse Montessori School, Bella Mente Montessori Academy, Mountain View Montessori.

**“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.** *2010-2016*

**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 17, raised with Positive Discipline and the Montessori method.

Interests and activities: neuroscience, music, origami, and well-being.