



AGS 2021 Commencement Ceremony image designed by Erin Rafferty-Bugher, Associate Professor, Art Therapy program.

# Adler Graduate School Newsletter

*Fall 2021*

# Adler Graduate School Commencement

On Saturday, September 25th, 2021, Adler Graduate School honored Class of 2020 and Class of 2021 graduates with a ceremony at Eagle Ridge Academy.



*Commencement  
Speaker Gykayla Gregg*

**adler**

*Commencement Speaker  
Teresa Pfab*



*Adler Graduate School faculty*



*Class of 2020 and Class of 2021  
Commencement Ceremony attendees*



# President's Message

*Jeffrey Allen, PhD*

I started writing this column looking for some relevant Adlerian quote around Dignity, Respect, Equality, Purpose, Belonging, Encouragement, Courage, Contribution, and Social Interest, but I kept being brought back to Adler Graduate School's commencement ceremony on September 25th. This was our first in-person graduation since the pandemic, and I was moved by our graduates and speakers, Gykayla Gregg and Teresa Pfab, after hearing about their journeys to successful completion of their degrees. With the pride of being part of the AGS community, I felt our graduates embodied Adlerian commitment and courage as we all have navigated through these uncertain times of a pandemic, and as we continue to fight social and racial injustices.

On our commencement program, we used the butterfly to symbolize movement and metamorphosis, for the butterfly, regardless of the obstacles in its path, is determined to fulfill its purpose. This graduating class could have made excuses as to why they couldn't finish, but this class said, "We will not be denied." This class could have said *no* to life and not engaged in fulfilling our purpose to contribute in a positive way to community. Instead, this graduating class focused on what is important and said *yes* to contributing to the greater good and *yes* to spreading positive mental health and leadership to our communities in need.

Again, I would like to congratulate our graduating classes, past, present, and future, and everyone who has stepped up to support each other to make the world a better place. I would also like to offer encouragement to our current student body, alumni, staff, and faculty to keep on saying *yes* to life and to making the world a better place.

*Jeffrey Allen, PhD*

*Adler Graduate School President*



*Adapted from Dr. Allen's September 25, 2021 Commencement address.*



## Faculty Spotlight:

*Letitia Browne-James, PhD, LMHC-S, NCC, BC-TMH*



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

Assistant Professor and Marriage, Couple, and Family Counseling program coordinator.

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

I am the founder and owner of Victorious Living Counseling & Consulting, LLC. I am also a Board-Certified Counselor, Board-Certified Telemental Health Provider, Licensed Mental Health Counselor (FL), Qualified Clinical Supervisor (FL), and Florida Behavioral Health Case Manager Supervisor with over 20 years of experience working with adults, children, families, and couples in many clinical settings as a counselor and an administrator. I am also an author, sought-after speaker, researcher, and consultant on mental health issues, teaching, clinical and administrative supervision, multiculturalism, social justice, advocacy, ethical practices, human trafficking, the intersections of mental and physical health issues, and many other topics.

I earned my PhD in Counselor Education and Supervision with a specialization in Counseling and Social Change from Walden University, my master's in Mental Health Counseling with graduate certificates in Marriage and Family Therapy and Play Therapy from the University of Central Florida, and my bachelor's in Psychology from Bethune Cookman University.

I am passionate about serving and advocating for persons from marginalized populations while creating global positive social change. Therefore, I serve in many leadership service roles. I am the Immediate Past President of the Florida Counseling Association, a Past President of the Florida Association for Multicultural Counseling and Development as well as the Omega Zeta Chapter of Chi Sigma Iota Counseling Academic and Professional Honor Society at Walden University, and a Past Treasurer of the Association for Multicultural Counseling and Development, a Division of the American Counseling Association. I am an Advisory Board Member of Orange County's Florida Assertive Community Treatment Team, a Non-Physician Board Member on the American Board of Internal Medicine Specialty Board, a member of Tampa General Hospital's Patient & Family Coalition, and a former member of the Ethics and Compliance Advisory Board Member at Patients Like Me.

Additionally, I am an active member of several professional organizations and the recipient of professional and service awards, including the National Board for Certified Counselors Excellence in Clinical Mental Health with Underserved Populations Award, Black Women Handling Business Women in Medicine Award, Bethune-Cookman University 40 Under 40 Outstanding Alumni Award, National Board for Certified Counselors Doctoral Minority Fellow, Chi Sigma Iota-Omega Zeta Chapter Outstanding Doctoral Student Award, Valencia College Bridges to Success Woman of Distinction in Health Award, and Orlando Strong Florida Governor's Medal of Unity Award.

I started another company related to my training and consulting company, called Dr. LBJ, Inc. Additionally, my company, Victorious Living Counseling and Consulting, recently received a grant from Harvard University to implement a new evidence-based training to help children overcome trauma.

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

I love the collaborative and shared leadership model that gives everyone a place and a voice.

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

I love to shop and was born and raised in St. Thomas, US Virgin Islands.

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

I enjoy being a part of the AGS community.

## Board Spotlight:

*Brandon Jones, MA*



Brandon is an Adler Graduate School alumnus (Class of 2014) and a member of the AGS Board of Directors.

Brandon was born in St. Paul, Minnesota and is a third generation Minnesotan. This is notable, he said, because many Black Minnesotans are transplants. Brandon grew up as a member of the Rondo community in St. Paul. His experiences with trauma on a personal and professional level led to his eventual interest in the counseling profession. As an oldest child, he felt a “responsibility to protect family” and a curiosity about how other people were managing their emotions.

Brandon excelled in both football and academics and was a first-generation college student. He went to the University of Minnesota to play football and to enroll in pre-dentistry. A professor in a first-year sociology course (People and Problems) pulled him aside to commend his work and to suggest that he consider pursuing a PhD in sociology. After graduating from the University of Minnesota, Brandon earned an MA in Community Psychology from Metropolitan State University and, one month later, began classes at AGS. A cousin who was attending AGS first drew his attention to the school.

As Brandon began his education at AGS, he discovered how Adlerian principles “fit in well with communities of color.” Brandon went on to describe the importance of family constellation in the Black community. In the Black community, Brandon said, “Family looks different.” Family, as described by Brandon, can be anyone with whom someone forms a strong emotional bond. He further mentioned that community is part of identity.

Brandon is a 2013 Bush Foundation Leadership Fellow and used the grant to work on concepts related to Social Emotional Learning for Black youth with a variety of schools and government entities. (<https://www.bushfoundation.org/fellows/brandon-l-jones>)

Throughout his career, Brandon has applied Adlerian principles to his specializations working with Adverse Childhood Experiences (ACEs), Historical and Intergenerational Trauma, Social/Emotional Intelligence (EQ), Leadership, and Youth Justice. Brandon is the Executive Director for the Minnesota Association for Children’s Mental Health (MACMH). In this role, Brandon incorporates Adlerian perspectives on social interest, birth order, and parenting/discipline.

The pandemic afforded some space to consider a balance between his professional and personal life. On the personal side, Brandon has a wife and three daughters. He does not drink coffee, which he feels is unusual for a mental health practitioner. Brandon described himself as a compassionate person, who -- we might be surprised to find -- enjoys UFC.

Regarding the Adler Graduate School, Brandon encourages Adler graduates to reach back and connect with the school, and for AGS, in turn, to continue to build out the alumni connection. (Find details about the AGS Alumni Association later in the newsletter!) In Brandon’s view, not all therapeutic constructs can be applied in “different spaces and places” as Adlerian concepts can. Brandon felt an instant bond with the Adler community, and he feels AGS provides a unique experience that opens many directions professionally.

In Brandon’s words, “Adler has never left me.”

# A Classic

Rocky Garrison, PhD, CBSM

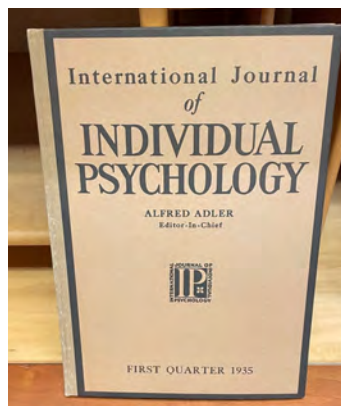


Reference: Birnbaum, F. (1935). Development of character. *International Journal of Individual Psychology*, 1 (1), 67-75.

Author Information: Ferdinand Birnbaum (1892 – 1947) was trained as a secondary school teacher. He met Adler in 1920 and became active in Viennese Individual Psychology. From 1924 to 1934 he participated in the Individual Psychology Experimental School with Oskar Spiel and Franz Scharmer. During World War II he belonged to an illegal individual psychological working group, and after the war tried to revive the Association for Individual Psychology in Vienna.

For Birnbaum, character is the unique style of living of the individual. Character develops in the context of the social relatedness of the person, who can strive for recognition in the whole community of mankind or a in variety of "seeming" communities that exclude some portion of humanity. Obstacles to the striving for recognition and significance lead to compensatory movement and the creation of a "fictive projection" or "guiding phantom," a fictional goal.

Attempts to guide the development of character focus on the disclosure of this goal and on the creative power of the individual. Understanding the goal is a process of "artistic guess-work," that "... proceeds by assembling conclusions" (p. 73) derived from an Individual Psychology functional analysis, identifying inferiority feelings and their corresponding compensations. Goal disclosure is done in a hypothetical manner, and the "Perhaps you have believed" query is proposed as one strategy for verifying these hypothesized formulations with a student or client.



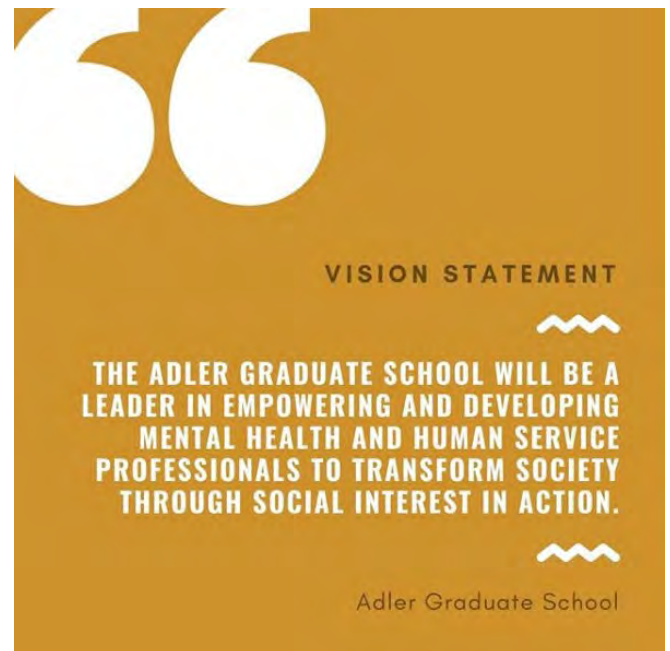
# Thank You to Our Donors!

We would like to recognize the following individuals, who donated to the Adler Graduate School in 2020-2021. 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>

- ❖ Carol Allen (SPS Commerce Match)
- ❖ Jeffrey Allen
- ❖ Lucinda Anderson
- ❖ Taylor Baez
- ❖ John Bartholow (In Memory of Robie Wayne)
- ❖ Sue Bitney
- ❖ Joan Bullemer
- ❖ Fayemarie Carter
- ❖ Arthur Clark
- ❖ Beatrice Comty-Charnock
- ❖ Chris Garwick-Foley
- ❖ David Grande
- ❖ Ev Haas
- ❖ Alex and Kristen Hawkins (Art Therapy)
- ❖ Christina Hilpiper-Frischman
- ❖ Suzanne Kramer
- ❖ Leslie Laub
- ❖ Priscilla MacDougall
- ❖ Sam Major
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- ❖ John and Sydney Rosenberg
- ❖ Berta Shapiro
- ❖ Annie Simmons
- ❖ John Sweeney
- ❖ Kristie and Robie Wayne
- ❖ Tamara Whear
- ❖ Wes Wingett
- ❖ Susan and Steven 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:

Positive Pandemic Experiences (May)

Leslie Boyle-Milroy (Marriage, Couple, and Family Counseling student) was the winner of the May Wellness Challenge.

**Congratulations, Leslie!**

Reflect on Resources for BIPOC Mental Health Awareness Month (July)

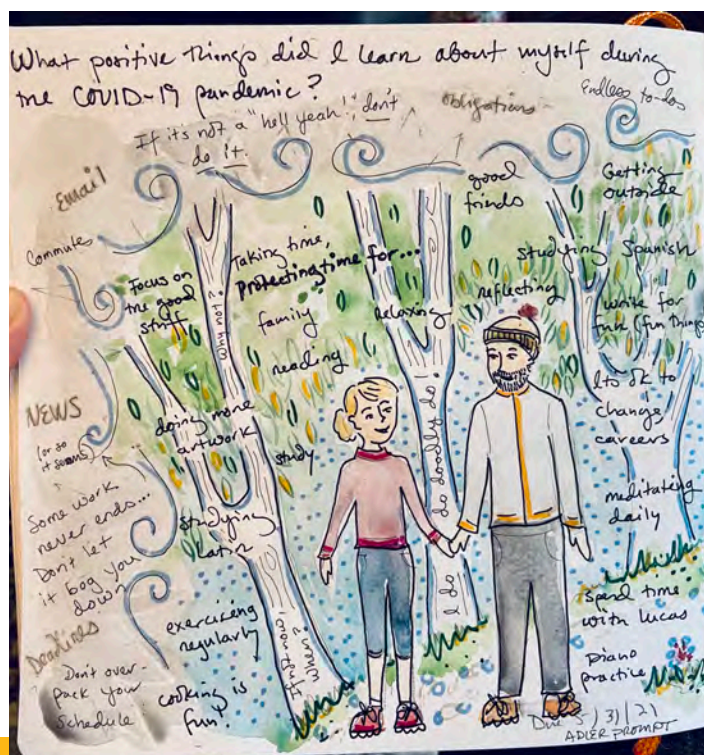
Bushra Ali (Art Therapy student) was the winner of the July Wellness Challenge.

**Congratulations, Bushra!**

The Adler Hub also sponsored **HubTalks** for Job Search September, on topics including Resume Basics, Interviewing Skills, Networking, and Building a Professional Counseling Practice.



Puzzle selected by Bushra Ali, July Wellness Challenge Winner -- "Out of my Soul" by Noland.



Leslie Boyle-Milroy's Pandemic Challenge drawing.



## AGS Alumni Association

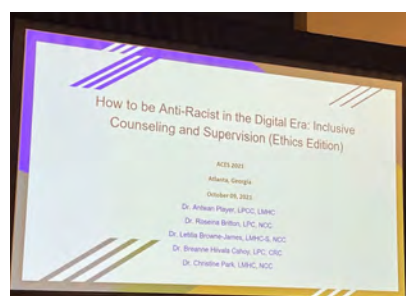
Your Alumni Association Board would like to announce some exciting plans for next year. In 2022, the Institute for Continuing Education will be offering a 15-month series, on the 3rd Friday of each month, entitled Self-Regulation Deficits for Mental Health and Substance Abuse Treatment Settings: A 15-Part Continuing Education Training Series. For this series, you will earn 24 CEs for 12 workshops for LPCC. The MFT CEs have been applied for, and we are awaiting approval. You will choose 12 of the 15 topics, one each month, for a certificate of training in the area of Self-regulation. You may also choose to attend just a few for Certificates of Attendance for 2 CEs each.

We will also be offering a second series as a refresher for already practicing counselors and perhaps providing some new knowledge for more recent alumni. This series will also happen on Fridays, one each month, on topics about either Adlerian theory or techniques. Some of the presenters already in line are Rocky Garrison, Craig Balfany, John Newbauer, and John Reardon. Other Adlerian thinkers will also be contacted.

We will be using one of our Alumni Advisory Board meetings each month as an information session on topics such as: the business side of setting up a clinic or practice, what else you can do with therapy, solving the mystery of insurance coverage, Adlerian leadership skills for working therapists in agencies and corporations, understanding the licensing process, ways to earn those 3000 "other" post-degree hours, and more. These and all board meetings are open at no charge to all alumni.

We need new Alumni Advisory Board members! Please contact Ev at [ev@alfredadler.edu](mailto:ev@alfredadler.edu) if you are interested in learning more about us.

## Faculty Conference Presentation



Current and former faculty Dr. Antwan Player, Dr. Roseina Britton, Dr. Letitia Browne-James, Dr. Breanne Hiivala Cahoy, and Dr. Christine Park presented How to be Anti-racist in the Digital Era: Inclusive Teaching in Counselor Education (Ethics Edition) at the ACES 2021 Conference in Atlanta, GA.

The presentation offered counselor educators the opportunity to explore and process how to be an anti-racist in the digital era. Attendees actively participated in comprehending the infra-structural impact of racism to facilitate a classroom atmosphere that champions advocacy. Also, attendees engaged in a critical dialogue that aligns with the ACA code of ethics, specifically domains of multiculturalism and counseling education. Last, attendees acquired knowledge for best practices in teaching and supervision as it relates to anti-racism in the digital era.



*Dr. Britton, Dr. Browne-James, and Dr. Player present at ACES 2021.*

## In Memoriam: Earl Heinrich

We regretfully note that longtime Media Center Coordinator Earl J. Heinrich recently passed away. His presence at the AGS Media Center for so many years made him almost synonymous with the institution itself. Earl had a knack for knowing just where the information a person was seeking could be found, even when they weren't sure what they were looking for.

Earl's love of learning led to his continued studies in various specialties over the decades, including history, religious studies, and technology.

His family held a Celebration of Life for him on October 10, 2021. If you were unable to attend and wish to honor his memory, consider a gift in his name to the AGSAA Diversity Scholarship Fund.

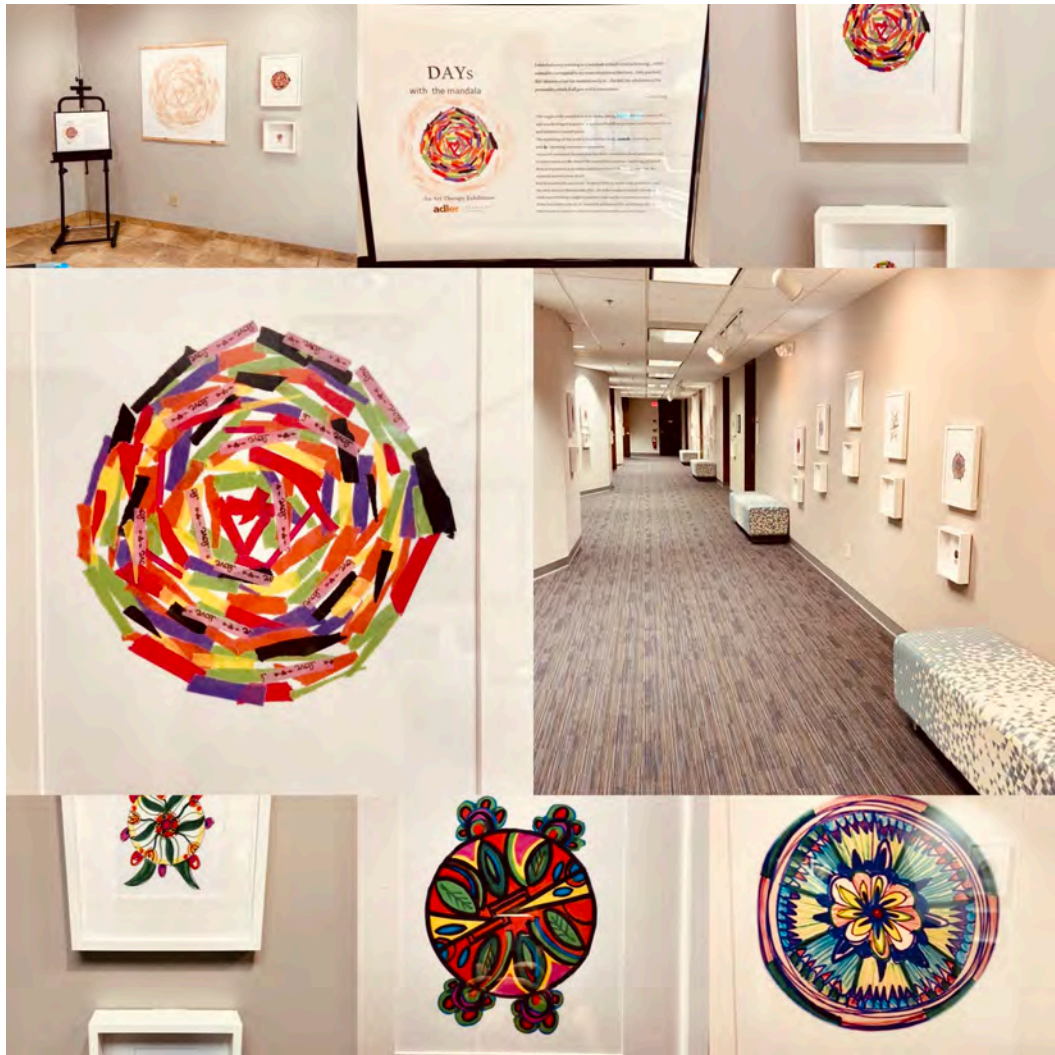
**Ev Haas**, Director of Alumni Relations



*Earl at his desk in the AGS Media Center.*

# Art Therapy Program: Community Exhibit

## DAYS with the Mandala: Art Exhibit Jennifer Kleinhans, Art Therapy Alumna, Class of 2021



### About the artist

Jennifer Kleinhans is a graduate of Adler Graduate School. As part of her studies while at Adler Graduate School in Clinical Mental Health Counseling, emphasis in Art Therapy, she went on a journey of exploring the mandala: its origins, meaning, implication for usage in art therapy, as well its use for personal growth.

During the year 2020 and the COVID-19 pandemic shutdown, she started creating mandalas for personal process art and self-expression. After some time, it became evident that this exercise demonstrated how the mandala can be beneficial. Because of its ability to have a beginning and end within a contained shape, it allows the maker to step back and witness a snapshot of their current state of mind and enable an ability to have a better perspective on emotional functioning.

Each mandala in the exhibit has paired with it a smaller frame.

The image in the smaller frame is the center part of the larger mandala. This is meant to demonstrate the essence of what is contained in the mandala.

*All of the pieces in the exhibit are made with mixed media and then made into digital prints.*

# Alumni Update

## Mitsuko Taguchi, Class of 2019

Mitsuko continues to share the tenets of Individual Psychology.

In 2021, Mitsuko has been actively preparing and offering her own workshops for fellow, Japanese Adlerians. She has also offered monthly study meetings, occasional counseling services, ER Co-Exploration Sessions and featured workshops.

Since this spring, Mitsuko also started offering another type of monthly meeting, which is featured on Betty Lou Bettner's book, *The Creative Force*, so that the members could better understand the development of lifestyle and Adlerian Psychology, as well as get familiar with Adlerian terms and concepts in English. Also just beginning are other regular study meetings on encouragement, basic assumptions of Adlerian Psychology (which she calls "Looking at the World through Adlerian Lens"; both of these sessions involve experiential work.

Full-day workshop offerings include "Reflecting As If" and Early Recollections"; both based upon the method presented by Marina Bluvstein.

In March 2021, Mitsuko was invited as an interpreter for Jon Sperry's workshop on "Trauma and Courage" by one of the Adlerian Psychology associations in Japan.

Here are some of the other events of highlight in Mitsuko's life since graduation:

- Workshop on Metaphor (face-to-face), January 2020.
- Group discussion work (online) on Gemeinschaftsgefühl, including metaphor and artwork activities, Summer 2020.
- A local event (online) to share Virtual ICASSI 2020 plenary lectures (free of charge), Autumn 2020.
- Marina Bluvstein's Japan Workshop (online): 3 courses over total 4 days; Mitsuko was the planner, co-host, translator/interpreter, November 2020.
- English conversation (Private) Lesson: These lessons focus on Adlerian Psychology. Students can learn terms of Adlerian Psychology in English and how to explain Adlerian Psychology in English.
- Additionally, Mitsuko made a presentation for the 28th Congress of IAIP about Grief and Loss. She is hoping to put this line of ideas into a paper to submit to the *Journal of Individual Psychology*, and she will be bringing a similar topic to the forthcoming annual conference of the Japanese Association of Adlerian Psychology (October 2021).

We are so proud of our alumna, Mitsuko, for her expertise and dedication to sharing and teaching Adlerian psychology. - **Dr. Jill Sisk**





# EXCELLENT EDUCATION

Adler Graduate School strives to make our outcome data accessible and transparent. The following data is from our 2020-2021 Counseling Student Exit Survey and Employer Survey.

**90%**

OF GRADUATES  
REPORTED FINDING  
EMPLOYMENT  
WITHIN THE FIRST  
6 MONTHS OF  
GRADUATING.



**100%**

WORK ETHIC

**75%**

INTROSPECTION

THE TOP TWO QUALITIES THAT  
EMPLOYERS ARE LOOKING FOR IN  
OUR GRADUATES.



**79%**

OF GRADUATES  
REPORTED THAT  
THEIR INTERNSHIP  
EXPERIENCE LED TO  
POST GRADUATE  
EMPLOYMENT.



**100%**

OF EMPLOYERS  
ARE EITHER  
SATISFIED OR VERY  
SATISFIED WITH  
THE OVERALL  
PREPAREDNESS OF  
OUR STUDENTS.



To view more data about our programs visit:  
<https://alfredadler.edu/about/quality-assurance-assessment>

Program data allows us to critically analyze information about our activities, characteristics, and outcomes to improve its effectiveness, and/or to inform programming decisions for the purpose of improving student learning and development.