



# Adler Graduate School Newsletter

*Practical psychology, inspiring change.*

Volume 3, Issue 3

March, 2006

The  
Adler Graduate  
School  
offers the  
Master of Arts in  
Adlerian Studies

with tracks in:

**Marriage and  
Family Therapy,  
School Counseling,  
and  
Management  
Consulting and  
Organizational  
Leadership**

**Certificates**  
offered in  
**Professional  
Life Coaching**  
and in  
**Coaching and  
Consulting in  
Organizations.**

**We're on the Web:**  
[alfredadler.edu](http://alfredadler.edu)

## **The Adler Café : Diverse Perspectives on Adlerian Psychology by Jean Ladwig**

AGS faculty member Jana Goodermont hosted the February Adler Café and facilitated a panel discussion with participants Marina Bluvshstein, Dee Dege, Paul Orieny and Bea Vue Benson.

Panelists discussed how they became acquainted with Adlerian Psychology and the cultural lens through which they view Adler's psychology and their own work.

They also discussed what is appealing about Adlerian Psychology and what is personally or theoretically challenging. The concept of Social Interest and how each panelist defines it were also discussed.

The panelists also spoke

about how Adlerian theory can contribute to a professional's awareness and practice of counseling in a multi-cultural social context.

**Marina Bluvshstein**, a native of Russia, moved to Minnesota and began looking for a graduate school within three miles walking distance of her home. She found that the Adler Graduate School fell within those limits.

Marina says she feels a connection with Alfred Adler's experiences as an immigrant and notes that Adler traveled to a city near her own hometown in Russia to marry his wife Raisa in 1897.

Marina finds Adler's idea of Social Interest challenging

because she sometimes has difficulty distinguishing between Social Interest and socialist politics. "I have negative reactions to socialist politics on a cellular level," she says. "I have to remind myself that Social Interest is very different," noting that she has overcome some of the struggle by reading about Adler's personal life.

Although Marina saw socialism fail in her country of birth, she says she is still drawn to the utopian idea of equality in society that Adler espoused.

Marina says she enjoys being a part of her clients' journeys and is drawn to the Adlerian  
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## **April 27<sup>th</sup> LPC and LPCC License Meeting by Roger Ballou, Ph.D.**

You are invited to a special evening program at the Adler Graduate School concerning the LPC and LPCC licenses in Minnesota.

Members of the Minnesota Board of Behavioral Health and Therapy will be at the Adler Graduate School on

the evening of Thursday, April 27<sup>th</sup>, from 7:30-9:00 p.m.

They will offer the most up-to-date information on the new LPC license (Licensed Professional Counselor) and the upcoming LPCC license (Licensed Professional Clinical

Counselor).

The state is likely to implement the higher level LPCC license to facilitate professional mental health practice in Minnesota.

At AGS, we are staying on  
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**Adler Café: Diverse Perspectives**

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“Each family history and experience is different and they can't be put in boxes based on their country of origin.”

Paul Orieny,  
AGS Alumnus

idea of “re-framing” or “re-seeing” a belief that may not be working for an individual.

Marina also values the idea of counselors treating clients as peers and having conversations versus “treating patients.”

**Paul Orieny** grew up within the context of African socialism in which, he says, the individual is almost lost. He quotes an African saying that he feels resonates with Adler's theory of Social Interest: “I am because we are - without which I would not be.”

“I struggle,” says Paul, “with the approach that people need to know what to do ‘for themselves.’” He would prefer to work with clients regarding their commitments to others and their obligations to society at large.

Paul mentions that there is no separation of secular and religious life in Africa and

that to effectively counsel African clients, we must look at their spirituality.

Paul says he has adapted to the Western method of protecting children at all times, though it is very different from the way children are raised in his native home.

“Children there learn naturally by testing their ideas and trying things out,” says Paul. “If they are hurt in the process, they learn what isn't a good idea.”

He recalled that when his son was four years old and living in Africa, the child walked three miles to school by himself every day.

Now that they are living in the United States, says Paul, “My son is 12 years old and I wait with him at the school bus stop.”

Paul finds that many Adlerian concepts provide help-

ful psychological approaches for his work.

The idea that everything “can always be different” helps him as he works with immigrant families. “Each family history and experience is different,” says Paul, “and they can't be put in boxes based on their country of origin.”

He also says that Adlerian ideas bring morality and values to psychology and that the concepts of commitment, justice, racism, and sexism are very important in therapy.

There is also a responsibility for the counselor, Paul says, to take care of clients – not just to treat them.

Paul also values the fact that an Adlerian foundation invites and encourages integration of other theories and schools of thought.

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**Congratulations!**

The Adler Graduate School congratulates Susan Salzl, Kari Silverberg, Sara Shosted and Dan Connor who were notified that they passed the National Examination in Marital and Family Therapy.

**LPC and LPCC Meeting**

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The meeting will be held at our new building.

top of this and intend to support both the LPC and LPCC licenses.

If you plan to attend this special program on April 27<sup>th</sup>, please call the AGS office at 952-988-4170 to get your name on the list. We will need to know how many people will be attending so we can

provide adequate space. Refreshments will be served.

We meet on the third floor of our new building at 1550 East 78<sup>th</sup> Street in Richfield, MN.

Roger A. Ballou, PhD, LMFT, LPC  
Adlerian Program Director and Faculty Member

**President's Corner**

by Dennis Rislove, Ph.D.

**AGS Strategic Plan for 2006 Approved**

The strategic plan for the Adler Graduate School has been revised and approved for year two of our five-year plan.

We were very successful in accomplishing our 2005 goals and are in the process of moving into our new home in Richfield.

The revised strategic goals for the graduate school include:

\* Continuing to strengthen the financial position of the graduate school to support current programs and to allow for future program development.

\* Continuing to strengthen the faculty at the graduate school, thereby further improving the quality of education and the delivery of that education to our students.

\* Ensuring that a culture of assessment surrounds all aspects of the graduate school.

\* Increasing the total enrollment of the graduate school by 10% per year over the next five years.

The plan includes one-year and five-year goals for the Strategic Planning, Administrative, Program and Curriculum, Finance and Marketing, and Student Services committees.

This plan will help us accomplish our mission

which is to:

Provide Adlerian and non-Adlerian instruction to train professional counselors and therapists to be practitioners focused on achieving balance between self and social interest which will facilitate healthier lifestyles among the people, organizations and the communities they serve.

Promoting social interest in others through cooperation and collaboration allows individuals to add value to their lives in their work, community, relationships, and in their individual health.

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

**Open House**

Have you been seriously considering the idea of returning to school?

Do you want a welcoming, encouraging place to pursue your graduate education?

The Adler Graduate School may be just what you are looking for.

You are invited to attend the next open house on Wednesday, April 5, 2006.

On the first Wednesday of every month, the Adler Graduate School holds an open house for prospective students from 6:00- 7:30 p.m.

This is an opportunity for you to meet faculty members and students who will talk about our Master's Degree with tracks in Marriage and Family Therapy, School Counseling and Management Consulting and Organizational Leadership.

You will learn about our two certificate series, Professional Life Coaching and Coaching and Consulting in Organizations. There will also be time for any questions you may have.

The April open house will be held on the third floor at our new location at 1550 East 78<sup>th</sup> Street in Richfield, MN 55423

Please call Evelyn Haas for directions:  
[952-988-4327](tel:952-988-4327)

**Adler Café: Diverse Perspectives**

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**Bea Vue Benson** was a refugee from Laos and was raised in the Hmong community which, she says, puts the group first. "I was taught to think of the village before myself," says Bea.

She naturally understood Adler's concept of Social Interest because she was raised with a sense of responsibility to her community.

Bea connected quickly to Adler's use of Early Recollections because Hmong teaching has traditionally been done through stories.

There was no written Hmong language until the late 1950's, so all traditions, history and lessons were taught to children through stories.

While many Hmong were living in refugee camps, they made story cloths as a way of making sense of who they were and where they were going.

Story cloths are embroidered with pictures that tell the story of the many refugees who moved from Laos to the United States. Some  
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Thanks to  
Jean Ladwig,  
Dennis Rislove,  
Roger Ballou  
and Earl Heinrich  
for their  
contributions to this  
month's newsletter.

Kate Moore, Editor

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Adler Graduate School  
Newsletter  
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## Adler Graduate School

### 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.

### Life Coaching Seminar

See a live coaching demonstration at our life coaching seminar which is held the second Wednesday of every month at the Adler Graduate School from 6:00-7:30 p.m.

The next coaching seminar will be held on April 12th at the Adler Graduate School, 1550 East 78<sup>th</sup> Street, Richfield, Minnesota. To register for the seminar call Evelyn Haas at: 952-988-4327.

For questions regarding the coaching program email Paula Hemming, Life Coaching Coordinator, at: [coachpaula@earthlink.net](mailto:coachpaula@earthlink.net)

### Adler Café: Diverse Perspectives

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of the cloths graphically portray violence and dangerous escapes from their war-torn country.

Bea was drawn to Adlerian psychology when she learned about fictions. Fictions can be healthy as we shape them, and in turn, allow the fictions to shape us, but she says, "Fictions can get in our way if we take them literally and they become dogma,"

In Bea's community, she found the need to protest the cultural fictions that defined gender roles.

There is great shame in her native culture for those who step outside of the established fictions. Bea finds resonance with the importance of the idea of having the "courage to be imperfect."

The only struggle Bea has with Adlerian psychology, she says, is that Adler didn't have the language to address the role of racism and

prejudice in counseling.

"In his time," says Bea, "the only clients seeking psychological help were middle- and upper-class people of European descent." Bea would like to have heard Adler's perspective on internalized oppression where clients adopt the majority culture's prejudices and begin to oppress themselves.

**Dee Dege** was raised on a farm in Iowa and only learned late in her life that she has a rich, Native American Indian heritage.

Dee was naturally drawn to learning about different communication styles as a way to make sense of her cultural background. She is an art teacher at North High School where she uses cooperative communication with a student population that is diverse in national origins and ethnic heritage.

Dee appreciates Adler's concepts because they are

based on common sense.

Dee utilizes one of her guiding principles, the idea of "taking a whack." Many of her students aren't given opportunities to take a whack, or experiment, and are convinced that they can't do certain things. "I like to give my students a chance to just do it," she says.

Dee says she has struggled with the fact that not everyone actually embraces Social Interest.

She grew up in a very large, extended family where she says, "We were always there for one another." Dee says she had a rude awakening when she left her farming community and found that many people in the larger world are "out to serve themselves."

J  
Jean Ladwig is a student at the Adler Graduate School.