

A

Adler Graduate School Newsletter

Practical Psychology. Inspiring Change

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November 2004

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.

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Adlerian Students from Around the World

This month's newsletter highlights the diverse backgrounds of three Adler Graduate School students: Bea VueBenson, an American with roots in Laos, Anna Sandor Williams from Hungary and Ingrid Mathisen from Norway. We salute these, and other students from around the globe, who have chosen to make the Adler Graduate School their choice for professional education in counseling and psychotherapy.

The Editor

Bea VueBenson

by Kate Moore

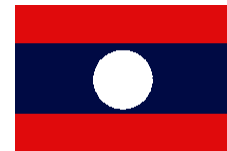
At the age of ten, Bea VueBenson, a member of the ethnic hill tribe known as the Hmong, arrived in the United States from Laos with her mother and six siblings. Now an American citizen, she is also an ordained Lutheran minister.

VueBenson received her Masters of Divinity from Luther Seminary in St. Paul, Minnesota and served as an Outreach Pastor counseling adolescents and their families. Deciding to broaden her skills as a counselor by developing her competency

in counseling and psychotherapy, she has taken a leave of absence from her pastoral duties.

She is attending Adler Graduate School (AGS) on a Bush Leadership Fellowship. The fellowship is awarded to a person who shows great potential for impacting and contributing to the community in which they live and work.

After a therapist friend recommended the Adler Graduate School, VueBenson looked into what the school



offered. She decided AGS' theoretical orientation was what she was looking for. "The school supports serving marginalized, underserved populations," she observes, "and Adlerian Psychology offers a curriculum for living, parenting, education and psychotherapy."

(continue on Page 2)

Anna Sandor Williams

by Kate Moore

Anna Williams credits her grandfather, whom she calls a "Hungarian Adlerian", with her interest in Adlerian Psychology. Williams' grandfather was a university professor who taught Marxist and Leninist theory.

He was also a member of an Adlerian Individual Psychology chapter in Hungary. "My

grandfather treated everyone evenly," says Williams, "and always interacted with them from an Adlerian point of view."

Williams says her grandfather was warm and inviting and created a home for three generations of her family under one roof. The tightly-knit, six member



family shared all their lunch and dinner times and took vacations together. "He thought of me as his own child," says Williams, adding, "We all breathed together!" (continued on Page 2)

**“I shall be telling
this with a sigh
somewhere ages
and ages hence:
Two roads diverged
in a wood, and I -
I took the one less
traveled by,
and that has made
all the
difference.”**

**From: *The Road Not
Taken*
by Robert Frost**



The top five states
with the most
Norwegians are:

Minnesota
Wisconsin
California
Washington
North Dakota

Source:
www.euroamericans.net



Hmong Story Cloth

Anna Sandor Williams (continued from Page 1)

Because she highly values family, Williams is pleased with the social atmosphere she's encountered at AGS. "I feel right at home at the Adler Graduate School," she says. "People are kind, easy-going and easy to talk to. It feels like a family."

In addition to having a "second family", Williams has discovered an additional gift in her schooling here: Adler has been a life-changing experience. She came to the school to bet-

ter understand why other people behave the way they do and, in the process, encountered some personal revelations. "Being at Adler has given me the chance to look in the mirror," she says, "and I started to see myself as I never had."

The school culture is much different here than in her native land says Williams. Her education in Hungary required that she prepare all year for oral exams. "It is a relief here because I have

time to do what I need to do," she says. "I can do the work at home and I have the opportunity to really research material and pull it all together."

Williams is currently interning at Perspectives, Inc. in St. Louis Park. Her long-term goal is to serve adults, possibly seniors, in her own private therapy practice.

Ingrid Mathisen

by Kate Moore

Over twenty years ago, Ingrid Mathisen traveled from Norway to visit friends in Minnesota. She enjoyed living here and worked as a school bus driver for half a year before she left to visit other parts of the United States.

Today she credits that long-ago trip with making her transition this time around much easier.

About taking on her studies at Adler she says, "I don't know if I'd have taken the jump with the language if I had not used a lot of English prior to moving here this time."

Mathisen was living in southern Norway, near Kristiansand, when she began to look for a graduate school that specialized in counseling and psychotherapy.

"A friend, who is a counselor in Minneapolis, told me that she'd heard good things about the Adler program," says Mathisen, "and she thought it would fit me."

Mathisen was not familiar with Adlerian Psychology until she sent for information from the school and received a booklet which
(continued on Page 4)

Bea VueBenson (continued from Page 1)

She adds, "There is a lot of breadth to this psychology." In addition to her Adlerian studies, VueBenson is studying Narrative Therapy which, she says, will add another dimension to her work as a therapist.

Because story-telling is an important aspect of Hmong culture, VueBenson sees the use of Narrative Therapy as

a natural way to help her clients define and shape their ways of coping.

VueBenson's goal is to provide the local Hmong community access to professionally trained and culturally competent counseling.

"I am not living in isolation from the Hmong community," says VueBenson. "I am impacted by the commu-

nal logic of the Hmong culture and I must consider family and community when I develop a treatment approach."

Those treatment decisions, VueBenson notes, will need to highlight the family environment and family constellation and, she says, "Adlerian Psychology provides for that."

President's Corner**Dennis Rislove, Ph.D.****New Board Member
Approved**

At the September 16, 2004 meeting of the Adler Board of Directors, **Jennifer Rosemark**, an attorney from St. Paul, was approved as a new member of the Adler Graduate School Board.

Jennifer is a partner with the firm of Flynn, Gaskins & Bennett. She is also the mother of four children under the age of eight.

We are very pleased to have Jennifer, with her unique professional skills, as a member of our board.

Jennifer joins a group of ten highly qualified individuals who are currently serving on the Adler Board. They are:

Board Chairperson
M. Joan Hasper, M.A., L.P., psychologist from Edina.

Vice Chair
C. Dwight Townes, M.D., physician from Minneapolis.

Treasurer
Dana J. Powell, C.P.A., financial analyst from Edina

Secretary
Katherine Flynn, M.A., psychotherapist from Excelsior

Virginia Froberg, M.A., teacher and psychotherapist from Tonka Bay

Cynthia Hays, Ed.D., school administrator from Eden Prairie

Barbara Melamed, M.A., psychotherapist from Plymouth

William Rush, Ph.D., psychotherapist from Plymouth

Margie Tomsic, Ph.D., Dean of Assessment at St. Paul College

E. Robie Wayne, C.F.R.E., resource development Vice President from Minnetonka

**Fall
AGS Graduates**

The following AGS students will receive their Master's degrees on Sunday, November 7, 2004 at 1 p.m. in the Eisenhower Auditorium:

Beattie, Peggy
Benz, Donna
Brown, Carol
Carlson, Stephanie
Conner, Henry
Cosgrove, Sara Anne
Couch-Hollermann, Mary
Dye, Jeffrey
Eakman, Teresa
Fischer, Lois
Graske, Mary Jo
Graske, Richard
Infante, Monica
James-Sveback, Suzanne
Kadow, Timothy
Katz, Ilise
Kokes, Jennifer
Loncharek, Lori
Mangle, Sandra
McEwen, Jason
McIntosh, Joseph
Merritt, Jacquelyn
Milano, Marianne
Rosenberg, Sydney
Saari, Michelle
Schultz, Bruce
Smith, Julie
Strachan, Jo Ann
Strelnieks, Becky
Thaler, Slava
Were, Jael
Whatley, Heather
Willbanks, Jennifer
Wing, Denise
Winnes, Janice

**Congratulations
&
Best Wishes!**

Adler Connection, 2004

The Adler Student Association is sponsoring the Adler Connection which will be held on Friday, November 12th from 5 to 8 p.m.

Students, alumni, faculty and friends of Adler Graduate School are invited to attend. A Life Coaching presentation and discussion will be followed by food, music and networking.

RSVP: 952-239-9229

Did You Know?**by Earl Heinrich**

* Alfred Adler presented a lecture to the St. Paul Women's City Club in St. Paul at the Jemne Building, 305 St. Peter Street, shortly before his death in Aberdeen, Scotland in 1937.

* Loren Grey, author of *Alfred Adler, The Forgotten Prophet: A Vision for the 21st Century* (1998), is the son of renowned author Zane Grey.

* Adler students have written theses dealing with the lives and lifestyles of a number of famous and/or infamous individuals, including: Marilyn Monroe, Jeffrey Dahmer, and Vladimir Lenin.

* In 1898, Adler's first publication, "Health Manual for The Tailoring Trade," illustrated the deplorable conditions of tailors in Vienna at

the end of the 19th century and the ravaging effects those conditions had on the health and lives of the workers.

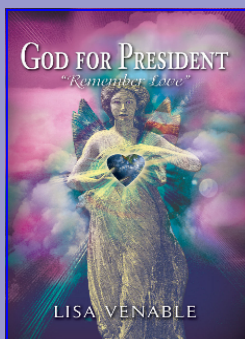
Earl Heinrich,
Robert G. Bartholow
Media Center

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Adler Alumna,
Lisa Venable,
has written a new book,
God for President.
To learn more about the
book, go to:
www.godforpresident.us
Congratulations, Lisa!

Kate Moore, Editor

Contributors:

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Earl Heinrich

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Ingrid Mathisen (continued from Page 2)

explained basic Adlerian principles. "It seemed reasonable to me," she says, "so I applied to the school and started classes in July of 2003."

She notes that the educational process is much different here than it is in Norway. Though the system is in the process of changing, students have been required to put in full-day exams at the end of the academic year. "Everything stands or falls on that one

day," she notes.

Mathisen describes Adlerian Psychology as "down-to-earth and inherently optimistic" and is drawn to the fact that it is goal-directed and teleological. She finds it appealing that AGS is geared to serve working, adult learners and says, "It fits me fine because there are a lot of students in their thirties, forties and fifties."

One aspect of Mathisen's AGS education surprised her. "I wasn't aware of how

many hours of internship are required, but it's good there is a substantial amount of practica," she says. "You have the chance to be confident and level before you go out into the world as a therapist."

"I want to serve a whole spectrum of people," says Mathisen. "I'm interested in doing one-to-one counseling, perhaps in a college."

Mathisen plans to return to Norway to work as a counselor after she graduates from Adler in 2005.

Adler Open House

When:

First Wednesday of every month.
Coming up: November 3rd and December 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 and Psychotherapy and our two certificate series, Personal and Professional Life Coaching and Coaching and Consulting in Organizations.

Call 952-988-4327 for directions.

Congratulations
to
Gayle Kittleson,
AGS, 2003,
for passing
the
National MFT
exam!

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 November 10th & December 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