



Adler Graduate School Newsletter

Practical Psychology. Inspiring Change

Volume 1, Issue 9

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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.

Thanks to the liaison work of Adler Graduate School student, Anna Williams, this month's issue of the AGS newsletter includes a guest article by Dr. János Csorba, an Adlerian from Hungary.

In the interest of expanding contacts with Adlerians around the world, Dr. Csorba graciously agreed to contribute the following article.

Kate Moore, Editor

Adler Around the World ...

Guest article by János Csorba, M.D., Ph.D., Budapest, Hungary

Inside this issue:

**Feature Article by
Dr. János Csorba**

Adler Café 2
Mim Pew
Remembers
Rudolf Dreikurs
by Kate Moore

**President's
Corner** 3
Dennis Rislove,
Ph.D.

Did You Know? 3
Earl Heinrich

**Equine Training
Opportunity** 4
Patricia Brown

**Upcoming Events:
Adler Open House
and No-Cost Life-
Coaching Seminar** 4

The Hungarian Association for Individual Psychology (IP) is an organization comprised of skilled persons educated in various fields of psychology and pedagogics including psychoanalysis and other forms of psychotherapy. We live and work collegially and in mutual understanding with colleagues who provide directive counseling and cognitive therapies with practical goals for their patients. The goal of the Hungarian Association for Individual Psychology is to spread Adlerian theory and knowledge amongst domestic psychologists, psychiatrists and pedagogues who work in the field of mental health and child care.

Magyar Individuálp-szichológiai Egyesület (MIPE), the Hungarian Association for Individual Psychology was begun in 1927 as one of the first foundations in the

framework of the Adlerian movement. István Máday, M.D., a close personal friend and ardent pupil of Alfred Adler, was the founder. The Hungarian Association boomed in the pre-war period (before 1945), but it was prohibited during the Communist period, as was the Hungarian Association of Psychoanalysis. The association was re-established in 1981 as a group member of the Hungarian Psychiatric Association. This year a dissolution procedure was initiated taking legal steps to demarcate our group from the Psychiatric Association, thus forming an independent society of Hungarian Adlerians.

In Hungary, there exists no Adlerian Institute with educational programs and a home of its own as in the United States. Our association is a relatively modest one with 100—120 active members.

There are numerous active groups throughout the country.

MIPE organizes a number of training courses for specific target groups. One of these is a course in Basic Individual Psychology for pedagogues, psychologists, specific-education pedagogues, psychiatrists, interested persons working in child care and a course for the Debrecen University Department of Psychology (East Hungary).

We offer a method-specific course in Individual Psychology for psychologists and psychiatrists who have finished basic psychotherapy or who have a therapist specification other than IP elsewhere. Our IP Toy (puppet) Therapy course is intended for psychologists and specific pedagogues working in therapy groups with

(continued on page 2)

“The chief danger in life is that you may take too many precautions.”

Alfred Adler

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“Nobody does anything he does not want to do.”

Rudolf Dreikurs

Dr. János Csorba

(continued from Page 1)

children. We also make Adlerian parental training available to those who are already parents as well as for women who are pregnant and about to become mothers. Child Psychodrama is a new therapy method invented by our leader and Honorary President, Hannah Kende, Ph.D., Budapest-Paris. These courses are intended for child psychologists, child psychiatrists and psychopedagogues.

Within the MIPE there is a small group of individuals which enjoys international contacts with other Adlerians. Our strongest connection, thanks to Hannah Kende, is with the members of the Association Psychanalytique Adlerienne in Paris. We also have contact with colleagues in Austria

(Professor Leixnering and Gertrude Bogyi), Germany (Professor Lehmkuhl and Dr. Gröner) and Switzerland (Maria Kenessey-Szuhanyi).

I offer best wishes to our American friends in the hope of building personal contacts next year at the twenty-third Congress of the International Association of Individual Psychology in Torino, Italy.

János Csorba, M.D., Ph.D.
Vice President,
Hungarian Association of Individual Psychology

Editor's note: Dr. Csorba is a child and adolescent psychiatrist, a neurologist and a psychotherapist.

From 1980 - 2004 he was affiliated with the Department of Psychiatry and Psychotherapy of

the Semmelweis University Adolescent Outpatient Service in Budapest.

In 2004 he joined the Faculty for Special Education, Department of Pedagogical Psychology at the Budapest University of Science in child psychiatry and research.

Dr. Csorba has written for over 30 publications in the field of adolescent psychiatry and depression and was a collaborator on a National Institute of Mental Health (NIMH) study by Maria Kovacs at Pittsburgh, Western Psychiatric University entitled: Depressive and Suicidal behaviors in Hungarian Children (1996-97).

He has recently begun a private practice where he uses cognitive, directive methods in working with adolescents who are encountering and facing their feelings of inferiority and inadequate compensations.

The Adler Café ... Featuring Mim Pew

by Kate Moore

December 1st marked the third meeting of the monthly Adler Wednesday Night Café.

Mim Pew, a well-known practitioner of psychodrama and a respected teacher at the Adler Graduate School, was the guest speaker. Her presentation focused on her experiences with Dr. Rudolf Dreikurs, a student of Alfred Adler who subsequently became a leading proponent of Adler's Individual Psychology. Mim's lively, colorful and affectionate reminiscences

recalled her experiences as Dreikurs' student, colleague and friend.

Mim Pew first heard about the work of Rudolf Dreikurs while she was living in Eugene, Oregon. Dreikurs was scheduled to do a public, family counseling session and, because Mim was seeking ways to improve her own parenting, she decided to see what he had to offer. "It was absolutely wonderful," said Mim. "Dreikurs could interview a child and make sense of that child's behavior immediately."

She remembered his booming voice as he taught the audience that "every single child needs encouragement" and that everyone is capable of providing that.

Mim also spoke of how Dreikurs influenced the educational system by training teachers how to have democratic classrooms. Dreikurs knew that when children had a voice, misbehavior would diminish.

(continued on page 3)

President's Corner

Dennis Rislove, Ph.D.

New Board Member

At the November 18th meeting of the Adler Graduate School Board of Directors, the membership of Dr. Michael Obsatz was approved. Dr. Obsatz will begin his three-year term on the Adler Board of Directors on January 1, 2005.

Dr. Obsatz, an Associate Professor of Sociology at Macalester College in St. Paul, Minnesota, has taught there for thirty-six years. His courses have included the *Institution of the Family*, *Human Sexuality*, *Male Socialization Issues and Violence*, and *Death and Dying*. Dr. Obsatz earned his B.A. in Psychology from

Brandeis University in Waltham, Massachusetts and his M.A. and Ph.D. in Educational Psychology from the University of Chicago.

In addition to teaching, Dr. Obsatz offers workshops around the world, consults with couples and families, leads men's and boys' support groups and has authored hundreds of articles. He has written three books: *From Stalemate to Soulmate*, *Healing Our Anger*, and *Raising Nonviolent Children in a Violent World* which received the 1999 Minnesota Book Award and the 1999 Catholic Press Association Award.

Dr. Obsatz has written two plays and has produced a film about bullying. *Don't Bully Me Anymore* is a play written for elementary school students. *Shooting at Midland High School* is intended for middle- and high school students.

The film, "*That's Enough!*" will be released next summer. It is a fourteen-minute fictional account of a school shooting and its relationship to bullying.

We are very pleased to have Dr. Obsatz as a member of our Adler Board of Directors.

Did You Know?

The Adlerian journal, now known as the *Journal of Individual Psychology* has gone through a number of title changes since its inception in 1940 including:

Individual Psychology News
Individual Psychology Bulletin
American Journal of Individual Psychology
Journal of Individual Psychology
Individual Psychology and again,
Journal of Individual Psychology

There was also a sister journal entitled *Individual Psychologist* from 1963-68.

The majority of these journals are available in the Robert G. Bartholow Media Center's Adlerian Journal Collection.

Earl Heinrich

The Adler Café ...

Mim Pew Remembers Rudolf Dreikurs

(continued from page 2)

Dreikurs' commitment to Adlerian Psychology was profound. "He had a missionary's zeal and was an unusually compelling person," Mim noted. "His dream was to spread Adlerian Psychology as far as he could."

Some people called Dreikurs 'bombastic', Mim observed, because of the sheer force of his personality and the certainty with which he conducted himself. Mim cited an event which illustrated Dreikurs' propensity for drawing criticism. Adlerian Walter O'Connell once invited Dreikurs to a hospital to speak. "Dreikurs did a day-long lecture and presentation to psychiatrists," said

Mim, "and then told them that institutions make people sick."

Dreikurs could also be humble. Mim remembered a time when Dreikurs was counseling a woman in front of a group. When he was done with the session and the woman had left the room, he asked Mim what she thought of the encounter. "I told him he was hard on the woman." He then asked the other observers if they shared that opinion. They did. Dreikurs asked if someone would find the woman and ask her to return. The woman did and Dreikurs apologized to her.

On a personal level,

Dreikurs was a frequent and valued guest in Mim's home. He was always interested in what she was making for dinner, lifting the pot lids to see what was brewing. "He loved to eat and would always ask how the food was coming along," said Mim.

She also remembered how Dreikurs played the piano at her home and asked for other musicians to join him, usually a violinist and a cellist. "Dreikurs didn't practice beforehand and made mistakes, which bothered the other musicians," she remembered, "but it didn't bother him that he bothered others." Dreikurs, it seemed, truly had the courage to be imperfect.

Mim recalled that Dreikurs'

life was not without heartache and challenge. He was Jewish and escaped from Austria during World War II, but his parents died in the Holocaust. After he arrived in the United States, Dreikurs went to Chicago where he had setbacks both in his medical career and in his child counseling work. Mim said, "He never stopped." Dreikurs' life mirrored one of his favorite Viktor Frankl observations that, "Everything can be taken from a man but one thing; the last of the human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way."

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Kate Moore, Editor

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Earl Heinrich
Patricia Brown

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Upcoming Events

Adler Open House

When:

First Wednesday of every month.

Coming up: December 1st and January 5th

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.

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

December 8th and January 13th from
6:00 - 7:30 p.m.

Observe a live, one-to-one coaching dem-
onstration 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

Training and Business Opportunity for Mental Health Professionals and Certified Life Coaches

The Equus Center for Growth and Learning is offering a unique opportunity to licensed mental health professionals to be trained in Equine Assisted Psychotherapy (EAP) and to certified Life Coaches to be trained in Equine Assisted Learning (EAL). The training will be provided by the Equine Assisted Growth and Learning Association (EAGALA) at the Equus Center from June 23-25, 2005. This is an opportunity to get in on the ground floor of establishing programs which use this exciting and powerful approach to working with people.

EAP and EAL are not focused on riding or horsemanship so professionals do not need previous horse

experience to partner with the Equus Center. In fact, most of the work takes place on the ground. The experiential learning allows participants to learn about themselves, their relationships, other people and the world by participating in activities with the horse and then exploring and processing thoughts, feelings, behaviors and patterns.

Once coaches and therapists receive their training, they will be able to use the center to work with their own clients. The center will provide an equine specialist, horses and serene space to support professionals in building their equine-assisted practice. By teaming up with the staff at the Equus Center for Growth

and Learning, professionals can acquire a new, creative and powerful tool for working with clients who are stuck.

Through a non-profit segment of the Equus Center there will be funding available to assist clients who are unable to pay.

Patricia C. Brown, M.A.
Adler Alumna

The Equus Center is located on a beautiful twenty-four acre horse farm just ten minutes west of Maple Grove. For additional information you may phone Patricia at 763-479-1378 or 612-804-2554 or email her at pb4935@aol.com