



Adler  
Graduate  
School

offers  
the  
Master of Arts  
in  
Adlerian  
Studies

with tracks in:

Marriage &  
Family  
Therapy,

School  
Counseling,  
&  
Management  
Consulting  
&  
Organiza-  
tional  
Leadership

Certificates  
in  
Professional  
Life Coaching  
&  
Coaching and  
Consulting  
in  
Organizations

# Adler Graduate School

*Practical psychology, inspiring change*

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NOVEMBER, 2006

## President's Corner

### Outstanding Thesis Awards

It was my pleasure to present two awards for outstanding theses at the Adler graduation ceremony held on Sunday, November 5, 2006.

The annual award is meant to recognize actual research scholarship done as part of a student's graduate school experience. A team of faculty members accepts nominations for the Outstanding Thesis Award,

and selects the winner or, as is the case this year, two winners: Robin Mahan and Elizabeth Nash.

Robin Mahan, worked with faculty member Dr. Roger Ballou to produce her thesis entitled: "The Etiology of Compulsive Gambling: An Adlerian Perspective."

Dr. Ballou described Robin's thesis as "nothing less than an exceptional effort." Not only did Robin combine Adlerian literature to

substantiate that there is a significant lack of research on compulsive gambling from the Adlerian perspective, she also built a thoughtful body of articles, books and related resources to support her thesis.

Faculty member Dr. William Premo worked with Elizabeth Nash on her thesis entitled: "Mirror Neurons and Empathic Resonance: Action and Understanding."

(continued on page 2)

## 2006 Rudolph Dreikurs Award

The Rudolph Dreikurs Award is given to a faculty member at the Adler Graduate School who has been exemplary in modeling Adlerian philosophy and values in his/her work and life.

Dr. William Premo was selected as this year's winner by a committee of past recipients and was presented with the award by the 2005 winner, Paula Hemming, at the November graduation ceremony.

Dr. Premo chose to leave the position of CEO in the corporate world to become a consultant who brings Adlerian principles to the workplace.

(continued on page 2)

# Thesis Awards (continued from page 1)

Of Elizabeth's thesis, Dr. Premo says, "She utilizes many Adlerian concepts and shows their usefulness with autism as a back drop. She links the biological process with the psychological processes

and shows their interconnectedness in creating a basic life-formation."

I want to congratulate Robin and Elizabeth on their awards. They are outstanding representatives of the high-

quality students who attend the Adler Graduate School.

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

## Non-Discrimination Policy

The Adler Graduate School is an equal opportunity educational institution and employer which does not discriminate on the basis of race, creed, color, national origin, sex, age, sexual orientation, veteran status or physical ability in the employment of its faculty or staff, the admission or treatment of its students, or in the operation of its educational programs and activities.

Paula Hemming, President-elect of the Minnesota Coaches Association (L) meets Kay Cannon, 2007 President of the International Coach Federation

# Dreikurs Award (continued from page 1)

As an instructor at the Adler Graduate School Dr. Premo trains graduate students to bring the core values of cooperation, social interest and encouragement to the work environments in which they will serve as consultants and coaches.

Dr. Premo, his students say, loves to teach, lights up when he speaks to his students and shows an obvious commitment to their success.

Faithfully giving of himself to AGS, Dr. Premo has contributed to the school's success in many

ways.

His efforts have been instrumental in helping AGS transition from a school with a single program track into a school with a successful, multi-track Master's program and certificate series.

(continued on page 3)

## AGS Faculty Member Attends International Coach Federation Conference



Paula Hemming, M.A., Coordinator of Professional Life Coaching Education

at AGS, attended the International Coach Federation Conference in St. Louis, Missouri from November 1st – 4th.

Over 1400 business, executive and life coaches from over thirty countries were in attendance. The Adler schools from Toronto, Vancouver, and Arizona were also represented at the conference.

The International Coach Federation is a professional organization which defines the standards, ethics, core competencies and best practices for the coaching professional.

The ICF currently has over 11,000 members worldwide and reports that its membership continues to double every three years.

# Fall Commencement Ceremony



Adler Graduate School's commencement was held on Sunday, November 5th, 2006.

**Cynthia Gill, Dr. Dan Haugen, and Chris Roman** Dr. Dennis Rislove, President of AGS and Dr. Daniel Haugen, AGS Academic Vice President, welcomed the graduates and audience to the event.

Dr. Haugen presented the graduates to the attending faculty and audience mem-

bers and conferred the Master of Arts degree on thirty-one graduates.

Graduates Cynthia Gill and Cris Roman were the featured speakers. Music for the ceremony was provided by Dawn Baker and Greg Lewis.



Faculty member Susan Pye Brokaw bestows the master's hood on Anna Williams.

President Dennis Rislove looks on.

## Honored Graduates Master of Arts Degree

- Craig Steven Allen*
- Kay Susan Allen*
- Janice L. Anderson*
- Fayemarie Anderson Carter*
- Cheryl L. Chandler*
- Robert D. Cornelius*
- Mark R. Daniels*
- Christina M. deRochemont-Best*
- Cynthia M. Gill*

- Margo Ellyn Harvey*
- Vicki Lynn Hessler*
- Barbara A. Hopperstad*
- Melissa Nan Karol*
- Suzanne Kramer*
- Pamela J. Ludwig*
- Thomas Carl Lundquist*
- Denise A. Lustman*
- Robin Benz Mahan*
- Rachael Maruska*
- Elizabeth M. Nash*
- Dennis A. Petersen*
- Kalena Peterson*
- Patrick Robinson*

- Cris Roman*
- Emma Saunders Warner*
- Bonnie Lee Skramstad*
- Greg Struve*
- Theodore C. Tessier*
- Nancy Tomanek*
- John Von Eschen*
- Anna Williams*

**Congratulations to the  
Graduating Class  
of  
2006!**

## Dreikurs Award (continued from page 2)

Dr. Premo's efforts have increased AGS' visibility in both the local and larger Adlerian communities.

Dr. Premo has co-chaired the AGS Faculty Senate where he was considered a steady, encouraging leader.

He led the Program and Curriculum Committee and continues to chair the Strategic Planning Committee.

He has also added his talents to the Marketing and Finance Committee for the past six years.

## Adler Graduate School

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# What is AD/HD?

by Susan Pye Brokaw, M.A., LMFT, LICSW

(Second in a series of three.)

There are three kinds of AD/HD:

Inattentive Type

(formerly called ADD),

Hyperactive Impulsive Type and

Combined Type.

These conditions are genetic and therefore are found for generations in various members of families. These conditions can be mild, moderate or severe.

Although some people who have AD/HD may be very smart and very talented, they will struggle with many of the problems associated with this.

Many problems are encountered by those who have AD/HD and for many people the problems continue throughout the lifespan. However, not all of the difficulties need be present in order to receive a diagnosis of AD/HD.

One major problem of people with AD/HD is the lack of short-term or working memory, an important executive function. When they are given a series of instructions or when they are asked to do something, they will forget. This is particularly true, in most cases, when information or instruction is given verbally. There is also a problem in focusing and maintaining attention on one thing or person. People with AD/HD will be

easily distracted because they notice everything and cannot filter out superfluous stimuli. Their minds will wander when they are reading or when others are talking. As a result, these people miss important information or instructions.

Most of those with AD/HD also have difficulty with other executive functions. This results in an inability to manage their belongings and their life. These functions include: inability to organize, inability to plan, inability to manage time, inability to prioritize, inability to problem solve and inability to get motivated. As life demands increasing competence in these areas (starting in middle school) and life becomes more complex, the problems people experience in these areas become worse.

In school students will have difficulty understanding assignments, keeping track of paperwork, finishing their work in a timely fashion and having the ability to turn it in. Adults will have difficulty managing a household, managing work at the office and managing their life in general.

Some of those with AD/HD will be hyperactive (though many outgrow it) and impulsive. Their relationships will be impacted because they will say and do things that are not appropriate due to their inability to process things quickly before speaking or doing. They will be active or restless when they need to be inactive, which often disturbs others.

Such problems impact every area of the lives of people with AD/HD. Adults, who are well-meaning and who do not understand the complex problems associated with AD/HD, will

often believe that these people are deliberately misbehaving or not cooperating. Those with AD/HD are often labeled as behavior problems, irresponsible, undependable, lazy and uncooperative. They often experience criticism and failure on a regular basis and have no idea how they can change the situation. This results in additional psychological problems, giving up or quitting, diminished feelings of self worth and feelings of hopelessness and inferiority. To compensate those with AD/HD may act as if they don't care; they may also get depressed, become oppositional or they may give up and fail.

There are several things that make the difference between success and lifelong underachievement or failure for those with AD/HD:

- Understanding the real problems that result from having AD/HD
- Developing or getting help to develop strategies to help in problem areas
- Developing new habits that effectively compensate in areas where a person struggles
- Taking medication if necessary

If these things are done, those who have AD/HD can do quite well in life.

Due to their many problems, those who have AD/HD are highly likely to seek counseling. If the therapist does not recognize the neurological condition, counseling can prove to be both discouraging and harmful to the client.

Susan Pye Brokaw, M.A., LMFT, LICSW  
AD/HD Specialist  
Website: [pyebrokaw.com](http://pyebrokaw.com)

## **Workshop:**

### **Developing and Maintaining Your Private Mental Health Practice**

**Friday, December 8**

Presenter: Kelly Beggin, MA, LMFT

This workshop will explore the many variables involved in developing and maintaining a private practice. Establishing a successful, stable and legally-compliant private practice takes creativity, hard work and dedication. Clientele development, marketing, ethical considerations and financial management will be addressed. This workshop is hands-on in that you will address the development of your own practice and how to make it work for both you and your clients.

The workshop meets from 9 a.m. – 4 p.m. at the Adler Graduate School, 1550 East 78<sup>th</sup> St., Richfield, MN. The workshop is limited to 25 participants.

**Register by calling: 612-861-7554.**

## **Edge Life Expo**

Katie Cox, Nicole Lynskey, Soma Angelus and Kathy Amundson, graduates of the Adler Graduate School Professional Life Coaching Certificate Series, participated as exhibitors at the recent Edge Life Expo held at the Minneapolis Convention Center.

## **Library News**

We now have a copy of the video of Bill and Mim Pew doing a series of counseling demos (individual, couple and family with children) from circa 1975. The call # is:

RC 488.5 P32 1975.

Earl Heinrich, AGS Library

## **Adler Open House for Prospective Students**

**December 6th**

**6:00 – 7:30 p.m.**

Please call 612-861-7554 for directions.

## **Free Life Coaching Seminar**

**December 13<sup>th</sup>**

6:00 – 7:30 p.m.

Adler Graduate School

1550 East 78<sup>th</sup> Street

Richfield, Minnesota

For questions regarding the life coaching program call Life Coaching Certificate Series Coordinator Paula Hemming at 612-861-7554, Ext. 112, or email her at [coachpaula@earthlink.net](mailto:coachpaula@earthlink.net)

**Thanks to Dennis Rislove, Earl Heinrich,  
Susan Pye Brokaw and Paula Hemming  
for their contributions to this month's newsletter.  
Kate Moore, Editor**

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