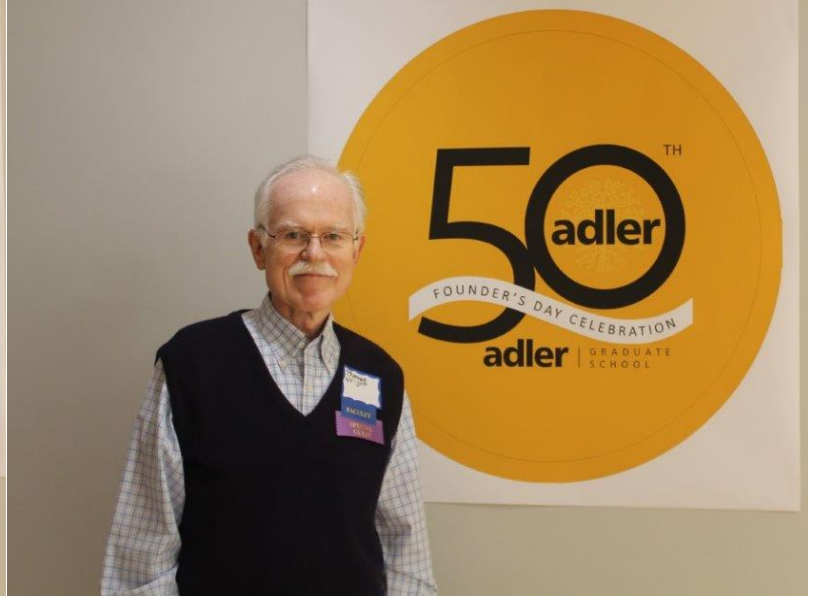


Adler Graduate School Newsletter

December 2019

Founder's Day Celebration!

On Saturday, September 28th, 2019, Adler Graduate School celebrated Founder's Day, honoring our deep roots as an Adlerian community.



AGS 50th Anniversary

Jeffrey Allen, PhD

We are dedicated to preparing an increasingly diverse student body for service to an increasingly diverse community.

From Our Past We Inform the Future

The kernels of Adlerian teaching in Minnesota began in 1966 when Bill and Miriam Pew invited Rudolf Dreikurs to present a Twin Cities workshop. Rudolf Dreikurs was leading the movement to inform, teach, and apply Adlerian Individual Psychology globally; what I call “taking Adler to the streets.” From this event and his influence, the Minnesota Chapter of the American Adlerian Society was formed in 1967 and in 1969 the Adler Institute emerged, offering classes and training in Adlerian Family Counseling and Individual Psychology for parents, children, and teachers. Then, in 1969, 501(c)(3) nonprofit status was awarded by the IRS.

The philosophy around the movement of the Family Counseling Centers and the Adler Institute was based on the premise in Adlerian Individual Psychology of equality, and that all people are goal-oriented and fulfill their human potential through cooperative social relationships, contributing to the group's well-being or social interest. These same original values and premises have driven the current Adler Graduate School as we have grown from the Family Counseling Centers and Institute to offering graduate counseling courses in 1972, and, finally, achieving graduate school status when we were awarded degree-granting authority by the Minnesota Office of Higher Education in 1989, and NCA (Higher Learning Commission) Accreditation in 1991. We have now gone through our 10-year accreditation cycle with the Higher Learning Commission in November; where they stated we were living 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” with integrity.

Building the Future Together, Creating Social Interest

From your participation in our 50-year history, you remain a very important member of the Adlerian family and a contributor to the Adlerian movement. Our alumni are changing the face of our community, our students are gifted and enthusiastic, and our staff and faculty are outstanding in every way -- taking Adlerian values to the street. We as a community grow through our mutual contributions as we work together to make the world a better place. Together we will create movement to a healthier world and fulfill our mission. There are a lot of great things happening at Adler Graduate School as we enter our 50th year. Our educational programs have grown, our curriculum is always improving to meet the needs of the community and the highest standards, and our Institute classes are providing our community Adlerian-based training to meet continuing education requirements. We are dedicated to preparing an increasingly diverse student body for service to an increasingly diverse community.

Thank you very much for being part of the Adlerian movement for our first 50 years, and in the future.

*Your
Donations
Make a
Difference!*

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.

Accreditation and Assessment

Nicole Randick, EdD and Solange Ribeiro, PhD



*Assessment Academy attendees
(L-R): Nicole Randick, Katherine Bengston, Rashida Fisher, Jeffrey Allen, Solange Ribeiro*

We began the HLC Assessment Academy in 2015. Through the Assessment Academy process, we made a goal "to create a culture of assessment that promotes educational excellence through evidence-based academic programming and services." Because of your commitment, we have reached our goal! Through information gained from our assessment initiatives, we have created sustainable systems of assessment and evaluation across the institution that positively impact student learning. In October 2019, several of us presented our work at an Assessment Academy Conference. **We are excited to announce our "graduation" from the Academy and the submission of our last report!** All reports can be accessed here: <https://www.livetext.com/doc/10409067>.

In November 2019, AGS had our HLC re-Accreditation visit. Several HLC representatives visited our campus to review our policies and processes and to meet with all our stakeholders (i.e., faculty, staff, students, alumni, and board members). This visit was very positive, and they were very complimentary of all the work we've done in such a short time. We are currently waiting for the report from this visit. Please visit our HLC Assurance Argument Report here: <https://alfredadler.edu/about/quality-assurance-assessment/assurance-argument>.

Our work isn't done, though. There are several next steps we need to take to ensure the sustainability of all the new systems we put in place. The following is a broad overview of four key areas of focus:

Meaningful institutional structures:

We developed several policies and procedures during our Assessment Academy project. We now have to follow up on these systems and make sure they are functioning and are meaningful to all our stakeholders.

Using student learning data to promote student success:

We collect student learning data in and outside of our courses. Within our courses we use the LiveText system to help us collect data on key signature assessments. We still need to create consistent systems to review this data and make decisions based on our analyses. We are currently in the process of rolling this process out to include our faculty and students in this process.

Reasonable workload for faculty and staff:

We have had many changes at Adler since beginning the Academy. Our goal is to ensure we are putting support in place for these changes and encouraging faculty and staff to be part of developing our new processes. We are working diligently to create a solid foundation for the current changes. We are still following our strategic planning and moving forward, just slower so we can give everyone some time to catch up.

Engaged culture:

To ensure sustainability of our assessment work there are a few new upcoming initiatives being put in place: 1) brown bag faculty lunches where administration shares information with faculty and staff and vice versa; 2) online tech talks to share online learning strategies (to start in Jan 2020); 3) ongoing Program Evaluation Planning meetings and a yearly strategic planning session with all faculty and staff each June.

Please check out our Quality Assurance and Assessment webpage!

This page includes cool tools, resources, and tutorials.

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

Faculty Spotlight: Lucas Volini, DMFT, LMFT

*Field Experience Coordinator of the MCFC Program, Faculty Member,
and Student Advisor*



Tell us a little about your background. I completed my doctorate in Marriage and Family Therapy (Concentration: Chronosystemic Dynamics and the Collective Mismanagement of Existential Anxiety) in 2016 and maintain independent licensure as a Licensed Marriage & Family Therapist and MN-State Board Approved Supervisor. Prior to joining Adler, I was the Clinical Director of the M.S. in Marriage and Family Therapy Program and Assistant Professor in the Department of Community Psychology, Counseling, and Family Therapy at St. Cloud State University. My research includes the development of Global Family Therapy, which integrates the framework of cybernetics with empirical findings from Terror Management Theory to inform a model of family therapy that organizes around the ways in which individuals earn self-esteem by adhering to the cultural beliefs and standards of immediate family and social systems as a means to manage existential anxiety. This framework expands into the development of Macrosystemic Assessment and Intervention which utilizes the same multisystemic principles used to assess family systems to assess conflict in larger systems (e.g., political polarization, conflict between ideologies, etc.). This research is published in peer-reviewed academic journals, regularly presented on both regionally and nationally, and housed as a dedicated Interest Group within the American Family Therapy Academy.

Beyond my research endeavors, I authored and published several resources geared toward preparing applicants nationwide to pass the national licensing exam for marriage and family therapy. The comprehensive study guide is currently in its 2nd edition and increasingly utilized as a course required textbook in MFT Programs across the country. My service to the profession at the national level includes active membership in the American Family Therapy Academy as Chair of the Macrosystemic Assessment and Intervention Interest Group and Member of the Family Policy and Human Rights Committee. On the local level, I have served as an elected Board Member of the Minnesota Association for Marriage and Family Therapy since 2017, and as of January 2020, begin my recently elected 4-year term as President-Elect (2020-2022) and President (2022-2024). To enrich my many interests in all things MFT, I maintain a part-time private practice with Lorenz Clinic in Victoria, MN where I see couples, individuals, and families on an outpatient basis while supporting their clinical training program.

Thus far, what do you like best about AGS culture? Beyond President Allen's organic honey, the warm welcoming into the culture of Adler has been inspiring. I've been thrilled to enter a system that embraces opportunities for innovation, celebrates individuality, and maintains a strong sense of togetherness in our passion for Adlerian Principles—teachings that our world needs now more than ever.

What's one fun or unique fact about you? Beyond soaking up every moment I can with my spouse (Lauren), our two children (Jackson, age 7 / Antonia, age 5), and our three senior rescue dogs (Herman, Mervin, and Pops), the rest of my time is fully dedicated to qualifying for the Senior PGA Tour (only 19 years left to get that handicap to 5 under par!).

Anything else you'd like the AGS community to know? At one point in my life I was set to pursue a career in philosophy until I thought better of it. I like talking about therapy more than I like doing therapy. And probably don't get me started on artificial intelligence—ESPECIALLY when I try to get you to get me started on artificial intelligence

Welcome to the AGS community, Lucas!

Staff Spotlight: Nick Reis

Information Technology Technician

The Adler Graduate School IT Department Mission and Vision:

MISSION: Maximize use of technology for quality education in a secure environment.

VISION: Provide superior customer service and accurate technical support in a timely manner to School users.

Tell us a little about your background.

I have a strong background in Networking and Security and am a graduate of Inver Hills. I was a Network Engineer prior to Adler, working with companies to establish a reliable connection to all of their devices. Technology has been a passion of mine since a very young age, and I always love learning new things about tech.

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

So far, I love working with the wonderful students and faculty. Everyone has been so easy to work with, and I love being in an accepting culture.

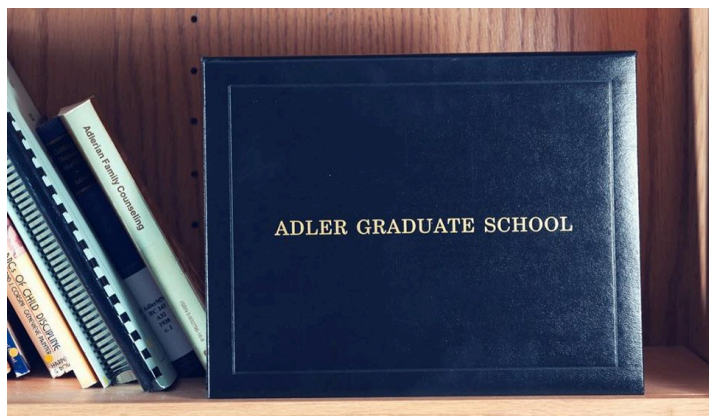
What's one fun or unique fact about you?

A unique fact about me is that I love to scuba dive. I have been PADI certified for almost 10 years and love any chance to do some diving in the ocean.

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

I would like for everyone to know that they should always feel welcome to ask for any assistance from me, whether it be large or small. I love solving problems and won't judge you for being stuck on anything.

Welcome to the AGS community, Nick!



AAPL December Quiz Answers

1. Zuhrah Shrine Center
2. Rudolf Dreikurs
3. Eva Dreikurs Ferguson
4. Only one, but the light bulb really has to want to change!

Four correct: You are an Adler Quiz Bowl rock star!!!

Three correct: Hmmm...you are a middle child?

Two correct: Continue to have the courage to be imperfect.

One correct: Encouragement comes to you to try again!

AGS Community Updates



I really appreciate this award as an opportunity to view this kind of recognition as encouragement -- especially the courage to be imperfect on this journey.

Doug Pelcak

AGS Professional Development and School Service Coordinator and faculty member Doug Pelcak, MA, LSC was honored with a 2019 Outstanding Service Award by the Minnesota Association for Children's Mental Health.

For 33 years, Doug Pelcak served as an elementary school counselor in Hopkins School District. Early in his career there, Doug forged a relationship with the Park Nicollet Department of Psychiatry to implement a new program to identify and treat students with mental health challenges. Additionally, he partnered with an acclaimed psychiatrist to improve mental health screenings and interventions, including the creation of a first-of-its kind approach to assess ADHD in schools.

When Doug transitioned to a faculty position at Adler Graduate School, he continued his service by developing coursework to prepare licensed school counselors for their future work with students and families. He was pivotal in expanding the school's Service Center, creating a school counselor internship and placement program, which has led to numerous interns being hired full-time by schools throughout Minnesota, including eight public charter schools that had never had counseling programs. In addition, Doug was instrumental in implementing the Teacher Sponsor Program designed to support and sustain promising young teachers through their first years on the job, when attrition is at its highest. At every juncture of his career, Doug has kept student mental health at the forefront of his work, making lasting contributions to school cultures and communities.

Congratulations, Doug!



AGS faculty members Breanne Hiivala, MS, LPC, CRC; Antwan Player EdD, LMHC; and Roseina Britton, PhD, LPC, NCC presented "Exploring the World Within: The Ethics of Self Awareness in Developing Cultural Competency" at the Minnesota Rehabilitation Association Fall Conference in Mankato, MN.

Art Therapy Program Chair Craig Balfany, MPS, ATR-BC, LPC and AGS students Leah Baird and Rebecca Urban presented at the American Art Therapy Association conference in Kansas City.





Social Interest in Action

The Social Interest in Action committee, whose members include AGS staff and faculty, fosters belonging and encouragement to internal and external partners. For questions about or to join the SIA committee, contact Allison Zapata at allison.zapata@alfredadler.edu.

On behalf of the AGS Social Interest in Action committee, thank you to faculty, staff, and students of Adler Graduate School for their donations to a November food drive benefiting the Hallie Q. Brown Community Center. The collection totaled 75 pounds of non-perishable food items. Hallie Q. Brown Community Center is an African American, non-profit social service agency in St. Paul, MN, founded in 1929. The community center has since evolved to its multi-service center and administrative body at the Martin Luther King Center in Saint Paul. The Adler Graduate School community has been invited to tour, participate in a discussion at the center, and collaborate in the future.

You have made a difference!

AGS Alumni Association

Coming Soon! Alumni Community Support project. Evelyn Haas, the AGS Director of Alumni Relations, notes that the AGS Alumni Association is working on a community support project partnering with local agencies on issues related to parent study groups, homelessness, and mental health.

Participation in this project is open to all AGS alumni; volunteers are needed! More details forthcoming. Contact Ev Haas at ev@alfredadler.edu with questions or suggestions.

For more information on the AGS Alumni Association, see: <https://alfredadler.edu/community/institute/alumni-association>

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Asha Dickerson, PhD, LPC, NCC, CPCS, AGS full-time faculty member, was the keynote speaker for the Maryland Counseling Association Conference November 8-9.

Congratulations, Asha!



Letitia Browne-James, PhD, LMHC, NCC, AGS full-time faculty member, recently went to Tallahassee, FL to participate in healthcare advocacy focusing on policymaking for high quality care that is both easily accessible and affordable.

Thank you for your advocacy, Letitia!

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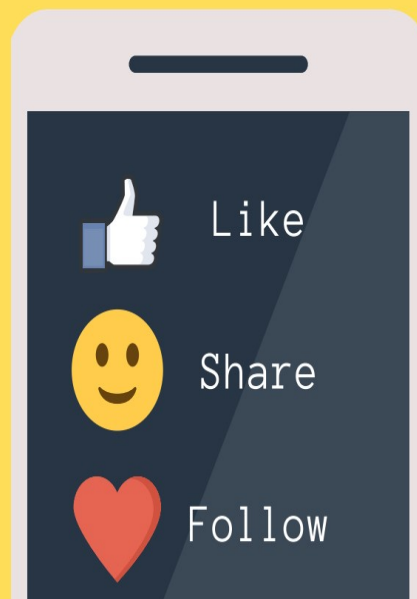
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Adlerian Students In Action

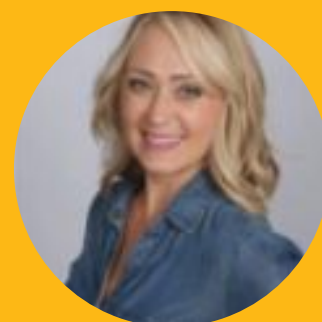
We're a student organization helping students share and engage in professional development opportunities within the community - with social interest in mind. Join our group on Facebook!

If you're interested in serving as a student leader, please contact Bre at:
breanne.hiivala@alfredadler.edu

Interested in Applied Adlerian
Psychology in Leadership?

Contact:

Marcie Skoglund | Assistant Director of Admissions
612-767-7097
marcie.skoglund@alfredadler.edu



Program Spotlight: *Applied Adlerian Psychology in Leadership*



Jill Sisk, PhD, AAPL Program Chair

The Applied Adlerian Psychology in Leadership program helps professionals gain insight into human nature and how individuals interact with roles in work, life, and communities; develop skills to cultivate feelings of belonging within systems and organizations; build an improved community by understanding and addressing issues related to social justice; and maintain interpersonal wellness by applying encouragement and an understanding of lifestyle.

With a Master's in Applied Adlerian Psychology in Leadership, you'll be equipped to consultatively approach challenges faced in a variety of backgrounds.

For more information about the AAPL program, contact:

What Will I Learn And Do In This Program?

- Cultivate your leadership skills.
- Investigate the constructs of encouragement, belonging, and community building.
- Identify how the mind, body, spirit and community intersect in order to reach your full human potential.
- Improve awareness of self and multicultural competency.
- Reinforce your understanding of leadership in connection to lifestyle in order to move in a positive healthy direction.
- Explore how your role impacts social systems by creating or removing obstacles, to build a feeling of community belonging based on contributing to the greater good.
- Engage with others to gain insight into the use of psychology in contemporary contexts: in work, and in relationships.
- Encourage individuals to promote wellness in themselves and others.

Test your AGS-related knowledge with the AAPL Program December Quiz bowl:

1. Where was the last AGS graduation ceremony held?
2. Who wrote *Children: The Challenge*?
3. Who wrote *Adlerian Theory: An Introduction*?
(a book we're using on our next faculty development day)
4. How many psychologists does it take to change a light bulb?

Answers can be found in the AGS December newsletter!

The Applied Adlerian Psychology in Leadership program provides a practical understanding of Individual Psychology to enhance your existing role, understanding of yourself and others, and leadership skills.