

# Adler Graduate School

## Practical Psychology, Inspiring Change

Volume 1, Issue 6  
Kate Moore, Editor

### Moving Along... Adler Alumna, Patricia Brown, M.A.

Three years ago, Patricia Brown was driving from Columbus, Ohio to Minneapolis when a full-blown dream appeared to her. She saw two parcels of land, one with a house in which she lives and the other with an equine center for growth and healing. Today she has those two adjoining parcels of land, the house and, she says, "The stakes (for the equine center) are in the ground!"



Virenda Nyberg, Copyright 2003

Patricia is the only person she knows of in the United States who holds a Bachelor of Science degree in Equine Assisted Psychology. The long process of sorting through courses that would create the degree program she wanted was arduous. "I took classes in animal-assisted therapy," she says, "and a lot of sociology and psychology courses at the University of Minnesota."

She also attended conferences

such as the NARHA (North American Riding for the Handicapped Association). Her Level One equine training provided her with exercises in how to process her participation. Her Level Two training refined the techniques she'd learned and required her to develop her own through the Equine Assisted Growth and Learning

Association.

Patricia explains how she works. "I don't teach," she says, "I stand back and watch as the client experiences whatever activity has been set up and then I wait for the right moment to ask the key question."

Often, the person will project onto the horse some (continued on Page 2)



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### A Marriage of Hearts and Minds: Couples take on the challenge of graduate school

Faith led the Allens and the Graskes to the Adler Graduate School.

#### The Allens

Craig and Kay Allen were pre-marriage facilitators at their church for couples with blended families. Their minis-

try emerged as a result of the blended family, they themselves, had created. They loved their work with couples and sought a way to deepen what they were already doing.

Craig and Kay began considering going back to college to

finish their bachelor's degrees and looked to their faith for answers. Kay was focused on a degree in psychology and Craig, after praying about it, felt led to the same field. They decided to finish their bachelor degrees – together.

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## A Marriage of Hearts and Minds

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Prior to graduation, the Allens began to ponder a career together as co-therapists. Kay says her husband was the motivator as they began to look at graduate schools. Craig remembers, "I talked to a clinical social worker, who was not an Adler graduate, and she recommended the school to us." The couple talked to a number of other people about Adler and it became clear to them that the school, with its acceptance of people of all spiritual beliefs, would welcome them as well. Craig was attracted to the school because its holistic approach fit with who he is spiritually. Kay says, "The teaching principles at Adler were compatible with our Christian faith."

As part of their decision process, the Allens attended an Adler Open House and were impressed by what the faculty and students had to say about the school. When Evelyn Haas told the attendees that they would have, not just a theoretical education when they graduated, but would really know how to counsel, the Allens knew Adler was the school for them. The Allens received their bachelor's degrees in December of 2003 and began their graduate level education in January of 2004 at Adler.

### The Graskes

Rich and Mary Jo Graskes spent twenty years in the corporate world and though they enjoyed much of their work, they were also frustrated by it. Both had

worked in their church for sixteen years counseling pre-marital and marital couples and had conducted classes for engaged couples. They began talking to each other about their passions and decided to devote, what Rich calls "the second chapter" of their lives, to working with couples and families. "We felt there was more to life than the corporate stuff," says Mary Jo. "We decided to do what we enjoy." Rich and Mary Jo felt called individually to pursue an education in psychology and began to research their options.

The Graskes began looking into a number of graduate schools and talked with people who had gone through the Adler program. They liked what they heard. "The faculty at Adler is open to where the student is at spiritually and the student is free to express that spirituality," says Rich. The school, they felt, fit with their Christian values. Rich knew he'd be treating a diverse population and wanted to be well-rounded in his education and experience. Mary Jo notes that the faculty at Adler doesn't just pay lip service to different perspectives. "There is an acceptance of all views and the expression of those views." The Graskes decided to enroll together at Adler and are looking forward to graduating this November.

The Graskes have found the experience of sharing their education to be very meaningful. "We could both relate to the joys and challenges of being in gradu-

ate school," says Rich, "and we always had a sense of what the other was experiencing." Mary Jo adds, "Having the same experience has enhanced the whole education process." She also feels that, because she and her husband have incorporated Adlerian principles into their relationship, their marriage has been strengthened.

### Common Bonds

The Allens and the Graskes are friends who share a common faith, a calling to counsel, and a commitment to education.

Kay and Mary Jo were drawn to the Adlerian principle of encouragement with its focus on strengths and assets versus pathology. Rich mentions how the concept of Social Interest came alive for him when he saw the faculty demonstrate it in their classes and in their lives. Craig says about his experience so far, "It's been a blessed and wonderful journey."

Both couples value togetherness and have found ways to integrate Adlerian principles not just into their marriages, but into their families and friendships, as well.

"I use encouragement now in my other relationships and focus on people's strengths," says Mary Jo. Like a lot of people in his generation, Craig says he got the message that he should not say anything if he didn't have something nice to say. (continued on Page 4)

## Moving Along ... Equine Assisted Growth

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thing that parallels an issue from the client's own life.

A family may be given an activity where one of the children is assigned to be the leader. When the horse begins acting up, the child may say, "That horse is just like my brother! He never listens to me!"

When an activity with an individual or family is over, Patricia takes them away from the arena to process their learning. This is where, she says, people begin to grow and heal.

She asks them how the experience was for them, what the horse was doing and

what the horse was telling them.

"Horses respond and react to incongruence," says Patricia, "and they mirror what a person is feeling."

In subsequent sessions, the client sees that when he or she changes, the horse changes. (continued on Page 3)

## President's Corner Dennis Rislove, Ph.D.

### School Counseling Program

The Adler Graduate School is continuing to develop a school counseling program that will result in licensure of its students by the Minnesota Board of Teaching.

Dr. Wes Wingett is the Program Director for School Counseling and is currently developing the program. The curriculum has been established and the syllabi have been written.

This week we received confirmation that the Board of Teaching site visit for the program will be held at Adler on April 3-6, 2005.

When the program is approved, we hope to begin enrolling the first cohort of students in October of 2005.

We are excited about this new opportunity for our students. When the school counseling program is fully operational we expect it will nearly double the enrollment at Adler.

If you have questions about this new program, please call 952-988-4327.

Dennis Rislove, President  
Adler Graduate School

### Did you Know?

Did you know that H. G. Wells, author of *The Invisible Man*, *The Island of Doctor Moreau*, *The Time Machine* and *The War of the Worlds*, and many other novels and stories, wrote an article for Adler's original American journal, *International Journal of Individual Psychology*? Adler published the article entitled, "Toward a Universal Social Life" by H. G. Wells in 1936 (v. 2 no. 2 pp. 51-53).

Earl Heinrich, Librarian  
Robert G. Bartholow Media Center

## Moving Along ... Equine Assisted Growth and Healing

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In a group, clients are assigned an activity and given time to strategize with one another. There are rules and consequences. The rules are: no touching, no bribing and no talking once they are in the arena. The group decides the consequences a member will experience if a rule is broken. "They're pretty tough on one another," says Patricia. From observing the group, Patricia gets a feeling for how they come together and asks questions of the group which allow the people to work toward a more useful way of being with one another. She finds this particular kind of experience is very helpful to businesses that want to build their work teams.

Patricia has an M.A. from the Adler Graduate School (AGS) and had a few AGS professors come out to witness her work. "They could see how I can get right at someone's Lifestyle by observing them in the arena with a horse," she says, "Mistaken beliefs can be clearly identified

and the client can then begin to figure out ways of living that will work better for them."

Patricia credits the Life Coaching series at Adler for the laser-like focus and speed with which she has achieved her dream. "Life coaching gave me the energy and impetus to go for it," she says, "It was life-changing and empowering. I became unstoppable."

Patricia's vision is that her center will provide experiences to people that will allow them to achieve self-esteem and a sense of empowerment. She foresees teaming with teachers, social workers, therapists, chemical dependency counselors and business people in her work with individuals and groups.

"Now that people are beginning to see how quickly results are achieved with this type of work," says Patricia, "equine assisted growth programs are farther along the path of being accepted as a legitimate

treatment modality."

By integrating her equine training, her Adlerian education and her experiences with life coaching into her role as an Equine Specialist, Patricia predicts a bright future for herself and her dream.

Kate Moore

The Equus Center for Growth and Healing is scheduled to open in the Spring of 2005.

You can reach Patricia Brown at:  
pb4935@aol.com

**You must be the change  
you wish to see in the world.  
Mahatma Gandhi**

### Life Coaching Seminar

Faculty member, Paula Hemming, M.A., Coordinator of Personal and Professional Life Coaching Education, offers a no-cost Life Coaching Seminar the second Wednesday of every month at the Adler Graduate School.

The next two opportunities are September 8th and October 13th from 6:00 - 7:30 p.m.

Observe a live, one-to-one coaching demonstration and find out what life coaching is all about.

To sign up for either workshop, call Ev at 952-988-4327 or email her at: [ev@alfredadler.edu](mailto:ev@alfredadler.edu)

### Adler Open House

**When:**  
First Wednesday of every month.  
Coming up: September 1st and October 6th.

**Where:**  
Adler Graduate School  
1001 Highway 7,  
Hopkins, MN

**Time:**  
6:00-7:30 p.m.

Find out about our M.A. in Counseling and Psychotherapy and our two certificate series, Personal and Professional Life Coaching and Coaching and Consulting in Organizations.

Call 952-988-4327 for directions.

### The Adler Wednesday Night Circle at the Wetlands Cafe

September 29<sup>th</sup> marks the launch of The Adler Wednesday Night Circle fashioned after the Vienna Circle in which Freud, Adler and other minds of their time met to argue and debate psychoanalytic theory at the Café Central.

Wes Wingett, Ph.D. and Herb Laube, Ph.D. will present topics and lead the discussions. The intention of Doctors Wingett and Laube is that this circle will create an evolving and ongoing tradition of spirited discussion and debate at the Adler Graduate School. Dr. Wingett will present his article, *Lost? Or Stuck? An Adlerian Technique for Understanding the Individual's Psychological Movement*. The article is scheduled for publication in the next edition of the Journal of Individual Psychology. The October 27<sup>th</sup> meeting will feature Dr. Laube's presentation: *Aging, Creativity and Adler*.

The Adler Circle will meet at the Wetlands Café, 1001W. Hwy. 7, First floor of Eisenhower Community Center, Hopkins, MN. Mark your calendars for 9/29, 10/27, 12/1, 1/26 of 2005, 2/23, 3/30 and 4/27. There is no cost, but reservations are encouraged. To reserve a place, please call Ev at 952-988-4327.

### A Marriage of Hearts and Minds

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"Reading Dreikurs' *Children: The Challenge* really changed my thinking," he says. "When I am with my grandchildren, I make sure I don't stifle them; that I allow them to express their emotions so they will grow into the people they are meant to be."

Despite differing work and study habits, the Allens and the Graskes have navigated the sometimes difficult waters of graduate school well by experiencing it together.

Each couple notes they always have someone to talk to at home or in the classroom and each has a built-in partner if a class requires a demonstration.

Kay observes one more benefit, "We were sitting together in class recently, listening to a lecture, when I saw Craig write something on the side of my paper. The note said, 'I love you.'"

Kate Moore

### Demonstrate Social Interest!

Email an article or anecdote about your Adler experience to the editor at: [writekatemoore@earthlink.net](mailto:writekatemoore@earthlink.net)

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*The mission of the Adler Graduate School is to educate ethical, reflective, highly competent, comprehensively informed, continually learning, Adlerian-based professionals who are prepared to improve the interactions and conditions of the people, organizations, and communities they serve.*