



ADLER GRADUATE
SCHOOL
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Kate Moore, Editor

Adler Graduate School

Practical Psychology.

Inspiring Change.

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Moving Along ...

AGS Alumna, Sherri Willis-Dybdahl, M.A.

Sherri Willis-Dybdahl has worked in many areas of the mental health field beginning as a supervisor of the Resource Development Team at United Health Group (UHG) as well as working as a part-time counselor with their Employee Assistance Program (EAP).

She also was a counselor to people living with Serious and Persistent Mental Illness at Mental Health Resources, Inc. Later she took on a full-time counseling job with UHG, until November of 2000, when she became a supervisor.

Willis-Dybdahl is currently the manager of one of five EAP sites at UHG, where she ensures that counselors and the rest of her staff have all the tools, information and training they need to do their jobs.

Managing customer relations is another important part of the job for Willis-Dybdahl. She conducts tours and provides demonstrations for prospective customers as well as providing them with information about how documentation is managed, how reports are pulled, how many

calls are handled and how quickly they are answered.

She also ensures that callers who use the EAP services are served promptly and thoroughly by the counselors. "Callers' issues vary from quarter to quarter," she says, "but usually the number one topic is concern for others." Depression and marital problems join "concern for others" as the top three issues people face.

September 11, 2001 was a very busy day for UHG.

Willis-Dybdahl describes how counselors worked with anxious callers who were fearful about their own safety as well as the safety of others. "We did relaxation work with the callers until they were calm enough to talk about their options," she says. "We worked with them on issues of self-care and what sort of actions they could comfortably take to reduce their anxiety level."

"Another part of our job is to encourage people to broaden their support base by getting to know a neighbor and encouraging them to form a relationship," says Willis-Dybdahl. "People are pretty open to it."

When the United States went to war, calls for help soared once again. "We asked callers what made them feel safe before this," recalls Willis-Dybdahl, "and asked them what they could do to simulate that." Counselors then inquired about what a caller could do to increase that feeling of safety.

Callers are asked to identify a goal they want to reach during the conversation and are helped to reach that goal with the counselor.

The counselor gently probes into what may be influencing the caller's life such as diet, medications or a troubling health issue that may need attention.

Willis-Dybdahl notes that conversation may be enough, but if it isn't, callers can be referred to in-person meetings with counseling affiliates.

Willis-Dybdahl incorporates her Adlerian education into her management style by staying mindful of everyone's need to feel significant. She cites the usefulness of being inclusive and collaborative with her staff.

... (continued on Page 2)

*I expect to pass
through life but
once.
If therefore, there
be any kindness
I can show,
or any good thing
I can do to any
fellow being,
let me do it now,
and not defer or
neglect it,
as I shall not pass
this way again.*

~William Penn

Adler Graduate School Alumni Association

Endowment Fund

We are all saddened by the death of Bob Bartholow, our beloved teacher, mentor and friend.

In honor and memory of Bob, I would like to announce the establishment of an endowment fund which will be used to support the Robert G. Bartholow Media Center at the Adler Graduate School.

All monetary contributions to the fund will be used for any and all needs associated with the media center. A contribution in any amount is very much appreciated.

Please join me in honoring Bob by contributing to the endowment fund which reflects the Adlerian spirit of Social Interest and recognizes Bob's lifelong commitment to the Adler Graduate School and to the education of future Adlerians.

All contributions should be

sent directly to:

Adler Graduate School
1001 W. Highway 7,
Suite 311, Hopkins, MN
55305

Planning Committee

I am currently recruiting alumni who are interested in sitting on an event planning committee. If you are willing to invest some time to build your alumni association, please contact me or Evelyn Haas.

Mentoring Volunteer

Opportunity

The Adler Student Association has indicated that some students have requested mentoring and/or tutoring while they are attending Adler Graduate School.

The AGS Alumni Association is acting as a "matchmaker" to see that those students who have requested help will receive it.

All terms and conditions of the mentorship relationship are to be determined together by the mentor and the student.

If you are interested in becoming a mentor or tutor to a current student, please let me know. I will contact the student association with your name and phone number, which will be forwarded to a designated student.

Adler Connections

Meeting Notice

Our annual meeting which connects staff, faculty, students and alumni is scheduled to take place in the fall. Once a time and place have been set, a notice will be sent out.

Deborah Luther, Chair
AGS Alumni Association
dmlpsych@aol.com

952-473-6895

Sherri Willis-Dybdahl, M.A.

(continued from Page 1)

**"... any time
you're faced
with a conflict,
it's crucial to
have
movement."**

"Building a relationship that gathers you and your employees around the same goal," she says, "will allow everyone to experience significance."

She maintains that if the staff is not invested, the job will never be a good one for them. "It's important that the working environment feels like a

community," she adds.

The most important piece I took from Adler," says Willis-Dybdahl, "is to know that anytime you're faced with a conflict, it's crucial to have movement."

She says it is important for her to watch that movement to see where it's going.

"Whichever way it moves," she says, "as long as it works for everyone, something will be gained."

Sherri Willis-Dybdahl, M.A. is a 1996 graduate of the Adler Graduate School.

The President's Corner

Dennis Rislove, Ph.D.

Robert Bartholow Dedication Ceremony

Dedication of the media center to Bob Bartholow will take place on Wednesday August 25, 2004, at 7:00pm.

The ceremony will be held in the new cafeteria at the Eisenhower Community Center in Hopkins.

This will be the kick-off for the library endowment fund in Bob's name.

Friends, faculty, students and alumni are all welcome and

encouraged to attend. Please join us for a celebration of Bob's life.

New Class
An new class, **Legal Considerations for Therapists**, will soon be offered at the Adler Graduate School.

This course has been developed and will be taught by Rhonda Simpson Brown, J.D.

Dates and times of this class are to be announced.

Classes for the LPC License

Two classes have been scheduled f

for those students and Alumni who may be interested in the LPC license:

Career Counseling - taught by Wes Wingett, Ph.D. , Adler Graduate School faculty member. August 27, 28, 29.

Treating Diverse Children - taught by Rachelle Anderson, Psy.D., of Southern Illinois University. October 15, 16, 17.

The schedule for these classes will be announced soon.

**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 August 11th and September 8th
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

AGS Library News

Earl J. Heinrich

Donations of books and other resources are always welcome at the AGS Library.

Two alumni recently donated books to the media center, as did Dr. Wes Wingett and the Chicago Adler school.

We look forward to incorporating Bob Bartholow's collection, which was generously donated by his family. into the library as well.

Donations of journals are welcome to help complete our current resources. See the index of these holdings at:

<http://www.alfredadler.edu/library.htm>

You can support Adler Graduate School by using any of the online links to Barnes and Noble or Amazon.com located on the bookstore page on the AGS website at: alfredadler.edu

Click on either the Barnes and Noble or

the Amazon banners to order.

Any kind of purchase made after clicking on one of these links will generate revenue for AGS at no cost to you!

Thank you for your continued support.

Earl J. Heinrich, AGS Library

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We're on the
Web!
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**Adler Open
House**

**When:
First Wednesday of
every month.**

**Coming up:
August 4th &
September 1st.**

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

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

Find out about our M.A. in
Counseling & Psychotherapy
and our certificate series
in Personal and Profes-
sional Life Coaching and in
Coaching and Consulting in
Organizations.

Call 952-988-4327 for
directions.

Mission Statement

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/or communities they serve.

*The good we secure for ourselves
is precarious and uncertain
until it is secured for all of us
and incorporated into
our common life.*

Jane Addams

NASAP Conference, 2004

by Jana Goodermont, M.A., LMFT

Every year I look forward to attending the NASAP conference as part of my ongoing Adlerian education. This year was no different at the conference in Myrtle Beach, on the beautiful ocean coast of South Carolina.

The quality of the conference keeps getting better every year with its many excellent presenters and abundance of workshop topics. The keynote speech, delivered by Dr. Leo Gold, was so full of fascinating information regarding body-mind research, I plan to purchase the taped version so I can absorb all the details.

Dr. Lew Losoncy had us all in stitches over lunch with his talk about how to solve problems in getting along with others. I heartily recommend looking at the website (at alfredadler.org) to order tapes or CD's

from the conference.

Beyond the academic opportunities available at NASAP, I had a very personal reason for going. I always experience an indescribable sense of belonging when I am in the company of the good people I meet there.

I went wave-jumping with Eva Driekurs Ferguson; spent the better part of a morning working in an open forum counseling demonstration with Bob Powers; shared an olfactory ER with Arthur Clarke, who is researching and classifying themes in ER's; and helped Jane Nelson convince fellow Adlerians to stay at her home for a week as part of the fundraising festivities.

I walked on the beach with some good friends, and also made many new friends in workshops, over meals and

during the wonderful cruise.

At the banquet on Friday evening, Harley, a graduate student, performed for us in his best operatic voice. Now that's courage!

There is an enormous amount of mutual respect, fun and creativity present at these conferences. When I arrive home I have tons of energy. That energy is generated within the holistic atmosphere of the conference where there is a "knowing" that we are all better together than anyone of us is alone; the whole really is bigger than the sum of its parts.

I am already looking forward to next year's conference in Tucson and encourage you all to join me.

Jana Goodermont, M.A., L.M.F.T., is an Adler Graduate School faculty member.