



# FAMILY!

A Publication of the NASAP Family Education Section

Winter 2016

## Conference Preview

### Help Parents Jumpstart Their Family Council Meetings

(Or: How to Turn What Have Become 'Family Beatings' into Family Meetings)

by Patricia Cancellier and Paige Trevor

The Family Council Meeting is a cornerstone of Adlerian based parenting and the democratic family. It is an invaluable tool that fosters belonging in a useful way for everyone in the family. It also provides the training children need for life in a democratic society: problem framing; problem solving techniques; how to negotiate; empathy; responsibility; sharing and cooperation; and an opportunity to experience mutual respect and social equality.

[continues on page 4](#)

### Dealing with Twins' Competition Dear Addy...

Guest author is Amy McCreedy

Dear Addy,  
We've been blessed with healthy twins, but boy, do they ever compete for our attention. How can we help them to get along better?  
—Concerned

Dear Concerned,  
Twins... double the love, the fun, and the joy! But sometimes twins can be double the trouble – or at least that's how it feels when sibling competition kicks into high gear and you're trying to manage the chaos in "stereo." And it's not just twins. Parents with siblings close in age can experience the same frustration. So what can you do to help keep the peace and

[continues on page 3](#)

## A Look Ahead to NASAP'16

As is our custom, we are pleased to feature articles in this issue and the next one that highlight some very enticing topics to be presented at the next conference. Presenters generously share their insights in advance of meeting in Minnesota in May 12-15. The theme is *Born to Connect*.

Many presentations on the first full day of the conference, Friday, May 13, will feature intriguing enrichment opportunities. Veteran member-leaders will be presenting that day.

### Friday Conference Presentations of Special Interest

*Help Parents Jumpstart Their Family Council Meetings* by Patricia Cancellier (a past Family Education Section/FES Co-Chair) and Paige Trevor from Parent Encouragement Program/PEP in the DC/Maryland area.

*Parents As Leaders – Bringing Business Concepts to Parenting* by Doone Estey, our current Secretary-Treasurer, from Parenting Network in Toronto.

Another highlight takes place at the Friday Family Education Section meeting: a dynamic exploration by Alyson Schafer (also a past FES Co-Chair) on *Helping Your Child Master Failure: The New Formula for Success*.

### Parent Track Saturday

The full list of programs on Friday and in the Saturday special "Parent Track" were selected from a field of proposals by our FES leadership. Attendees can be certain to find fresh takes on traditional Adlerian family education, and some new and intriguing ideas to take home with you. Here's a

[continues on page 3](#)



### Member Memo

Is our Memberclicks e-list serving you?

*Make your voice heard - share triumphs, strategies and post problems - use your membership perk of the listserv!*

*Make plans now to attend the May conference. There is so much for our Section to love!*

## Also in this issue

**Your Co-Chairs Report..... Page 2**

*Also, Adlerian Wisdom, how to reach us*

**Members Publish Resource Book ..... Page 4**

*PEP's text brings Adlerian parenting to life*

**Membership Matters..... Page 8**

*Nominate a new Secretary-Treasurer*

## FE Section Co-Chairs Report...



Beverley Cathcart-Ross Rob Guttenberg

Dear Family Ed Section Members,

NASAP 2016 will be blooming in Bloomington, Minnesota before you know it! Register for the conference now, and don't forget to make your hotel reservations early. There will be plenty of exciting and informative conference workshops on a variety of

Family Education topics. This issue of *FAMILY!* highlights many of them. If you don't have a printed copy of the flyer, just go to <http://alfredadler.org/annual-conference> for all the information, as well as online enrollment.

### TAPTalk

There is a TAPTalk scheduled for March 24th at 9:00 PM (EST) that might be of interest to many of you. Dr. John Taylor will be sharing his guide for using *Adlerian Experiential Demonstrations and Exercises*.

Dr. Taylor will outline some of the advantages and best uses of non-lecture instruction when conducting classes, trainings, individual or family counseling, or other events involving interpersonal and family-related topics. He will discuss how to encourage active participation by those who are present as well as maximize the learning that takes place. He will also describe some basic experiential activities that provide powerful and convincing demonstrations of key Adlerian principles.

This is a special opportunity to "tap" into enrichment online, open to all to listen live; fees for CEs are \$5 for members, \$10 for non-members. However, only NASAP members can download past event files and potentially receive CE credits for participating. If you receive this newsletter after the TAPTalk, and for more information contact: Jon Sperry <[jonsperry@hotmail.com](mailto:jonsperry@hotmail.com)> or Korey Watkins <[Kwatkins2@gmail.com](mailto:Kwatkins2@gmail.com)>.

### NEW Promotion Idea

Family Ed is pleased to launch a new initiative to spread Adlerian ideas throughout the U.S. and Canada. With the permission of Amy Lew and Betty Lou Bettner, 1,000 attractive full color "Crucial C's" postcards and refrigerator magnets have been produced for dissemination at conferences, parenting workshops, child care centers, and at venues where there is the possibility of drawing in new members to NASAP. Amy and Betty Lou have demonstrated their social interest with this gift. (See it on page 5!)

If you are someone who presents in the community to Adlerian and/or non-Adlerian groups, and would like to participate in this promotion, please contact Rob Guttenberg.

### Election time!

We are looking for a new Secretary-Treasurer for the Family Ed Section team. Doone Estey has served us all well for 3 years and it is time for her to step down. If you want to get more involved in your Adlerian community, here is your chance! Please get in touch with either Beverley or myself.

Your Co-Chairs,

Rob Guttenberg along with Beverley Cathcart-Ross ■

## Adlerian Wisdom

- Encouragement is non-judgmental (that means avoiding words like good, great, super, and, instead, using words that describe what you see: persistent, fair, focused, helpful, excited).

- Encouragement is honest and heartfelt and in the moment (not offered to manipulate or change behavior). (p.171)

-- excerpted from **Raising Great Parents** by Doone Estey, Beverley Cathcart-Ross and Martin Nash, M.D.

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<<http://bpsbooks.com>>

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*Dear Addy...continued from page 1*

nurture the amazing relationship between your twins or close in age kids?

### Try these 3 simple strategies to keep sibling competition at bay...

- Fill their 'attention buckets' separately. Kids want and need our individualized time and attention. However, all too often with twins or siblings close in age, attention is given as a unit rather than one-on-one, and that creates competition.

All kids want to find their very own spot in your heart and in your family's dynamic that is exclusively theirs. To give kids the emotional connection they crave and a secure sense of belonging in your family, be sure to spend individualized time with each child on a daily basis.

It may take a little re-balancing of your routine, but it's so worth it. If you have a parenting partner, "divide and conquer" so you can both spend quality time with each kid one-on-one. If that's not possible, engage one child in a solo activity (reading a book, homework, even a video game as a last resort) while you spend 15 minutes or so with his or her sibling, and then switch. Your kids will love that time with you that's all about them!

When you begin the individual "special time," your kids may want to encroach on each other's time out of curiosity, sheer habit, or the fact that they don't want their sibling to have "alone" time with you. (That sibling jealousy is the precise reason your one-on-one time is so essential!) Fortunately, with a little training and patience, they'll come to love and appreciate the "just me" time with you and it will help keep some of that competitive spirit at bay.

- Avoid labels. Our society seems fixated on giving every-

one a label. Old, young, tough, shy, successful, etc. Twins are no exception. While twins share many things in common, they are often labeled by their differentiators. "The Quiet One." "The Funny One." "The Spirited One." Those labels might seem harmless but being compared to others, even the person closest to you or the one that looks like you – can be an ego blow and a fire starter for a feud.

Even good labels like smart, brainy, or talented are hard titles to live up to. What's more, a positive label for one child automatically implies the other holds the opposite label. (If you're the "studious one" – I must be the "slacker.") It's best to leave the labels out of your conversations and gently remind others to do the same. Every kid has attributes that make them unique and special – focus on nurturing the whole of what makes your kids amazing rather than the one feature that creates comparison.

- Unique vs. Unit. It's easy to treat twins or siblings close in age as a unit and it's certainly more time effective. We feed them together. Dress them alike. Make them learn the same instrument or play the same sport. But the package mentality is not always what's best for them. As you spend daily one-on-one time with your kids you'll see their unique talents and contributions more and more clearly. Encourage and nurture their individual interests. Help your children recognize the differences in each other and celebrate them.

Of course, your kids (and you) will always treasure the wonderful bond between them – but we can make room for some individuality to shine as well. What happens when you do? Everyone flourishes and your family can celebrate all the special things that make it unique – both individually and as a unit.

*Parent Track Topics...cont from page 1*  
list of the Saturday group:

*3 Key Concepts for Raising Children with Good Mental and Emotional Health* with Beverley Cathcart-Ross and Martin Nash

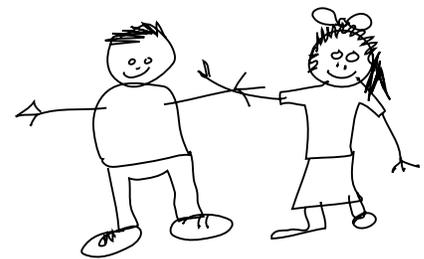
*Positive Discipline Parenting Tools* with Jane Nelsen and Kelly Gfroerer

*Make Adlerian Concepts Come to Life in Your Community with a Can-Do Kids' Fair* with Linda Jessup and Marjie Longshore

*Making Connections: Supports for Parents of Children with Severe Disabilities* with Hayley Hoesch and Timothy Hartshorne

And do not miss this classic event on Saturday:

Betty Lou Bettner conducting an *Open Forum Demonstration.* ■



Enjoy your precious people!

–Addy ■

Guest author is Amy McCreedy, a Certified Positive Discipline educator. She is the founder of **Positive Parenting Solutions** and the best selling author of **The "Me, Me, Me" Epidemic and If I Have to Tell You One More Time...** Based in Raleigh, NC, Amy is a TODAY Show contributor and has been featured on CBS This Morning, CNN, Fox & Friends, MSNBC, Rachael Ray, Steve Harvey & others. In her most important role, she is "the proud mom of two amazing young men."  
Email: <[amy@positiveparentingsolutions.com](mailto:amy@positiveparentingsolutions.com)>, website <<http://www.positiveparentingsolutions.com>>

### Highlighting A Recent Publication

## Parenting with Courage and UNcommon Sense

*Introducing a textbook from FES members Linda Jessup and Emory Luce Baldwin, released in 2014. This summary is from the publisher, Parent Encouragement Program/PEP.*

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. Rudolf 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. 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 join 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 seasoned 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 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. ■

*Linda Jessup founded PEP in 1982, and has served in many roles as an inspirational leader in the Adlerian community and NASAP. She served as FES Co-Chair, followed by service as Membership Director on the COR board of NASAP. Emory Luce Baldwin, a parent educator, family therapist, speaker and writer has been affiliated with PEP for many years.*

*Family Meetings...cont from page 1*

ty. In other words, it is jam-packed with good things. The question is: why do so many Adlerian trained families resist, refuse or give up on running their own Family Council Meetings?

The purpose of our presentation is to work together with other family educators to make Family Council Meetings more accessible, useful and possible for the families we teach. We will share strategies that have worked with our parents at the Parent Encouragement Program and we hope the participants in the session will share their tips as well. We will also discuss some of the standard pitfalls that parents experience—overloading the meetings with parent generated problems; making decisions by majority rule and not by consensus; trying to control what children share at the meetings; failing to stick to the time limit; and feeling that everyone must attend. We will present ways for children, and particularly teenagers, to see the Family Council Meeting as a useful tool for them. Finally, we will demonstrate, using volunteers from the audience, the problem solving process, while at the same time showing how to deal with some of the frustrating mistaken goal based behaviors that crop up in Family Meetings.

A twelve year old said it better than we can, "Family meetings have helped me and my brother so much. We really feel part of a team and enjoy being together.... Family meetings have helped all of us feel like we are important."\* ■

\*Personal communication from Louisa Thompson-Longshore

*Join Patti and Paige at NASAP'16 as they reveal some of PEP's winning ways. Patti is a past Co-Chair of our Section, and PEP's Education Director as well as PEP Certified Parent Educator. Paige is a PEP Certified Parent Educator with a personal organizing business, Balancing Act, in Maryland. <<http://PEPparent.org>>*

## Membership Matters

### Secretary-Treasurer Position Opening in May

As Rob reminded us in his Co-Chair message, Doone Estey will complete her term as Secretary-Treasurer at the Minnesota conference, so here is an opportunity for someone new to contribute, and grow their own résumé. The position is open to any FES member, Canadian or American.

Let us hear from you! Use the form on the back page.

### News from Members

Adlerian psychologist and PD trainer Mary Jamin Maguire writes, "I want to let you know about a fantastic opportunity to learn from one of the masters at a preview of our conference! Lynn Lott is a popular and distinguished Adlerian therapist/author/trainer. She'll work with therapists/coaches/teachers and trainers who want to add skills as an Encouragement Consultant to their professional résumé. Her training is also life changing for people who would like to improve adult relationships and/or heal their inner child using a combination of Adler and Positive Discipline as outlined in the two companion books for the trainings, **Do It Yourself Therapy** and **To Know Me Is To Love Me**. Both books are available for sale at [www.positivediscipline.com](http://www.positivediscipline.com)."

The TWO DAY PRE-Pre-Conference workshop (May 9 and 10) is entitled **Encouragement Consultant Training**. It will be held at the (conference sponsor) Adler Graduate School in Richfield, MN. For details and registration contact Mary at [mary.jamin.maguire@adlercenter.net](mailto:mary.jamin.maguire@adlercenter.net). ■

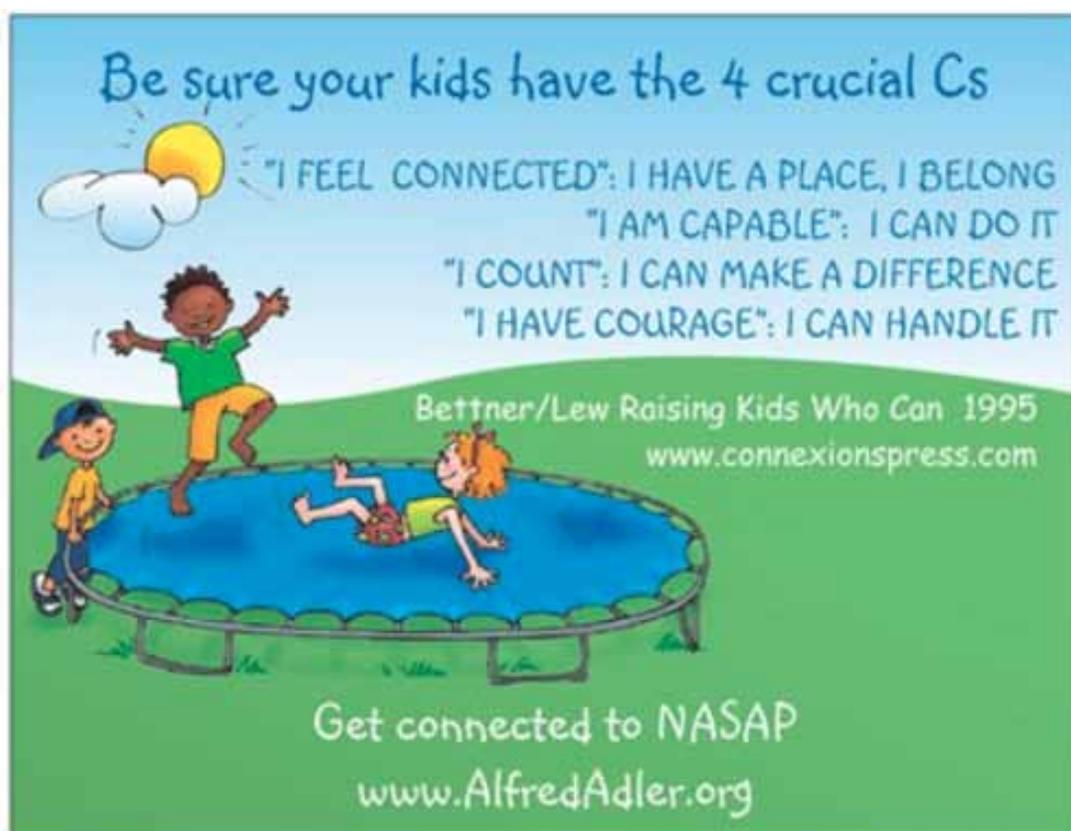
## We're On LinkedIn and Facebook!

Are you?

*It's time to spread out and spread the great Adlerian news by "liking" us on Facebook and "following" us on LinkedIn! Add NASAP/FES membership to your LinkedIn profile page. Contribute announcements and content.*

Contact Jon Sperry for Facebook at [<jonsperry@hotmail.com>](mailto:jonsperry@hotmail.com)

and editor Bryna Gamson for LinkedIn [<ParentEd@com-cast.net>](mailto:ParentEd@com-cast.net)



This is the new promotional piece – magnet or postcard – Rob refers to in his Co-Chair letter on page 2.

## Conference Preview

## 5 Tips to Help Teens Learn to Make Good Decisions

Author Kimberly Gonsalves joins Lynn Lott in presenting at a pre-conference workshop on Thursday, May 12 on the topic of *Solving the Mystery of Parenting Teens*. Kim sent us this article by way of introduction.

“Don’t tell me what to do!” is a common protest from teens. How do you decide which decisions to let your teen make, and which you will control? Let your teen make as many decisions for herself as she can. Consider:

- Is there risk of harm or injury in letting my teen make this decision?
- How costly will potential mistakes be?
- Does my teen usually make good decisions in this area?
- What is the cost of NOT letting my teen make this decision?

Ultimately, teens need to learn to make choices and live with the consequences. To help teens practice making decisions, parents can TRUST:

- Teach skills
- Relinquish some control
- Use empathy **and** follow through on agreements you make/enforce the rules
- Support teens, but stay away from rescuing and fixing when things don’t go smoothly
- Take time to evaluate, make adjustments, then create more opportunities for practice

The trick is to stand alongside teens, lending support, rather than trying to act as a buffer to protect them from poor decisions.

To relinquish some control, let teens be in charge of:

- which classes to take
- when and how much to study
- using a budget or allowance to pay for some of their own expenses
- driving (researching rules, getting insurance quotes, contributing to gas, insurance costs)
- their relationships

**Express faith in teens and set clear parameters:** “You can decide \_\_\_\_ as long as \_\_\_\_\_. If \_\_\_\_\_ occurs, I’ll need to get involved.”

Here are 4 more ways to teach strong decision making skills:

**1. Listen, reflect the emotions expressed.** This helps teens clarify their own thinking and feel understood. It’s a skill your teen needs to learn to use, as well.

- Use neutral language, “It sounds like...” or “Do you mean that ...?”
- Use “You Statements” to connect and show empathy.  
“You feel \_\_\_(humiliated) because \_\_\_(you weren’t at the party with all your friends), and you wish \_\_\_(your Dad and I weren’t so over-protective).”

**2. Ask teens to define a good outcome (success criteria).**

- How does her vision align (or not) with her beliefs, values, and current goals?
- Potential problems or obstacles?
- Avoid telling teens what the pros and cons are. Explore together.

**3. Use Joint Problem Solving, Follow Through**

- What are the options to resolve this? Find something that works for both of you.
- What are you both agreeing to, and when will you check progress?
- Adult’s job: follow through. Teen’s job: testing limits.

**4. Empower teens to learn from mistakes.**

- Allow teens to individuate - begin to separate from parents, figure out who they are, and what matters to them.
- Provide opportunities to practice skills
- Express faith the teen can figure it out, learn from mistakes

Teens learn to trust themselves by *learning*: what they can and can’t handle, how to improve their skills, and recover from their mistakes. Parents should give teens the freedom (and responsibility) to make as many of their own decisions as possible.

Parents build confidence in their abilities to solve problems with their teens, and trust themselves and their teens as they practice the experiential activities and weekly parent-teen homework assignments in **Solving The Mystery of Parenting Teens**, a companion course to the book, **Positive Discipline for Teenagers**, Revised 3rd edition by Jane Nelsen and Lynn Lott. ■

*Kimberly Gonsalves is an ICF- accredited Coach and Certified Positive Discipline Trainer who says she “works with parents and teachers who want to bring their best to their most important leadership roles, helping children become capable.” Email <[kimberly@parenting4thelongrun.com](mailto:kimberly@parenting4thelongrun.com)>. Phone 650.440.3148.*

*Join Kimberly and Lynn Lott as they present at a pre-conference workshop related to this topic.*



## Anxiety in Children

by Doone Estey

Anxiety in children is on the rise and at Parenting Network, we receive more and more requests for talks on the subject. Some of the causes we have found include the omnipresence of social media, increased competition in the schools and the heightened pace of life in general. What is a parent to do and how are they to help their child?

Many parents contribute unknowingly to their child's anxiety by taking over and projecting the message that the child is not capable of managing the situation.

Our first line of defense is to say to parents:

Teach your kids the skills to handle whatever comes their way. Train them to deal with situations as they arise and help them become adept problem solvers. Do not solve all the issues for them. Let your children experience challenge, failure, and disappointment. This is how they will learn to become resilient, independent and to feel capable.

Our second strategy is to have parents let their kids know that they, the parents, are not perfect. Everybody makes mistakes, everybody has bad days and you can't even 'do your best' all the time. Share the good and bad parts of your life. Your kids will learn and be grateful. Let your home be a safe place for mistakes and failures for everyone.

Lastly, manage the symptoms of anxiety. Most of us are now aware of the vast benefits of taking care of our bodies. Plenty of sleep, proper nutrition, (including limits on alcohol, caffeine, nicotine), lots of hugs and enough exercise are huge contributors to stress management.

What is just now becoming mainstream is the importance

## Connect in Minnesota May 12-15, 2016

Planners, presenters and participants will have many reasons to mark their calendars for May 12-15, as NASAP marks its 64th year in the "Twin Cities" area of Minneapolis/St. Paul, Minnesota! We've highlighted several conference presentations throughout this issue and last, but now it's up to you: make those reservations! This one promises to be filled with educational value, and there's no conference as welcoming as NASAP's. Join us for the camaraderie! Do it today at <http://alfredadler.org>!

We will have important business to transact at our Family Education Section meeting, including election of a new Secretary-Treasurer. The position responsibilities are easy and rewarding: become a part of the team that makes decisions so that NASAP and the Section can prosper!

### More Conference Presentations of Interest

- **Parenting Styles and Parent Training** by Eva Dreikurs Ferguson – Conference Saturday
- **Present like a Pro: Taking Adler to the World with Confident Presentations, Seminars and Workshops** by Kevin O'Connor – Pre-Conference Workshop
- **'Fun'tastic Adlerian Techniques for Change** by Rob Guttenberg – Post-Conference Workshop
- **Positive Discipline: Tools for Home and School** by Jane Nelsen and Kelly Gfroerer – Post-Conference Workshop. ■

of the mind/body connection. Casual, one on one, non-judgmental, late-night conversations with your kids can do wonders. Let them vent about their day, their friends, their lives, even about you! Don't feel you have to respond – just listen and say "Huh. I didn't realize you felt that way." Then say good night and leave the room quickly before you say anything else.

Maintaining lists, schedules, routines and expectations all take upfront time but the payback is enormous in terms of staying organized and helping kids get through all their commitments. Asking them to take out the trash when they are in the middle of doing anything else will cause their stress levels to skyrocket, but having a regular plan in place increases the chances of getting it done.

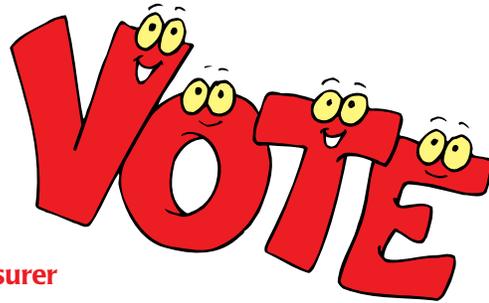
In the middle of a bout of anxiety, counting to 10, deep breathing

and putting one's head between the knees are all quick fixes. For longer term results, yoga, even for little kids, is becoming popular. Meditation, mindfulness and role-playing have all been shown to be beneficial in decreasing anxiety. Learning these techniques and practicing together through books or online can change the whole family atmosphere for the better.

I wish you all the best in your parenting! ■

*Doone Estey is an experienced Certified Parent Educator, co-author of **Raising Great Parents** and a partner at Parenting Network, Inc. in Toronto, as well as serving as FES Secretary-Treasurer. She will again be a presenter at NASAP's conference.*





**Nominate A New Secretary-Treasurer**

Term beginning at Minnesota meeting May 13. 3 year term. Please send to Co-Chairs by mail or email by April 20.

Volunteer! YOUR NAME HERE: \_\_\_\_\_

I nominate: \_\_\_\_\_

Member Name: \_\_\_\_\_

Member Signature: \_\_\_\_\_

(see page 2 for addresses)

The mission of the North American Society of Adlerian Psychology is to promote growth and understanding of Adlerian (Individual) Psychology, the work of Alfred Adler, and effective approaches to living based on his philosophy. NASAP membership includes educators, psychologists, psychiatrists, counselors, parents, business people, community organizations and other interested people. The Family Education Section applies Adlerian principles to the home. Members are professionals and nonprofessionals dedicated to understanding and improving family relationships between children and adults, with couples, and among individuals.

**NASAP Family Education Section**

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<http://alfredadler.org>

Let's  
Connect....  
in the  
Twin Cities  
Minnesota

May  
12-15,  
2016

