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# Adler Graduate School Newsletter

Volume 2, Issue 6

June, 2005

“All human judgments of value and success are founded, in the end, upon cooperation; this is the great universal truism of the human race.”

Alfred Adler

## Adler Open House

The Adler Graduate School holds an Open House the first Wednesday of every month from 6:00-7:30 p.m.

Prospective students will meet some of our faculty and students and will learn about our Master's Degree in Adlerian Counseling and Psychotherapy as well as our two certificate series, Professional Life Coaching and Coaching and Consulting in Organizations.

The next two open houses will be held on July 6<sup>th</sup> and August 3<sup>rd</sup> at the Adler Graduate School which is located at 1001 Highway 7, in Hopkins, Minnesota.

Please call 952-988-4327 for directions.

## Anger Toward Your Partner; Anger Toward Your Children

By Roger Ballou, Ph.D., LMFT

Anger is a necessary part of life. You cannot avoid it.

In some ways, your anger helps you by propelling you to complete tasks and take on new responsibilities. In other ways, your anger undermines your peace of mind and your ability to get along with others. Anger is a complex emotion - sometimes justified, sometimes not.

Most people know what

anger feels like but find it hard to describe.

Actually, anger is an emotion you create within yourself when things are not going the way you want. In many cases, it is a weapon you have developed for use against others and, sometimes, yourself. When you start boiling inside, possibly seething quietly or yelling out loud, you are really saying to others, “This situation is not going as I want and I

have run out of options as to how to force you to do it my way! Pay attention to me!”

Noted psychiatrist Rudolf Dreikurs said, “We do not lose our tempers, we use our tempers.” In other words, anger is many times a tool we employ to control others.

In families, anger, if out of control, causes injury and pain. Studies repeatedly  
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### Adler Graduate School 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.

***“Know that appropriate anger can motivate you and give you direction. It is a signal that you want to change.”***

### **Anger (continued from page 1)**

show that anger and its related behaviors (yelling, hitting, etc.) have the following effects: it startles and frightens others, it pushes people away from one another, and it reduces trust.

Anxiety, depression, and fatigue are many times at the root of your anger toward your partner and/or your children. When you learn to slow down a bit, take the situation more in stride, and think of more constructive ways to deal with the behaviors of others that trouble you, you give both your significant others and yourself a welcome gift. But it starts with you and how you handle yourself.

Do not try to avoid your anger. Instead, think about it and prepare yourself for future episodes. Know that appropriate anger can motivate you and give you direction. It is a signal that you want change. The challenge is to figure out how to get your needs met in more collaborative and harmonious ways. Most of all, when you are angry at your partner or child, focus on the “deed” and not the “doer”.

Vera and David Mace, pioneers in marriage enrichment, suggest the acronym AREA to help family members deal with anger: A is for admitting your anger to your partner or children; R is for the desire to restrain

your anger and not let it get out of hand by belittling, blaming, or striking out at others; E is for explaining in a calm manner the reasons you are angry; and A is for action planning and doing something about the cause of your anger.

Remember: Your anger is a tool that you can learn to use in constructive and collaborative ways.

Roger Ballou, Ph.D., is the Adlerian Program Director at the Adler Graduate School. He is also a Licensed Marriage and Family Therapist with the Counseling Psychologists of Woodbury. He may be reached at 651-739-7539.

### **MFT Practice Exam**

Beginning June 20, 2005, an MFT practice examination will be available online for those who want to prepare for the national MFT exam.

This offering is made possible by the Association of Marital and Family Therapy Regulatory Boards.

A candidate can access the 100 item practice exam at [www.amftrb.org](http://www.amftrb.org) for a cost of \$60.00 with a valid credit card.

Each applicant will receive feedback on their performance once they have completed the practice exam.

## President's Corner

Dennis Rislove, Ph.D.

### Student Participation in Faculty Evaluations

The Adler Graduate School (AGS) is fortunate to have a high-quality adjunct faculty, each of whom is dedicated and committed to the principles of Adlerian Psychology.

Most of our instructors teach part-time at AGS and make their living as private practice clinicians. Their caring concern for the school and its students is a hallmark of the faculty's commitment to ensuring that our students receive a high-caliber education.

Faculty evaluation is an important part of what keeps our academic program strong and AGS students play an important role

in that process.

Part of the faculty performance assessment is based on a student evaluation system. Following the completion of each course, all students are encouraged to complete a faculty evaluation form to assist the administration with the overall process.

Students' evaluations, which are anonymous, are summarized and given to the Academic Vice President, the Student Services Director, and the faculty member who taught the class. The Academic Vice-President then reviews the evaluation summaries with the faculty member and offers feedback. If the Academic Vice-President has concerns about the quality of the faculty member's instruction, a recommendation

may be made to the President of AGS that the faculty member not be invited to teach the course in the future.

We are very proud of our faculty here at Adler. They have extensive clinical and instructional experience and are clearly committed to our students.

The quality of a graduate school is only as good as the quality of its faculty. Our evaluation system, which includes important feedback from our students, helps us preserve the quality of excellence for which our school is known.

Dennis Rislove, Ph.D.  
President,  
Adler Graduate School

"We are very proud of our faculty here at Adler. They have extensive clinical and instructional experience and are clearly committed to our students."

## PREPARE/ENRICH Workshop

Adler Graduate School (AGS) faculty member, Herb Laube, Ph.D., will be offering a PREPARE/ENRICH workshop at AGS on Friday, July 29<sup>th</sup> from 8:30 a.m. to 4:30 p.m.

The workshop is designed to train facilitators in the use of the PREPARE/ENRICH Program which addresses common issues couples face.

Facilitators will learn how to use five inventories which address the relationships of pre-marital couples, pre-marital couples with children, cohabiting couples with or without children, married couples with or without children, and couples over the age of 50.

Workshop participants will receive materials which include a counselor's manual,

five inventories and a couples' workbook.

Reservations must be received by July 15th. The fee for the workshop is \$150 (includes \$75 materials cost).

Please call Evelyn Haas at 952-988-4327 to register or email her at: [ev@alfredadler.edu](mailto:ev@alfredadler.edu)

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Thanks to Dennis Rislove,  
Earl Heinrich and Roger  
Ballou for their contribu-  
tions to this month's news-  
letter.

Editor: Kate Moore

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## Life Coaching Seminar

Find out what Life Coaching is all about at this no-cost seminar. You'll hear about AGS' six-month Professional Life Coaching Certificate series and you will observe a demonstration of one-to-one coaching.

This seminar will appeal to you if you want to add coaching to your professional skill set, if you want to become a life coach, or if you just want to know what the buzz is all about. The seminar meets the second Wednesday of every month.

The next two Life Coaching Seminars will be held on June 8<sup>th</sup> and July 13<sup>th</sup> from 6:00 – 7:30 p.m. at the Adler Graduate School, 1001 W. Hwy. 7 in Hopkins, Minnesota.

To register for the seminar call Ev or leave a message at: 952-988-4327. For questions regarding the coaching program email Paula Hemming at: [coachpaula@earthlink.net](mailto:coachpaula@earthlink.net)

## What's Your Story?

During the past year you've read stories about the Adler Graduate School's faculty, students and alumni in the pages of this newsletter. Some of these people have written articles and some have generously agreed to be interviewed. Now, it's your turn.

Let us know who you are, what work you do, or how your Adlerian education has impacted your life. You may feel you are not a good enough writer to submit an article. That's why editors were created.

Here are some ideas to get your creative juices flowing (and your courage revving):

### Faculty

- What has teaching created in your life?
- If Adler were alive today, what would you teach him?
- What has a student

taught you that made you a better instructor?

- How have you impacted the world through your teaching?

- What is your private practice specialty and why have you chosen to serve that population?

- Which topic from your specialty area would you be thrilled to share with others?

### Students

- Have you experienced an "A-ha!" moment in your Adlerian education? That moment when, for the first time, something you'd never understood suddenly makes sense? Tell us about it.

- What have you learned at AGS that has helped you be a better parent, spouse, partner, sibling, co-worker, etc.?

- Has your career plan changed since you began your studies at Adler?

- Have you connected with Adlerians from other parts of the United States or the world? If so, how did you meet and what have you gained from those associations?

### Alumni

- What path has your life followed since you graduated from AGS?
- In what settings are you using your degree?
- What fond memories do you have from your time at the Adler Graduate School?

Every person has a story. I look forward to hearing yours.

Kate Moore, Editor

You may contact Kate with your ideas at 612-729-2939 or email her at: [writekatemoore@earthlink.net](mailto:writekatemoore@earthlink.net)