



*Winter scene from the deck of the Adler Graduate School in Minnetonka, Minnesota.*

# Adler Graduate School Newsletter

*Winter 2022*



# President's Message

*Jeffrey Allen, PhD*

As we have entered a new year and semester, I can feel only optimism about our trajectory for success and growth. We have continued to forge forward on our vision of quality graduate counseling education and being "...a leader in empowering and developing strong mental health professionals..." with a strong Adlerian foundation. We have had a successful visit with our accreditors for Art Therapy (ACATE) and await their final report, and our CACREP accreditation visit is set for April 27th for the Counseling Program. Our Student Development Hub with the Adlerian Students in Action is a center for ideas, engagement, and action. There have been times that we have been limited by the pandemic but have grown through Adlerian courage, as we have continued to go from strength to strength; our graduates continue to be successful entering their field, our students are being requested by internship sites and agencies, and our faculty continue to be leaders across the country in the counseling profession. I am so proud of our school and the quality path we are on.

Over the last few months, we have finished our strength-based strategic planning process with a focus on operational sustainability and quality graduate education. We have identified the following strategic priorities:

- Increase student recruitment and diversity of the student body
  - Task force members include Admissions, Faculty, Director of Financial Aid, and Director of Alumni Relations.
  - Provide inclusion, diversity, equity, accessibility scholarships.
  - Continue to invest in marketing through our partners at SPARK LLC.
  - Teach out programs that do not fit within our mission or do not attract sufficient interest to run a quality program.
- Secure programmatic accreditation
  - Task force to include departmental faculty. Time frame: in process.
- Increase tuition-independent funding through fundraising/development
  - Hire a Director of Development or service to work with our Board of directors and alumni.
  - Leadership Team to develop interview and evaluation process. Time frame: in process.
  - Community Partnerships and Alliances; (Community services and AGS clinic) create strong community partnership in the delivery of mental health and leadership services. Mid-range goal: 2-5 years.

We have not and will not be daunted by the current pandemic conditions. We have been successful in our educational delivery and will continue to require vaccines and masks for in person classes, along with maximization of our online educational delivery systems, to continue to provide quality counseling graduate education. We will continue to monitor the science to make our decisions. In response to our journeys, it is important that we stay committed and connected to our communities; we are stronger together.

*Jeffrey Allen, PhD*

*Adler Graduate School President*

# Accreditation and Assessment

*Nicole Randick, EdD and Solange Ribeiro, PhD*

Please check out our Quality Assurance and Assessment webpage. This page includes tools, resources, and tutorials.

<https://alfredadler.edu/about/quality-assurance-assessment>

We have some exciting news to share with all of you! The Council for Accreditation of Counseling and Related Educational Programs (CACREP) will be conducting a site visit April 27-29 for the Counseling Program. CACREP provides recognition that the content and quality of the program has been evaluated and meets standards set by the profession. There are many benefits of CACREP accreditation to counseling students. You can read about them here: <https://www.cacrep.org/for-students>. This visit will be virtual, and interviews with many of our stakeholders will be carried out throughout the duration of the visit.

CACREP accreditation denotes a commitment to program excellence, which parallels one of our key values at Adler Graduate School: Quality Education. One of the ways we ensure our students are receiving a quality education is through the Professional Portfolio process. The portfolio is developed in an ongoing manner throughout the graduate program and is used as a tool for reflection, evaluation, and feedback. The overall purpose is to collect and combine examples of each student's work, experience, skills, and mastery, as well as reflection on their meaning, significance, and/or application. Portfolio development is a process that: 1) facilitates students' intentional shaping of their learning, 2) provides for regular faculty feedback, 3) serves as "points of evaluation" throughout the program, and 4) provides a format for presentation of professional knowledge, skills, and attitudes. Here are some LiveText tips as you continue to develop your portfolio:

- 1) Storage - There is unlimited storage in LiveText (LT). Try to keep all your documents in LT, uploading either as a file under the file manager or directly to your portfolio. You can keep your LT portfolio up to five years after you graduate from Adler. This allows you to continue to use this software, both to access uploaded assignments and papers or as a virtual resume.
- 2) Pages/Tabs - You can customize your portfolio by adding more pages or tabs. Click the green puzzle piece on the left to add more pages.
- 3) Images - We love to review a portfolio that has images! Choose images that showcase who you are. You can right click on the image to resize after you upload. Resize the image by decreasing the length and height. Make certain to include proper image attribution.
- 4) Title - Title your portfolio with your name. For example, Annie Adler's Professional Portfolio.
- 5) Editing Tools - When you see a pencil, you can use it to edit a section. Practice creating new pages and adding content and pictures.
- 6) Writing - Please write your reflections and your introduction using the first person point of view. As this is your personal professional portfolio, you don't want to refer to yourself in the third person.
- 7) Assignments/Coursework - Just because you turn in an assignment for a course through LT does not mean it automatically gets added to your portfolio. You must upload all work you want to include in your portfolio to your portfolio. Do not assume your work is being added to your portfolio.

With a professionally written and edited portfolio, you can highlight your academic and professional accomplishments while completing your MA degree. Go ahead and make it amazing -- just like you!

## Staff Spotlight:

*Patricia Welch, MA, ATR, LMFT*



### **What is your position at AGS?**

I am working within the Art Therapy Program. I provide mentorship to Art Therapy students, work with various internship sites, and work to connect various communities with the Art Therapy program.

### **Tell us a little about your background.**

I am a registered art therapist and licensed Marriage and Family therapist. I have worked for more than 30 years in the Indigenous urban community specifically with at risk adolescents. My focus has always been addressing and healing the traumatic outcomes related to historical and intergenerational trauma within the Indigenous Native community. I am also sculptor as well as making Japanese paper and acting. I started my academic career at 51 years old, starting at the Minneapolis College of Art and Design and graduating in 2014. I attended Adler Graduate school immediately after in the Art Therapy program, graduating in 2017.

### **Thus far, what do you like best about AGS culture?**

I have found everyone that I have met supportive and welcoming. I feel grateful to be a part of a program that has the Adlerian concept of community and encouragement embedded in it.

### **What's one fun or unique fact about you?**

I grew up wanting to be a pirate (a good one of course), which my mother was resigned to accepting. I am a complete football geek. Both my dog and I wear football jerseys during games. Yes, I'm one of those people.

### **Anything else you'd like the AGS community to know?**

I look forward to meeting everyone and working with you.

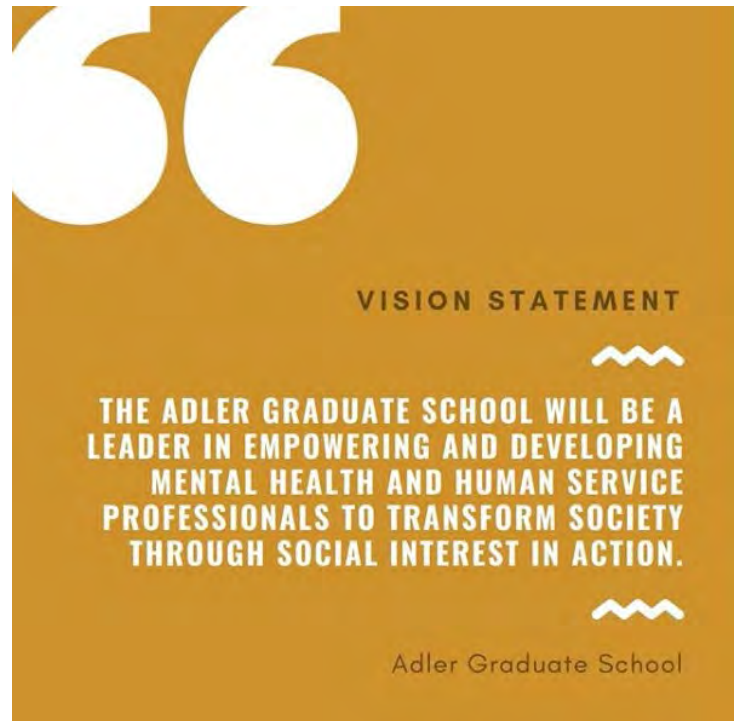
# Thank You to Our Donors!

We would like to recognize the following individuals and organizations who donated to the Adler Graduate School during the 2021-2022 fiscal year. Their generous donations assist us in fulfilling our mission of preparing mental health and human service professionals with a strong Adlerian foundation to foster encouragement, collaboration, and a sense of belonging to the individuals, families, and culturally diverse communities they serve.

Please contribute to your community and be an Adler Graduate School donor:

<https://alfredadler.edu/donate>

- ❖ Lucinda Anderson
- ❖ Taylor Baez
- ❖ Al Brown
- ❖ Jo Ellen Christiansen
- ❖ Beatrice Comty-Charnock
- ❖ David Grande
- ❖ Leslie Laub
- ❖ Priscilla MacDougall
- ❖ Network for Good
- ❖ Annie Simmons
- ❖ Susan Zimmerman



Please consider contributing to the Adler Graduate School, and contact us if you would like to become more involved with AGS.

If you would like to make a financial contribution, checks can be written to the Adler Graduate School and sent to: Adler Graduate School Business Office, 10225 Yellow Circle Drive, Minnetonka, MN, 55343.

You may also visit our website and select "donate" at: <https://alfredadler.edu/donate> to donate online or to look at other options to contribute.

Finally, we encourage you to consider a legacy gift, estate planning, or endowment with Adler Graduate School in mind. Feel free to contact Dr. Jeff Allen to discuss this option.

*The Adler Graduate School is a 501(c)(3) organization, and your donation is tax deductible to the fullest extent allowed by law.*

*Your  
Donations  
Make a  
Difference!*



The AGS Student Development Hub (The Hub) is committed to providing resources and developmental support through meaningful connections within our global Adlerian community. Available services and activities include: AGS Community in Action, Career Services, Holistic Wellness, Learning Accommodations (ADA), Library and Writing Center, Social Interest in Action, and Technology.

**Check out our new appointment calendar!** Make an appointment with Library and Writing Center staff for support with your research and writing assignments.

[Book an appointment.](#)

In support of your holistic development, we're sponsoring 30-Day wellness challenges! Watch for registration information as well as drawings for prizes!

The contact person for wellness challenges is Dr. Bre Hiivala Cahoy:  
[breanne.cahoy@alfredadler.edu](mailto:breanne.cahoy@alfredadler.edu).

### Challenges:

Favorite Fall Activity (Fall Semester)

Capture an Image Representing Gemeinschaftsgefühl (Winter Semester)

**Thank you** to all who generously donated to our holiday gift drive for Tubman!

Erin the elf from Adler Graduate School visited the Tubman Center in January and donated 32 gifts from the AGS Community.

We're so appreciative for the students, faculty, staff, and alumni who came together this holiday season to support such a deserving community organization.





# Adler Community



The Adlerian Students in Action Group and the Adler Hub are partnering to present a quarterly community wellness challenge. The wellness challenge is a part of an initiative to encourage self-care, self-compassion, and wellness, as we all continue to navigate uncertain times.

For this challenge, we asked the community to have fun with creative fall festivities and to submit an image of a favorite fall activity.

## Creative Contribution

### THESE POEMS

These poems I write I do not write.  
They write themselves through me  
And I agree to type them out.

I spent many years listening  
With my ears and my heart  
Without spilling a drop.

What comes out surprises me  
For it was a secret even to me.  
Are these words even mine?

Now in my silence comes the bid  
To let it all pour out and spill over.  
And so, you must forgive me, please,  
For my constant yammering.

**Jere Truer, MA**  
AGS Didactic Instructor

## AGS Alumni Association

Greetings From Your Alumni Association,

The Alumni Advisory Board has made a policy change. From now on, when you graduate from any program at Adler Graduate School, you are a member of the Alumni Association. You do not have to pay to join. If you wish to take advantage of the offer by the Institute for Continuing Education to obtain workshop CEs for half price for a year, you can now subscribe by filling out the form on the website and paying \$60.00 per year. With this new policy, all alumni are eligible for all services of the Association, except the half price savings, without paying a fee. The only exception to the half price discount is the Clinical Supervision Training. This training earns you 45 CEs and cannot be priced any lower.

Please join us this year for a new offering. On the third Thursday of every month, one of your fellow alumni will present on what they have accomplished with their degree. Some of the accomplishments are quite different. The Zoom links for these meetings are sent out on the Wednesday before each meeting.

It is still not too late to register for the full 24 CE certificate in self-regulation. Because there are 15 workshops that will be presented, you can still register for the 12 connected to the discount. Please email Ev with questions.

Hopefully Spring might really arrive, and we may be able to get together for some on campus events. Watch for the Alumni newsletter in March for more news.

Last, alumni, please join us for the March Book Club meeting on March 10th at 7:00PM. The book choice for March is *The Courage to be Disliked* by Ichiro Kishimi and Fumitake Koga. It can be purchased on Amazon.

**Ev Haas,**  
*Director of Alumni Relations*

We are excited to announce the launch of the new Adler Graduate School Store! From t-shirts to blankets to mugs, find a variety of items to share your Adler spirit!

<https://www.mylocker.net/shops/adler-graduate-school>





# Art Therapy in the Community: Art for Social Justice and Action

## AGS Art Therapy Program and Aurora Charter School



Aurora Charter School (<https://www.auroracharterschool.org>), a K-8 elementary and middle school, and the AGS Art Therapy program have a special partnership that began after the pandemic first started. We were initially invited to collaborate with the school community to provide crisis response to support the kids and families who were directly impacted by George Floyd's murder. We have worked within the schools to create art initiatives that promoted connection, courage, and a sense of belonging during what proved to be an incredibly challenging year for schools.

Recently, an invitation arose from the school to develop a community healing mural that addresses the increase in negative body image the school social worker noticed students have been challenged with this school year. The project goals included emphasizing the reinforcement of body neutrality and affirmative messaging via the visual art process. A team of Art Therapy students and I worked together to create a crisis response within a social justice model based on Shawn Ginwright's Healing Centered Engagement Model.

Art for Social Justice in Action thus began its process. Initial concepts for the project were generated directly from the students through obtaining surveys requesting their integral input. The participants included ideas, images, words of affirmation, mantras, strengths, scenes, colors, and symbols that were important to each person. We received many responses, which demonstrated a high level of interest and engagement. Synthesizing the ideas came next, by organizing and categorizing similar themes. While keeping the integrity of the students' original ideas, words, and images, we came up with a design that honored each student voice. We also integrated the schools vision, mission, goals, culture, values, colors, and logos into our design and decision-making process. This included the primary bright color palette and patterning within the school's design, merging into the mural theme.

Four wonderful students in the Art Therapy program participated in this process from development, planning, surveying data, data collection and analysis, designing and implementation. It was an amazing experience! The process and finished piece provided the kids an opportunity to share their visions, lift their voices, and create inspirational images of hope and healing in a vulnerable space.

**Erin Rafferty-Bugher, MA, ATR-BC, LPCC**

Associate Professor, Field Experience Coordinator  
Art Therapy Program

# Art Therapy in the Community: Art for Social Justice and Action

## AGS Art Therapy Program and Aurora Charter School

