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PRESIDENT'S MESSAGE



Dear NASAP Family,

The holidays have come and gone and baseball season is on its way. I recall my dad always saying to me around my February birthday, "Jill, you know what's so exciting about your birthdays!? The White Sox are now in spring training!" And indeed they are!

As this budding season is on its way, will you consider springing into an Adlerian activity of some sort? There are great Adlerian movements happening all around you! Perhaps you will consider joining us on April 30th in Columbia, Kentucky for the first Kentucky Tennessee SAP conference! Or you can connect with The Minnesota Adler Graduate School by attending their Adlerian Play Therapy seminar on April 15th. Please check out what your local affiliate is doing. Spring into Adlerian action!

Since the NASAP Newsletter will now be available to non-members, it will be especially important that we are all using this medium as a way to intrigue, excite and enthuse non-member readers. Will you consider publishing a brief summary of what activity you were involved in and why it was meaningful to you? Your experience could be the spark that brings a reader to join NASAP. Please contact Jamie or myself if need any extra encouragement!

In closing, please be sure to vote for NASAP Board members!

Warmly, Jill Duba Sauerheber, Ph.D., LPCC, NASAP President
Phone: 270/996.7396 Email: jillduba.sauerheber@wku.edu

- **NEW TEXTBOOK FROM PEP**
- **POSITIVE DISCIPLINE ASSOCIATION JOB POSTING**
- **AFFILIATE LINKS**

NASAP Newsletter

November/December 2015

Jamie Stone O'Brien,
Editor

Next submission due date is February 1st, 2016.

Please send submissions, questions, and/or comments to
NASAPnews@gmail.com

EXECUTIVE DIRECTOR'S REPORT



The Council of Representatives meeting is over and selections of workshops and presentations for NASAP 2016 in Bloomington, MN is completed. We are winding up details and soon you will see information coming out on our website.

One decision that was made was that we would share our NASAP Newsletter with everyone. We have always had our newsletters on the website but not until a month after

they are published. The COR decided that we should send the newsletter out for all to see when it is still current. So some of you may be receiving this newsletter for the first time. Feel free to forward it to someone you know if you see something you find interesting.

The Nominating Committee has finalized nominations for Vice-President, Secretary and Treasurer of NASAP. These should be announced in another section of this newsletter. We will have more information on the nominees in our January-February Newsletter and also have instruction on voting in that newsletter as well.

Our website has been updated a bit so check it out. It is now mobile friendly so that people using cell phones and tablets can more easily access information. Check out the new look at www.alfredadler.org and try it with your cell phone or tablet as well. The new template won't allow all of the pages to be cell phone or tablet friendly but many of them will be making it easier for you to access the Membership Directory on the go or other information and links from our website.

The newer template adapts when it knows you have a mobile device that is contacting the webpage. Now the webpage appears in larger type on your cell phone or tablet and is easier to read, can be scrolled through to look for information quickly and has mobile-menus that make it much friendlier to use. Here's what it looks like when you first go to the page:

You have a link to log in to the page at the very top right of the page (Member Login). Click on that and you can login and have access to all the member-only sections of the webpage.

Notice the three white lines on the gray bar right above our NASAP logo. If you click on these, you will see a menu drop down which then gives you access to the rest of the website. Wherever you see a plus

sign on the menu, you have more items to look at. Just tap on one of these lines and more menu items appear for you to explore.

You will notice it's much easier to read now from your cell phone or mobile device. You can scroll down and read the entire home page. As you proceed down the page you'll notice that we have a link to our NASAP Bookstore on Amazon. Click on that and you will find books on Adler, Parenting, Therapy and Counseling, and Theory. We try to keep the latest books in our bookstore and if you have written a book that is related to Adler or Adlerian parenting and it's on Amazon, let me know (info@alfredadler.org) and I'll put it in our bookstore for all to see.

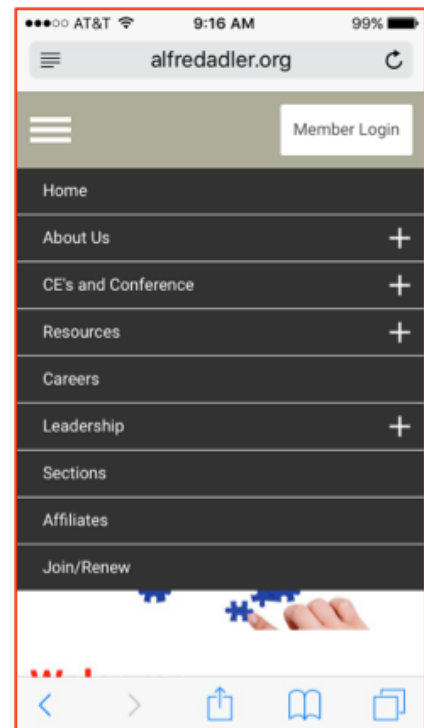
You'll notice at the bottom of the page there is an ad (Our Sponsors) – we have put logos of our Affiliate Organizations in this spot – this is a free benefit to our Affiliate Organizations. Any Affiliate Organization that has a webpage should have an ad on our webpage. As you change pages, the ads change as well. Explore the webpage – it has links to resources, movie links, articles and lots of information.

Last of all, we wish you all a wonderful holiday season – and may you have a wonder-filled New Year!

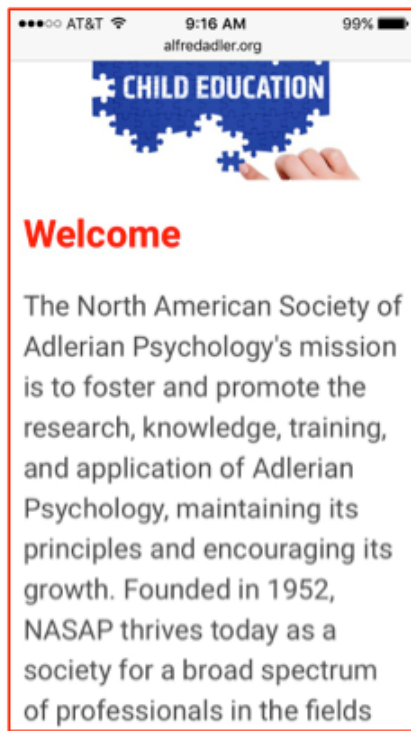
John F. Newbauer, Ed.D., DNASAP



Homepage



Members Only Options



2016 ELECTIONS

Last year we elected our President-Elect, Jim Bitter. In Spring of 2016, we will elect the remainder of our new officers: Vice-President, Secretary, and Treasurer. Below you will find a list of persons (along with the offices for which they will run) who have been nominated by the Council of Representatives.

Vice President: Marina Bluvshstein and Jon Sperry

Secretary: Sarah Hagen and Sterling Travis

Treasurer: Sue Brokaw and Mandy La Guardia

According to the NASAP by-laws, members may also nominate candidates. If you desire to nominate someone, please do the following:

1. Decide which office you would like your nominee to run for.
2. Make sure your nominee is willing to run. Do not nominate someone without asking the person if he or she is willing to serve.
3. Secure at least ten (10) signatures of NASAP members who support your nominee.
4. On or before January 22, 2016, scan and send to rew003@shsu.edu the name of your nominee, the office he or she will run for, and a document containing at least ten (10) signatures of NASAP members who support your nominee.

In the next newsletter, we will have information on each candidate and directions regarding the voting process.

Richard E. Watts, Ph.D., Past-President, Elections Committee Chair

CONFERENCE CORNER



“Calling All Donors to Contribute to the Live Auction”

In early November, I had the delightful opportunity to visit the site of our conference in May 2016. The DoubleTree in Bloomington, MN is such an inviting venue, I think you will love it! The setting will allow us to really experience community since the planners have allotted us our own space where all sessions will

be held. Sessions will be located on two levels that are easily assessable and open in a mall setting. The registration, bookstore and a canteen will be on the first floor mall and allow for much interaction and socialization. Watch for more information early in 2016.

We want to build the excitement of the live auction that will culminate activities at the Saturday night banquet. I ask that anyone wishing to donate to the auction please email me at rmlafo@comast.net so I can feature the gift in an upcoming newsletter. This will allow us to plan in advance for these wonderful opportunities. Please make donations, such as registrations for conferences or institutes, memberships to your affiliate groups, stays at your home or B&B, etc.

I am happy to say that our first donation has come from the International Committee of Adlerian Summer Schools and Institutes (ICASSI). The lucky recipient will receive one week tuition to ICASSI which will be held in beautiful Trenčianske Teplice, Slovakia. This is a value of 460 euros (which is the regular price of one week tuition, or 410 euros which is the early bird value). The dates for ICASSI 2016 are: Week 1 July 24-July 30 and Week 2 July 31-August 6. ICASSI's renowned international faculty members offer a variety of Adlerian courses designed to meet participants' learning needs and interests.

About Trenčianske Teplice:

Trenčianske Teplice is a spa town of four thousand inhabitants. It lies in a valley where the river Teplicka flows at the foot of the Strazovske hills. The tradition of the thermal healing springs attracts more than 25,000 visitors annually. The peaceful surroundings, as well as the many festivals such as the annual International Film Festival, offer an inviting venue. Professional seminars, congresses and conferences have been held in the city for several decades, making it an ideal

location for ICASSI. More information can be accessed at www.icassi.net.



Becky LaFountain, Conference
Planner

A WORD FROM THE CONFERENCE COMMITTEE

Why come to Minnesota?

Why might an Adlerian travel to Minnesota this coming spring – between May 12 and May 14 of 2016 – to attend the next great gathering of the North American Society of Adlerian Psychology (NASAP) and to participate in NASAP 2016? Here are some of the reasons – call them our “Top Ten”. Well, actually, there are thirteen reasons – so call them our “Baker’s Dozen”.

1. The Twin Cities of Minneapolis and St. Paul are an Adlerian hotspot and provide a perfect backdrop for the theme guiding NASAP 2016 – “Born to Connect,”.
2. The artwork paired with this year’s theme, a bridge connecting Minneapolis and St. Paul, symbolizes two very integrated communities that offer a myriad of recreation opportunities outside of our conference. Arrive a day early or depart a day or two after NASAP 2016 ends and enjoy some of the fine arts, theaters, sports, lakes and other natural features of the Twin Cities area.
3. St. Paul, Minnesota’s Capitol City features the Xcel Energy Center, home to the Minnesota Wild hockey team and countless musical artists. Close by are the Science Museum of Minnesota, the Minnesota History Center and the Minnesota Children’s Museum.
4. Presidents and other famous visitors have stayed in The Saint Paul Hotel in the heart of historic downtown St. Paul, home to many fine restaurants, the Ordway Center for the Performing Arts, the Minnesota Music Café and the Fitzgerald Theater – the site of Garrison Keillor’s Prairie Home Companion.

5. St. Paul also offers walks on historic Summit Avenue, where the former home of F. Scott Fitzgerald stands, and the Minnesota Governor's Mansion. The St. Paul Saints baseball team also plays in St. Paul's Lowertown district.

6. Minneapolis is a center for the arts, including the Walker Art Center, the Minneapolis Institute of Arts, the Russian Museum of Art, the famed First Avenue music venue, the Guthrie Theater and other Shakespearean theaters in the round.

7. Minneapolis is also home to the Minnesota Twins, the Minnesota Timberwolves, the world champion Minnesota Lynx basketball team and the Minnesota Vikings, who will open their 2016 season in Minneapolis's brand new U.S. Bank Stadium.

8. Connecting Minneapolis and St. Paul is the University of Minnesota, with its world famous Weisman Art Museum. The Twin Cities are also home to many outstanding, private colleges and universities, including Augsburg College, Macalester College, the Minneapolis College of Art and Design, Bethel University, Concordia University, Hamline University, Saint Mary's University, St. Catherine University and the University of St. Thomas – the site of the International Association of Individual Psychology's 2017 Congress.

9. When you arrive in the Twin Cities, in mid-May, you will be amazed by Minnesota's green landscape and abundance of trees. In addition, as you may know, Minnesota is often referred to as the Land of 10,000 Lakes – which is actually an understatement – and Minneapolis is known as the City of Lakes. The Twin Cities are one of America's most beautiful metropolitan areas – and, in May, not the permafrost riddled tundra that some reports would have you believe.

10. To the west of the Double Tree Bloomington, in Chaska, Minnesota, is Minnesota's Landscape Arboretum, a horticultural site for the University of Minnesota which offers a beautiful, interactive experience with every flower, tree and flora Minnesota has to offer.

11. Speaking of the Double Tree Bloomington, the NASAP 2016 planning team is confident you will be very happy with this year's conference venue. Rooms are both well-appointed and affordable, conference accommodations are both spacious and well-organized and light rail and shuttle services will make your trips to and from the airport, to and from the Adler Graduate School and, if you are interested, to and from the extraordinary Mall of America and other downtown locations very easy and efficient.

12. NASAP 2016 will feature both tried and true components and some new wrinkles. There will be a Social Work track – fitting for a state like Minnesota, with so many Social Workers – an exciting Thursday evening Ansbacher Lecture followed by the traditional Beecher reception, a Friday evening reception at the Adler Graduate School, a Saturday evening poster session followed by our traditional

banquet and, of course, the usual, deep pool of presentations, workshops and demonstrations. In addition, this year's conference will include a variety of unique elements, including morning yoga, an on-site canteen area, convenient areas for networking, a bookstore that will feature author signings, NASAP apparel sales and a community art project.

13. Most importantly, NASAP 2016 will facilitate important connections between Adlerians; a group, once again, that is Born to Connect – and a group that will continue to make connections around the North American continent and the world, overall, especially when inspired by the rich learning opportunities that NASAP gatherings typically provide.

So mark your calendars and save the dates from May 12 through May 14, this coming spring.

See you in Minnesota.

NASAP 2016 Planning Team

CALL FOR CONFERENCE SITES

NASAP is seeking applicants for future conference sites. Please see proposal form below:

ANNUAL CONFERENCE SITE PROPOSAL FORM
(Please type in the information)

NAME: EMAIL:

AFFILIATE ORGANIZATION:

ADDRESS:

CITY: STATE/PROVINCE: POSTAL CODE:

In order to maximize membership accessibility and budget requirements, the traditional rotation for the annual conference has been East, West, North, and Canada, with the South included in either the East or West. These are preferences only and we will consider offers from other regions if none come from the suggested areas. Because of the need to schedule venues well in advance, it is important that NASAP have commitments for annual conference sites several years in advance. Currently we have submissions for 2016 (Minnesota) and 2017 (Vancouver). We are looking now for 2018 and 2019 proposals). The NASAP Conference Planning Committee requires the following information from affiliates interested in hosting a

conference.

Proposed Year:

Conference Location City:

Venue (facility/facilities) of the Conference (Please keep in mind we are looking for low cost housing and facilities if possible to keep our costs down for participants – be creative):

Name of Affiliate Conference Coordinator:

Address:

Email:

Conference Committee Members (Please list at least 3 members who agree to help)

- 1.
- 2.
- 3.

We affirm that the Affiliate members and/or the proposed site can fulfill the following requirements:

- Provide, in consultation with the NASAP office, a local group proposed budget for planning expenses one year prior to the annual conference
- Provide an adequate hotel site with 25000 minimum square feet, 8 – 10 breakout rooms, ballroom, rooms for bookstore, hospitality, Board and COR meetings.
- Conduct regular steering committee meetings during the two years prior to the conference.
- Provide an adequate volunteer* base for the following committees:
 - Registration
 - Bookstore
 - Hospitality/Saturday Night Event
 - Publicity/Marketing
 - Host
 - Silent Auction

*There are usually 30 Volunteer slots that have to be filled over the course of the conference. Professionals who volunteer are expected to register; Students or Nonprofessionals would be able to attend the conference in exchange for their on-site volunteering hours

Ten percent of the net profits from the conference will be shared with the local affiliate as long as the conference reaches its goal of \$30,000

revenue (costs minus expenses). The local affiliate understands that it will work in conjunction with NASAP and its representatives who have the final authority on conference planning and implementation.

Affiliate Conference Coordinator

SECTION CONTRIBUTION: FAMILY EDUCATION

The membership of the Family Education Section crosses a broad spectrum, including both professionals and nonprofessionals.

We support the purpose of our Section in a number of ways:

1) By creating a forum and network for exchanging ideas, materials and resources related to Adlerian Family Education and to reduce isolation and discouragement among individuals and small groups who do not have access to on-going community support:

- Our newsletter, FAMILY!, is distributed two to three times a year to Section members. It features members' activities, a "Dear Addy" advice column, upcoming events, an occasional article on the "Business of Family Education" and tips and strategies meant to improve members' skills and knowledge base. Online, you can read back issues at the NASAP website, but the current online issue is available to paid members only.

- This year we updated and replaced our Yahoo listserv with a new e-list on NASAP's membersclick website. We hope that you have found this easier to navigate. Our e-list keeps our Section connected: Need a good book recommendation for a client? Looking for a new experiential activity to drive home a point in your presentation? Want a handout that reinforces the material you are using? Needing to clarify how to present information on . . . (e.g. teen brain development)? Wondering if there is a parenting group in a certain location? Are you looking for support in the field of family education? Would you like to connect with others who share similar interests? Are you able to offer support and / or share your knowledge, experience, and wisdom? Do you want to reach out to others across the world, who are interested in family education?

These are all ways you can get involved with our listserv!

- Members are invited to present at the annual NASAP conference. Attending members receive educational enrichment by being present at these sessions and, as a double bonus, they can also get CEUs.

- Networking. Our membership works very collaboratively and openly to help one another grow personally and professionally. Sharing of resources, making introductions, helping people with similar challenges is what we are about!

2) Encouraging the development of increasingly effective methods for

the research, collection and dissemination of information related to Family Education.

3) Supporting and highlighting the work already in existence in Family Education:

- We have a number of authors in our midst
- We have many innovative family educators who are using YouTube, Facebook, Webinars and Twitter to connect with parents
- Websites full of information and attractive ways to entice parents to take part
- Some of our family educators are expanding into parent coaching and parent “boot camps”

Why not join the Family Education Section and see what we are all about?

For more information, please feel free to contact our governance team:

Co-Chair: Beverley Cathcart-Ross beverley@parentingnetwork.ca

Co-Chair: Rob Guttenberg robjob2@verizon.net

Secretary/Treasurer: Doone Estey doone@parentingnetwork.ca

FAMILY! Newsletter Editor Bryna Gamson: ParentEd@comcast.net

MEMBERSHIP INITIATIVE

Ambassadors Needed

I am writing to you to tell you about a new initiative that is aimed at bringing new members to join the North American Society of Adlerian Psychology. At a recent meeting of the NASAP Council of Representatives (COR) held in Fort Wayne, Indiana I had the opportunity to participate in a discussion about how NASAP will continue to grow and expand its membership base.

One of the strategies coming out of this discussion was to contact current NASAP members who were currently traveling around the country, presenting workshops and presentations that expose others to the Adlerian model. We are seeking to establish a cadre of ambassadors who will agree to pass out postcards or bookmarks describing Adler's Individual Psychology and the work of the North American Society of Adlerian Psychology (NASAP), along with information on how to join as a member.

If you are interested in supporting this effort, please contact me at robjob2@verizon.net to let me know your schedule of presentations, your mailing address, and the number of postcards/bookmarks that you would like to distribute at your programs.

I appreciate your willingness to participate in this important effort to increase public awareness about the principles and practices of Adlerian psychology throughout North America. This act of social interest can certainly impact the well-being of a great number of individuals.

Thank you for your time and efforts,

Rob Guttenberg,
acting on behalf of the NASAP Council of Representatives

GRANT MONIES ARE AVAILABLE FROM NASAP

NASAP members have been generous in their donations to our various funds and as a result of these donations and prudent investments, we now have funds to use for grants to contribute and expand Adlerian ideas and research.

I just sent out a Request for Proposals for Clonick Estate Publication Grants to all members of NASAP. The Clonick Publications Grant was established in 1989 by the estate of Seymour E. Clonick as a “publications fund.” The grant is intended to be a self-perpetuating fund for the promotion of Adlerian materials. The fund is not intended to serve as an award or subsidy for authors. Some Adlerian scholarly materials have limited publication scope, but great relevance to the enhancement of Adlerian theory and practice. This material may be difficult to publish due to the lack of market and profit margin. The Clonick publications grant will be used to primarily cover the publication or digitalization costs of such materials. The grant money is to be used for the printing, digitalization, advertising and distribution of materials.

In addition to the Clonick Estate Publication Grants, we also have some monies available to assist Affiliate Organizations in their growth and development. New and growing Affiliate Organizations may submit proposals to NASAP for up to \$750 to help finance programs and projects that are both educational in nature and designed to expand their affiliate membership. Some examples might include paying travel expenses for a NASAP member to speak at an Affiliate sponsored event, covering routine costs necessary to conduct an Affiliate event such as rental of a facility, printing of brochures and so on. Paying travel expenses for a board member or the Executive Director to meet with prospective Affiliate members to offer them assistance in beginning an Affiliate Organization or even giving assistance to an Affiliate Organization to make it possible to send an Affiliate Representative to our fall COR meeting (this last one can only be applied for once every 3 years).

A few years ago the Oscar Christensen Fund was started to raise

money for research on family education and/or scholarships for family educators to attend the NASAP conference. We now have enough money in that fund to begin considering small grants and scholarships as well. How exactly this will be handled this first year will be decided in the near future by the Family Education Section leadership.

John F. Newbauer

WHEN PARENTS DISAGREE ABOUT RAISING THEIR CHILDREN

Seven-year-old Amanda pensively chews on a lock of her hair, absorbed by her parents' rising voices. Meanwhile, her 5-year-old brother stares deeply into his bowl, using his spoon to whip the cornflakes into a mushy blur.

"You can't just toast her another waffle when she doesn't like the first one you made! You have to be firm, or she'll walk all over you!"

"But the pediatrician said her weight is on the low side. We're supposed to get her to eat. If you really cared about this you wouldn't criticize me, you'd help me!"

"The point is that you just can't set limits! You're like a jellyfish. It's no wonder she's so picky and skinny. I had to eat whatever I was served when I was a kid, and she can too."

"I grew up with parents like you, and I'm not going to bully my kids the way they did. I care about our kids' feelings, even if you don't. So get out of my way and let me finish giving them breakfast!"

No two parents think exactly alike, and arguments are bound to happen. Both parents in the story above love their children and want to do what's right for them. Yet, their honest disagreements are tarnished by contempt, personal attacks and an inability to hear each other. Perhaps this is how their parents argued when they were children. Even if we don't want to, we often end up repeating the mistakes we learned from our families when we were growing up.

What do you imagine Amanda and her little brother will learn from their parents' argument today? Will they learn how people who love each other can have heated disagreements that lead to hurt and anger? Or, will they learn that disagreements can be passionate and intense, but still be handled with mutual respect and a sincere desire to work together to solve family problems?

Parents who choose to change their most bitter arguments into productive discussions often make a conscious decision to do this for their children, not just themselves. These changes can have real and lasting benefits for everyone in the family, as well as for the relationship between the parents.

Here are some suggestions for how to have healthy disagreements between you and your partner:

- Pick a better time to talk. Disagreements usually become more intense when they are dealt with under pressure. Few things get worse, and many things get better, when you postpone the conversation to a more relaxed and calm time. "Look, this isn't the time to have this conversation. We're feeling rushed because we need to finish breakfast and get ready for the day. I can talk about this later tonight or we can make time to talk about it this weekend-you choose."
- Use "I-statements" to express your thoughts and ideas. "You-statements" about what you think the other person is doing wrong will invariably sound accusatory and can put your partner on the defensive. "I think it's a bad idea to give Amanda too many choices about what she can eat. We're teaching her that she can make endless demands that way." "Well, I think the important thing is she needs to eat something. The first waffle was burnt on the corner and she is very sensitive to the way things taste. I don't think making her eat a burnt waffle is going to teach her anything, either."
- Point the finger at the problem, not the person. Then explore possible solutions to the problem. "So the problem, as I see it, is 'not giving the kids too many choices, so that they don't become too picky and hard to please.' Is that something you can agree with?" "I think you're right. Giving the kids too many choices isn't good. Maybe we can offer two or three choices about what to have for breakfast, and no more than that."
- Ask your partner first if he wants help dealing with a child's misbehavior. "Amanda, I'm telling you again, you have to sit up in your chair! Your hair keeps getting in the syrup." "Do you need any help? Do you want me to say something to her?" "No, I've got it, thanks."
- Let your children see that you respect each other and back each other up. "What if Amanda doesn't like the choices I give her? What if she goes to you with her 'puppy dog eyes' and says she's hungry? Will you go offer her more choices?" "No! That's not right. It'll be hard, but I'll stay out of it. I'll back you up, and I want you to back me up, too." Every family disagreement is a learning experience for children and for parents as well. Even parents' disagreements have useful lessons to teach, if we handle them well.

Take Away Points

- Choose calmer, less pressured times to talk about your disagreements. Discussions often escalate into arguments in the heat of the moment.
- Use "I-statements" to share your point of view, not "You-statements" that often sound like personal attacks.

- Point the finger at the problem and focus on solutions to that problem.
- Ask your partner first before jumping into the situation between your partner and the child.
- Back each other up in dealing with your children. If you have questions or complaints about how your partner handled the situation, have that conversation later.

Emory Luce Baldwin, LCMFT

Emory Luce Baldwin is a family therapist and certified parent educator with the Parent Encouragement Program (PEP) and co-author of the book: Raising Children with Courage and Uncommon Sense. This article first appeared in Washington Parent Magazine in the February 2015 issue.

LESSONS TO BE LEARNED

I believe that it was my favorite theorist, Dr. Alfred Adler, who once said, “Sometimes the worst thing you can be is right.” I share this quotation with you in light of yet another tragic and avoidable loss, the loss of a young child’s life because adults were determined to have the last say in yet another senseless incident of road rage.

Why does it so often come down to having the last word or being seen to win? Even as we learn life’s best lessons - that it is the journey, not the end - that it is the participation, not the final score – of what is important, we are all still human and as such, we are all vulnerable to wanting to be the one in control.

As our children play, but begin to squabble or have frustrations sharing toys or activities, they look to us for guidance, for wisdom, and for us to teach them how to resolve minor disagreements. As adults, we are too often confounded by their inability to resolve such silly little hurts. And yet look at us...who out of all of us as grown ups have not grown impatient waiting in a line? How many of us have made a move rather than communicate with calm words? How many of us have sneaked up and sneaked in, convinced ourselves that the risk is justified by our right to get a little further ahead? So let’s take a moment to ponder our own impulsivity, take a moment to breath, to count to ten, to let the hurt go...

It’s easy to rush to the judgment of others. The reality is that’s not our call. Let’s consider our own behaviors and attitude at any given time of day or night and think about what we can do differently to heal, to help, or to avoid a situation, rather than to have power over it. And let’s encourage our children to use their words in a normal voice, not their fists or their bodies to help them solve disagreements. And let’s remind them by setting better examples of how to behave wherever

we are and whenever we can.

Ginny Sutherland Sanchez, MA, LMHC
Licensed Professional School Counselor, Eubank Academy of Fine Arts

WELLNESS FOR LIFE: END OF YEAR, NEW APPROACH



With the comings and goings at this time of year, I thought I'd approach this writing from a different perspective or angle.

Hopefully this will be accomplished as the closing words - warm fuzzies - catch your eyes and, for all intents and purposes, as you experience them.

As I started to say, this time of year, a number of us are met with the additional challenges brought upon by the stresses of the holidays, like the cold weather constantly biting at us - being a nagging reminder of that year end whatever of being due. And let's not forget those insightful germs intelligently knowing this is the time to ambush your body ↘ bringing you down ↘, down ↘, down ↘. Your inner voice is most likely saying, "Who needs this?"

So, what I'm about to share will in a sense, 'cheerleader you through' by imparting what might be referred to as 'special wisdom', as you face whatever the challenge may be before you. It's a time we all could use a life preserver.

Among the less recognizable year end events is one in November, November 2nd to be exact. This likely unknown event is listed as Look For Circles Day. (origin unknown) Here, as the title indicates, one goes in search of circles. The reality of it is that they are everywhere!

It could be said that it is like a dog chasing its tail. You go round and round. You may not get anywhere, however, if you swam in circles in a pool, but it could translate as keeping the body moving as a form of exercise. This, in turn, could give a person a happy feeling.

Another one of these events falls on December 30, known as 'National Bicarbonate of Soda Day'. Many of us are aware that bicarbonate soda has a number of helpful uses. If you are not aware, it can come to your aid during those holiday meals as you demonstrate good manners to your host, by eating that exotic / family dish of _____ so as not to offend, results in indigestion, heartburn or even flatulence. To the rescue → one healthy dose of "B S" - bicarbonate of soda!

Though there are more of these humorous and informative events,

we'll save them for another time.

Let's not forget those titillating, nostalgic, calming or soothing scents like cinnamon, cocoa, peppermint, cloves, oranges, vanilla, eucalyptus, cedar and pine at this time of year. They just seem to transport us back to a time reminiscent of grandma's/mom's kitchen and the biting smells of all outdoors while being warm and snuggly indoors.

What do you know! There are scientific reasons behind those wonderful sensational scents which have a positive effect on your body, including the mentioning of, believe it or not, your brain.

How so, you ask? For most of you, beginning in the kitchen would be your first choice of focus - the stomach over the head. We'll create our own recipe of a sense. Starting with chocolate, or I should say cocoa, which is the basis of chocolate. We have been hearing more about chocolate over the last few years noting that it may corner age-related memory loss by keeping it at bay and increase your memory power. (research Yale University) Besides, a good whiff or two followed by a few bites, may also assist in the prevention of heart disease and the reduction of inflammation. (Scientific American March 2014)

Now a bit of cinnamon could possibly increase your attention while the pinch of peppermint is sharpening the mind according to researchers at Wheeling Jesuit University.

Sprinkle in vanilla to stimulate happiness and relaxation - improving overall moods while lowering those pesky feelings of depression and stress according to Chemical Senses Journals.

Adding to your warm and snuggly home is that crisp scent of a forest from pine or cedar. According to Kyoto University, those whiffs of pine, like vanilla, is noted to improve moods and lower negative feelings associated with depression. Their lingering scents offer protective energies in the house.

As for eucalyptus, its oil is recognized for treating common cold symptoms.

There you have it, body- and brain-wise.

At this point reading this column, you can take it with either a grain or pinch of salt. That's your choice. However, whether you choose to focus on the little known recognized facts or humor or both, is up to you.

It could be said that humor is the best antidote for what ails us. The idea is to keep it handy and readily available for use.

For now, I'll dispense with the philosophy and let nature take its course. Until next time, stay well and hydrated. On that note I'll bid you - HEALTHY & HAPPY HOLIDAYS. Warm Fuzzies 😊

AGS: NEW CERTIFICATE PROGRAM

Dear NASAP Members:

The Career Coaching/Counseling Certificate Program at Adler Graduate School is now on-line, and we are currently taking applications for the next sequence. It is only offered once a year... so if you have thought of adding career coaching/counseling as a specialty area, now is the time!

Why Career Coaching/Counseling?

- Because one's career is an integral element of identity, lifestyle, and well-being!
- Because more time is spent by Americans in work or work-related activities than in any other category
- Because 25% of employees say that their job is the number one stressor in their life
- Because problems at work are more strongly associated with health complaints than any other life stressor - more so than financial or family problems
- Because the rapidly-changing economy is prompting individuals to change jobs and careers more than ever. They need assistance with the process of reinventing themselves, managing transitions, and finding new opportunities.
- Because having the knowledge, tools, and strategies to assist individuals with a myriad of career issues is an asset, especially for those in the helping professions.

Program Overview

Career plays a significant role in the identity, lifestyle, and sense of well-being for most individuals. In our dynamic employment market, individuals are changing jobs and careers more frequently than ever. They need cutting-edge tools to aid with the process of reinventing themselves and making smooth transitions to new ventures. Many seek the assistance of a career counselor or coach to help them navigate the process.

Adler Graduate School's Career Coaching/Counseling Certificate program takes a holistic Adlerian approach, training students to help clients take ownership of their careers, market themselves effectively for new opportunities, manage transitions, and maximize career fulfillment – at every stage of life! The curriculum is designed around the core competencies established by the National Career Development Association (NCDA) and the International Coach Federation (ICF):

- 562 – Foundations of Career Development (3 credits) (Offered 4

times a year at Adler Graduate School. Those who have completed an equivalent foundational career development class at the Master's level may have this course waived)

- 563 – Beginning Career Counseling & Coaching Techniques: Enhancing Self-Awareness & Navigating Transitions (3 credits) – Offered Winter II
- 564 – Facilitating Career Success: Navigating the Job Market (3 credits) – Offered Spring I
- 565 – Strengthening Career Counseling & Coaching Competence: Practice, Specialization & Resilience (3 credits) – Offered Spring II
- 968 – Internship (2 credits; 200 hours)
- Oral exam – Presentation of professional portfolio upon completion of course requirements

Adler Graduate School also offers opportunities to pair the certificate with a Master's degree in General Studies, Adlerian Studies Online, or any of the licensure tracks.

AGS alumni receive a 20% discount for the program.

Questions?

Contact Carmen Croonquist, Director of Career Coaching/Counseling at (612)767-7060 or carmen.croonquist@alfredadler.edu

AGS: CEU COURSES

Classes now forming at CEU Partners for \$99 per course

<http://www.ceupartners.org>

New and innovative courses taught by some of the best instructors in the mental health field.

Location is:

Adler Graduate School
1550 East 78th Street
Richfield, MN 55423

We offer approved CEUs for the following Boards:

BOSW
BMFT
BBHT-LPC/LPCC

Register Link below:

<http://www.eventbrite.com/o/ceu-partners-7702926667>

AGS: UPCOMING EVENTS

Spring will be a busy time at the Adler Graduate School, MN.

On February 12th-13th, the AGS Student Association, Alumni Association, and the Adlerian Research Center will hold a traditional Adlerian Masters Weekend. We will use this occasion to also celebrating two February birthdays (Adler's and Dreikurs'). In late March, the AGS Research Center will inaugurate a web landing page that will lead public to finding aids for the four rich collections: Harold H. Mosak Adlerian Mastery Lab Collection; Cafe Central (the AAINY collection and Margot Adler's collection); and Mim and William Pew Collection. On April 15th, the CEU Partners will welcome Adlerian Play Therapy Seminar with Susan Dannen. Spring is also a time for a several one credit courses that are a part of the Adlerian Studies Certificate. The Spring (April - June) offering consists of "Holistic Assessment and Metaphor Therapy", "Individual Psychological approaches to holistic treatment", "Adlerian approaches to workplace relations", "Socratic questioning in psychotherapy and counseling", "Individual Psychological approaches to violence", and "Creating and assessing alliance in Individual Psychology." During the last weekend of April, the AGS will host a second intensive weekend in Lifestyle Analysis as a part of a redesigned hybrid course "Advanced Counseling Skills". A true highlight of all the exciting Spring 2016 activities is the NASAP annual conference on May 12th - 15th.

Marina Bluvshstein, PhD LP; MA LMFT
Adler Graduate School, MN Affiliate Representative
marina.bluvshstein@alfredadler.edu
612-767-7051

NEW TEXTBOOK FROM PEP

Parenting with Courage and UNcommon Sense

The Parent Encouragement Program's newest textbook, Parenting with Courage and UNcommon Sense, has been described by one long-distance learner as "the next best thing to being able to take the actual PEP I parenting class!"

Co-authored by PEP's founder, Linda Jessup, and Emory Luce Baldwin, a veteran PEP leader and family therapist, this new text provides a strong foundation for all of the courses taught at PEP. Building on the invaluable concepts of Dr. Rudolph Dreikurs' 1964 classic, Children the Challenge, these authors marry Dreikurs' solid Adlerian principles of childrearing and democratic living with the practical parenting skills needed to continue to implement these concepts in today's quite different world.

In an unusual twist for a textbook, an episode from the story of the semi-fictional Naylor family begins and ends each chapter. The plot? Parents, Bill and Amanda, work hard to improve their family life, but often find themselves in conflict with each other and with their three children refusing to cooperate. In a desperate effort to “get on the same page,” Amanda and Bill enroll in a PEP-type parenting class, and a whole new family adventure begins.

As in life, unexpected challenges arise. A serious car accident badly injures Bill and traumatizes Ben, age 8. Danielle, Bill’s 12-year-old daughter from a former marriage, feeling unfairly treated, sneaks out to be with her friends. Ben proudly buys a tee shirt with a vulgar message printed on it at a yard sale. And Tricia, age 4, shocks them all by destroying Ben’s science project.

In addition to the Naylor’s story, each chapter is peppered with other examples of adults and children in true-to-life situations, illustrating such concepts as parenting styles, personality development and the mistaken goals of misbehavior. You’ll find guidelines for three kinds of encouragement, develop skills for more effective communication, and find new opportunities to ignite cooperation. You’ll discover how to set and uphold better limits and reduce family conflict and stress through jointly set agreements. You’ll see how training children in important work can spark the desire to contribute these new skills to family and community life. With this wealth of information, you’ll especially appreciate each chapter’s summary of Takeaway Points. Beyond more nurturing relationships, communicating regularly and effectively, and creating order, however, perhaps the greatest strength of Parenting with Courage and UNcommon Sense is its consistent emphasis on the all-important development of “social interest” in every family member. Social interest is the secret ingredient that gives this book the potential to truly transform both relationships within the family, and the family’s relationship to the larger world.

POSITIVE DISCIPLINE ASSOCIATION JOB POSTING

The growth of the Positive Discipline Association has created a need for a Professional Development Program Coordinator. If you have the skills to apply for this job or know of someone who would be qualified, please contact us at info@positivediscipline.org. It is important that applicants have an understanding of Adlerian Psychology and Positive Discipline. Applicants should reside in the US as the Positive Discipline Association is a US non-profit.

Job Posting:

The Positive Discipline Association is seeking to hire a Professional Development Program Coordinator. Successful candidates should be highly motivated and bring related professional experience coupled

with strong customer service skills.

- Background in Communications and/or Social Sciences
- Understanding of Positive Discipline or willingness to learn through training
- Computer skills: Excel, data base entry, website
- Non-Profit experience preferred
- Positive Discipline and Adlerian training experience preferred

If you are team-oriented, open to continuous learning and enhancement of skills, as well as possess a strong and committed work ethic, then please apply by sending a cover letter, resume/vita and three references to info@positivediscipline.org.

The Positive Discipline Association is an Equal Opportunity Employer and does not discriminate against applicants due to race, ethnicity, gender, veteran status, or on the basis of disability or any other federal, state or local protected class.

Salary and benefits will be commensurate with education and professional experience.

Professional Development Program Coordinator:

The Professional Development Program Coordinator is responsible for managing the training programs and conferences offered by the Positive Discipline Association. Supporting the Positive Discipline Association members as well as those seeking training through the Positive Discipline Association is an important objective. Answering questions and providing support to members is a crucial component of the work. Overseeing the day-to-day operations and documentation of programs is fundamental.

* Manage Core Workshop Registrations

- Process refunds
- Invoice School Districts
- Promote workshops
- Finalize Rosters and Manage Facilitator payment.
- Invoice for Certifications
- Manage Continuing Education Documentation and issue CE Certificates.
- Provide support to Trainers offering 2 day Core Workshops Conference and Think Tank
- Manage registrations
- Promote Conference
- Organize Audio Visual needs
- Name Tags, Handouts, Etc.
- Food and Beverage
- Promotional Materials

Customer Service

- Answer Phones during business hours
- Reply to emails
- Refer Trainers
- Send Email Announcements

Membership

- Provide quality customer service to membership
- Resolve membership issues
- Update membership records
- Send welcome emails
- Email Announcements
- Manage, and initiate membership benefits
- Work with Global Partners

Website

- Update and maintain website pages.
- Post Blogs
- Update Activities
- Speakers Bureau

AFFILIATE LINKS

Mid Atlantic Adlerian Psychology Society
(MAPS): <https://www.mapsadler.org>

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