

A

Adler Graduate School Newsletter

Practical Psychology, Inspiring Change

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“The educator must believe in the potential power of his pupil, and he must employ all his art in seeking to bring his pupil to experience this power.”

Alfred Adler

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AGS Students Abroad: ICASSI in Ireland

by Kate Moore

Cork, Ireland was the setting for the 2004 International Committee of Adlerian Summer Schools and Institutes (ICASSI) Rudolf Dreikurs Summer Institute. Two hundred and seventy participants from twenty-two countries took part in the summer school from July 25th – August 7th.

Mike Balla, ICASSI Administrator, notes that this year's conference introduced some very intensive courses concerning clinical and counseling processes that ran full-days for each week in addition to the customary half-day courses. "The feedback on the new additions was very positive," says Balla, citing the many course options and combinations available. "People liked

the opportunity to make choices."

Balla also notes an important part of the learning climate was the accessibility students had to the faculty. "It provided an opportunity to get to know an instructor outside of the classroom, which made the classroom learning more meaningful." Balla was told by many of the participants that they delighted in the friendship and fellowship of other Adlerians as well as in the experience of shared learning and important conversations with a diverse group of individuals.

A number of students from the Adler Graduate School attended the conference including Jason Kampa, Suzanne James-Sveback and

K.T. Schmidt. Each mentioned the beauty of Ireland and its friendly people as well as the distinctively rich learning atmosphere they experienced at ICASSI.

Jason Kampa

AGS student Jason Kampa wanted to go to Ireland because it is part of his heritage. He found the beautiful landscapes and friendly people he expected to find. He also found that by attending ICASSI, he created a base of Adlerian friends and colleagues. "I've been to other psychology conferences where people seemed distant from one another," says Kampa, "but with the Adlerians at the institute, it was a big family. I made a lot of friends."

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Moving Along ...

by Adler Alumna Julia Lane-Anderson, M.A.

During my undergraduate studies I had the opportunity to read *What Life Could Mean to You* by Alfred Adler. I was intrigued by the concepts presented in the book and later began to research his teachings. I was thrilled when I learned about the Adler Graduate School in

Hopkins. I enrolled in the Master of Arts in Counseling and Psychotherapy program and began a journey of learning and growing which deepened my understanding of human nature.

A few years after graduating from Adler, I began my own private practice which I

named the Encouragement Center. I challenged my clients to have hope and faith while they developed the courage to face life actively, and to choose the kind of life they wanted. The Lifestyle Assessment, Assessment, which I used in my practice, made me aware of the

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Students Abroad (continued from Page 1)

Jim Bitter's offering at ICASSI and his approach to brief therapy was something Kampa wanted to see first-hand. "During his course I got to see both individual and group therapy," says Kampa, "and how gentle he is, putting the client at ease and making them feel comfortable."

Kampa was moved by Rachel Shifron's approach to Early Recollections and their relationship to addictive behaviors.

Kampa observed how Rachel picked out the strengths versus the failings within a person's E.R. and how responsive the client became in the midst of that positive process. He also noticed how much more willing the client was to listen. "People reported that they achieved insight they'd not had before that experience," he says, "They broke down and cried. Seeing Rachel's work gave me a

great tool to add to my therapy toolbox."

Suzannie James-Sveback

This year was not the first time Suzannie James-Sveback attended an ICASSI summer school, but it was the first time she says she felt unconditional acceptance. "It was okay to be who you are," she says about the non-judgmental atmosphere. "I didn't feel I had to explain why I was there."

Her experience with a course in Brief Therapy at the institute was a revelation. She was impressed by how much therapeutic impact a two-hour session can have. "It was such a self-evaluating, ready-to-move atmosphere," she says. "It was about the reality that this is who you are and now, what are you going to do with it?"

The personal connections James-Sveback's made with

a group of people from "every race, from all over the world" were forged quickly. "Fourteen of us, who called ourselves the 'Rainbow Coalition', came together as a group and stayed connected with each other the whole time." She says once the word got out where the fun was going to be they all made that location their central meeting place.

The whole Irish ICASSI experience was overwhelming for her. "You just had to have been there. I can't paint a picture of what it was like," she says, "It was phenomenal. I just stepped out and experienced it."

K.T. Schmidt

K.T. Schmidt's had two reasons for attending the ICASSI conference. He knew he'd be able to get two courses which would apply toward his graduation requirements and he

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Moving Along ... by Julia Lane-Anderson (continued from Page 1)

struggles people faced due to their mistaken beliefs. It was clear to me how those beliefs led to self-defeating thinking and behavior.

My work often focused on the effects of divorce on children and the family and the importance of cooperative co-parenting. I could see how the meaning given to the divorce experience

influenced a person's future. I also saw that children needed a means to identify their feelings, express themselves and learn how to cope.

During my search for materials to use with children, I found there was nothing that really addressed the difficult situations in which they were living. The ma-

terials that were available either contradicted or did not address the experience that children of divorce were facing. The importance of having an avenue for children to open up and begin talking about what they were feeling led me to develop Talk About It-Divorce™ conversation cards.

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President's Corner

Dennis Rislove, Ph.D.

Valuing Your Feedback: Exit Interview with the President

First, let me congratulate all of you who will be graduating this fall from the Adler Graduate School.

In the past students who are about to graduate have met with the president on a voluntary basis to provide their input about the program.

Our new plan requires that I meet with every person

who is about to graduate, so that I may learn from your experiences here at Adler. This is an important way for me to assess both your experience with the school and the AGS program.

I will be available on the following dates to meet with you for about 15 minutes. You may come in individually, or you may form small groups of two or three if you wish.

Available dates are:

Tuesday, October 5th,
Wednesday, October 6th,
Thursday, October 7
Monday, October 11th,
Tuesday, October 12th,
Wednesday, October 13th,
Thursday, October 14th,
Tuesday, October 19th,
Wednesday, October 20th
Friday, October 22nd
Please call Margie
McGovern at 952.988.4170,
Extension #5711 to arrange

an interview time.

I sincerely appreciate your cooperation and valuable input. You will help us to consistently provide the best possible education to our students.

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

Students Abroad (continued from Page 2)

wanted to learn about the European perspective on Adlerian theory.

The single most eye-opening experience he had was how solution-focused the therapists from the United States were in comparison to the emotion-focused Europeans. "The U.S. therapists were very directive in their feedback," says Schmidt, "but

the European approach acknowledged the emotion the person was feeling, which seemed very respectful."

Taking the emotion-focused path into consideration, Schmidt says he is now more inclined to follow his client's lead in creating a relationship than he is to jump into solving a problem.

Schmidt said the ICASSI adventure was worth the money for him as a student because it gave him the opportunity to get different points of view and to integrate and synthesize what he's learned so far. Because of the compressed, intensive experience he had at ICASSI, Schmidt says, "I was able to get to a level of
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Did You Know?

Pardon My English, a musical by George and Ira Gershwin, originally contained a number depicting psychoanalysts Freud, Jung and Adler.

To listen to a clip of this song, go to amazon.com and type "Pardon My English" in the search box. When you click on the cast recording icon, you will be able to scroll down to the

song.

For background information on the musical and to read the song lyrics, go to the Adlerian Institutes' website at: <http://ourworld.compuserve.com/homepages/hstein/> Click on: Audio Clip (humor).

Did you know that Alfred Adler's granddaughter,

Earl Heinrich, AGS Library

Margot Adler, is a correspondent for National Public Radio's New York bureau as well as the host of NPR's *Justice Talking*? She is also a Wiccan priestess and the author of *Drawing Down the Moon: Witches, Druids, Goddess-Worshippers, and Other Pagans in America Today*.

Earl Heinrich

Adler Open House

When:
First Wednesday of
every month.

Coming up:
October 6th and
November 3rd.

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.**

**Contact
Information:**

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

**952.988.4170
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**We're on the Web:
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Share your Adler
experience with alumni,
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sending an
article or anecdote
to the editor at:
writekatemoore
@earthlink.net

Editor: Kate Moore
Contributors:
Dennis Rislove, Ph.D.
Earl Heinrich
Julia Lane-Anderson

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integration with my learning I hadn't had before. The theory became very clear and the integration process was very fast."

Schmidt enjoyed the country of Ireland and relates a story about the leg-

endary humor of the Irish people. "One of the conference attendees mentioned to an Irish Adlerian how friendly the people were in her country," says Schmidt, "The Irish woman replied, 'We're just nosy. We want

to know who you are and what you're doing here.'"

The 38th Annual ICASSI Rudolf Dreikurs Summer Institute will be held in Malta from July 17 – July 30, 2005. For more information go to: www.icassi.net

Moving Along ... by Julia Lane-Anderson (continued from Page 2)

I began using the cards with the children in my private practice and divorce support groups for children. It became a user-friendly way for hurt and discouraged children to learn about their feelings surrounding the breakup of their parents.

The cards have both questions and responses from children who have worked through this difficult process. I also included follow-up questions in the set of cards which are intended to start conversations.

I remain committed to developing and providing programs for people that enhance their emotional, social and spiritual development as families and within their communities.

This commitment is reflected in my latest business venture, Sincere Pursuits, LLC. Through this business the conversation cards have been made available to parents and professionals who work with children who are struggling through the transitions inherent in divorce.

This has been an exciting journey and I am grateful to everyone at Adler who influenced my desire to strengthen families.

Julia Lane-Anderson, M.A., is offering a Talk About It - Divorce™ workshop for Adler Graduate School alumni and current AGS students. For more information, you may email her at: simplify02@aol.com Visit her website at: www.talk-aboutit.com

Life Coaching Workshop

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.

Sign up for October 13th or November 10th by calling Ev at 952-988-4327 or by emailing her at: ev@alfredadler.edu

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.