

*Adler Graduate
School*

Winter 2023 Newsletter



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SCHOOL

www.alfredadler.edu

President's Message

Dr. Solange Ribeiro



Having received the honor of becoming Adler Graduate School's President, I am excited for the opportunity to lead us through the next steps toward our vision of being a leader in empowering and developing mental health and human service professionals to transform society through social interest in action. Inclusion, diversity, equity, and accessibility (IDEA) constitute one of the four values that support our mission and are the focus of a significant portion of our strategic plan for the next four years. I am excited to share with you that our new strategic initiatives in this area include but are not limited to:

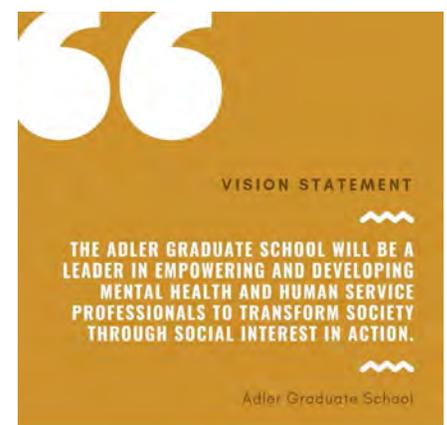
1. An internal mentorship program to support retention and promote the professional development of students of color (B GREAT).
2. A program in collaboration with the Minnesota Association for Children's Mental Health (MACMH) to encourage BIPOC undergraduate students interested in mental health professions to pursue a graduate education.
3. A program to provide support to mental health professionals of color who already work in the field, also in collaboration with MACMH.

If you have any questions about B GREAT, don't hesitate to contact Dr. Asha Dickerson, and for questions or comments regarding our partnership with MACMH, please email me or stop by my office.

My appointment as AGS President also triggered a change in our institutional organization. Dr. Nicole Randick was promoted to Vice President for Academic Affairs, and Dr. Rashida Fisher was promoted to Dean. Dr. Randick will lead us in institutional and programmatic evaluation and continuous improvement, and in seeking or reaffirming institutional and programmatic accreditations. Dr. Fisher's role includes supporting faculty and student development, as well as curriculum continuous development. Together, Drs. Randick and Fisher will lead the part of our strategic plan focused on providing quality education.

I hope you find this news as exciting as I do, and I look forward to collaborating with all of you – students, faculty, staff, alumni, and AGS's friends – toward making the world a better place, one process/project at a time.

Dr. Solange Ribeiro,
Adler Graduate School President



Staff Spotlight:

Sherry Anderson, MS, MBA



What is your position at AGS?

I have been the Admissions Counselor at Adler since December 6, 2022.

Tell us a little about your background.

I was born and raised here and am a 5th generation Minnesotan. My husband and I live in the South Metro area, about 12 miles south of the Minneapolis International Airport. We love to travel! My favorite trip was to Barcelona and Southern Spain in 2019. I would recommend everyone go there.

I have worked in the admissions role for over 10 years. Five of these were working with licensure-track programs for counseling students. I was an adult learner and graduated with my bachelors degree in 2010 and my masters degree in 2014. My coursework was both online and classroom, and I understand the time commitments, the work-life-education balance. It can seem like juggling fireballs at times. While I understand the admissions process, I also understand the emotional process that goes along with being back in school as a working professional.

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

When I was doing my research for the position, I did some research on Alfred Adler. I was surprised to learn that I was raised by Adlerian-thinking parents. Family constellation and belonging as well as social interest and community are all the rocks that I was raised on. I love that this really is the AGS culture, and we are all a team. So many organizations don't walk the talk.

What's one fun or unique fact about you?

I knit. A LOT... I love the irreverent and have never knit a pair of socks. I have knit a cap with snakes coming out of the top (ala Medusa) as well as a cap that looks like a head of curly hair for a cousin who suffers from Alopecia. I knit my mother a shawl over the course of a year. I took it on every business trip and vacation and made sure that I knit at least two rows and documented the locations. I called it the traveling shawl. She loved it and made me enter it into the State Fair where it won a [blue ribbon](#). Like the rest of my life, I don't take my knitting so seriously.

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

I have a long and happy history with the old campus in Richfield. About 50 years ago, my Dad's company was located in that building, and we would go there on Saturdays with his while he worked. The owner was a big game hunter, and there was taxidermy all over the place as well as a huge polar bear on a landing between the first and second floor. It really is the stuff of nightmares for a little kid.

Staff Spotlight:

Tom Lane, MA



What is your position at AGS?

I'm Adler's first Development Director, connecting with students, alumni and friends who wish to contribute their treasure, time, and talent to sustain and expand Adler Graduate School's efforts to prepare mental health and human service professionals with a strong Adlerian foundation to foster encouragement, collaboration, and a sense of belonging with the individuals, families, and the culturally diverse communities they serve.

Tell us a little about your background.

I'm originally from an island off the coast of Maine. I've been a nonprofit manager and fundraiser for more than 20 years. I worked with NAMI, the National Alliance on Mental Illness, for almost 8 years, including as the Deputy Director of NAMI Washington State.

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

As I've gotten to know students and alumni, I'm impressed by the bread and depth of experience, as well as commitment to mental wellness through many career paths.

What's one fun or unique fact about you?

I'm a certified sailing instructor!

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

As a newbie to Minnesota, I love to explore all the Cities and State have to offer in terms of neighborhoods, nature, food, and architecture.

An EST for IP: Behavior Experiments

Dr. Rocky Garrison

Behavior experiments (BE) are "... planned experiential activities, based on experimentation or observation, which are undertaken by patients in or between cognitive therapy sessions..." with three purposes: (1) test the validity of the patients' existing beliefs about themselves, others, and the world, (2) construct and/or test new, more adaptive beliefs, (3) contribute to the development and verification of the cognitive formulation (Bennett-Levy et al., 2004, p. 8). They are a specific type of homework that is included in many CBT treatments, but, like thought records, there is little research on their efficacy as a standalone treatment. Two studies compared the therapeutic impact of BEs with thought records, finding that BEs are slightly more effective at changing beliefs (McManus, Van Doorn, & Yiend, 2011) and that BEs are perceived by clients as more powerful than TRs (Bennet-Levy, 2003).

The EST. The foundation for a BE is a prediction that is inherent in a mistaken belief or private logic. Listening for these predictions and reframing mistaken beliefs into predictions are essential skills in using BE. Once a mistaken belief and related prediction are collaboratively defined, the BE intervention begins with an orientation of the client to the treatment, providing a description of the process and the treatment rationale, and obtaining their informed consent. The collaborative definition of the BE includes specifying (1) the target cognition, (2) an alternative perspective, and (3) the prediction, as illustrated in this case:

Problem. Frank thought he had a defective memory and therefore had to keep checking doors, switches, etc. He reasoned that even slight uncertainty meant that there was a risk that the action had been left undone and that the consequences could be catastrophic. He believed everyone else would always be 100% sure of having done such actions.

Target cognition. I must be able to remember with absolute certainty that I have locked the door; if I cannot remember it, I probably have not done it (belief rating 100%).

Alternative perspective. It is normal to be unable to remember doing such everyday actions.

Prediction. Everyone else will be able to remember actions such as locking the door or turning off taps. Bennett-Levy, et al., 2004, p. 114)

This prediction led to an experiment in which Frank and the therapist each surveyed 12 people, asking if they could remember locking their door when they left home. The results helped Frank realize his memory was not defective and became a cornerstone for disputing other instances of Frank's intolerance of uncertainty private logic.

There are a variety of types of BEs, limited only by the creativity of the therapist. One typology identifies two designs: (1) hypothesis-testing experiments and (2) discovery experiments, and several types: (1) in-vivo, (2) simulated (e.g., role play), (3) direct observation, (4) surveys, and (5) information gathering from other sources (Bennett-Levy, et al., 2004).

Most CBT treatments are designed to treat a cluster of symptoms, usually defined by DSM-5 (American Psychiatric Association, 2022), but the BE focus on a mistaken belief allows an Individual Psychology practitioner to respect the uniqueness of their client. My experience has been that the process of specifying a mistaken belief and then disputing it in an overt style with data creates an anchor point to refer to as more instances of the mistaken belief in action emerge. The experiment becomes a condensed reminder of the disputation: "Remember the surveys we did?"

References

- American Psychiatric Association (Ed.). (2022). *Diagnostic and statistical manual of mental disorders: DSM-5-TR* (5th ed., text rev.).
- Bennett-Levy, J. (2003). Mechanisms of change in cognitive therapy: The case of automatic thought records and behavioural experiments. *Behavioural and Cognitive Psychotherapy, 31*(3), 261-277.
- Bennett-Levy, J. E., Butler, G., Fennell, M., Hackman, A., Mueller, M., & Westbrook, D. (Eds.). (2004). *Oxford guide to behavioural experiments in cognitive therapy*. Oxford University Press.
- McManus, F., Van Doorn, K., & Yiend, J. (2012). Examining the effects of thought records and behavioral experiments in instigating belief change. *Journal of Behavior Therapy and Experimental Psychiatry, 43*(1), 540-547.

Hi to you all from the Alumni Association,

It has been a rough winter here, lots of ice and snow – but staying in touch has been fun! The Alumni Board has been busy. **We are planning an auction on May 19th from 6:00 to 9:00pm.** It will be held across the street from campus at the Zuhrah Shrine Building. There will be a cocktail hour and dinner and then the auction. We are asking all alumni, and anyone else so inclined to donate items, which are tax deductible, to be auctioned off. The monies raised will go to the student diversity scholarship fund. Please watch for more registration information to follow. All donations of items can be in person, or services and gift certificates online. The auction will be online as well as in person.

We are also looking for new Alumni Board members. We meet once a month on the first Thursday at noon. Please think about joining us.

We also appreciate any ideas for Tuesday Lunch Forums. We are continuing right now to discuss all types of families counselors come in contact with and what special training counselors might need.

Your suggestions are so very welcome! The COVID restrictions have been lifted for campus visits, so please stop by if you are in the neighborhood. We hope to have some more Alumni functions after the auction. Stay in the loop.

Ev Haas,
Director of Alumni Relations

Leftheris Papageorgiou Retirement

The AGS community gathered on January 28 to celebrate the retirement of Leftheris Papageorgiou. Leftheris has been affiliated with AGS for 40+ years, including 33 years as an individual and group didactic instructor.

We thank Leftheris for his many years of service to the AGS community!



Herb Laube, PhD and Leftheris Papageorgiou, MA



Leftheris Papageorgiou

AGS Community Updates

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.

<https://alfredadler.edu/services/student-development-hub>



Support. Community. Resources.

Holiday Gift Drive

Thank you to all who donated to the LightShine Canine: A Rez Dog Rescue for the 2022-2023 holiday gift drive!

We received a variety of towels, almost a dozen blankets, toys, treats, and a small kennel to help this local organization with its mission to rescue stray and unwanted dogs and cats from Pine Ridge and other Indian Reservations in South Dakota.

Thank you for your contributions!

Adlerian Students in Action and Adler Hub



AGS Creative Community

ORDINARY LIFE

It can begin in the kitchen.
You run water to fill a kettle,
Then shut off the tap.
You pick up a cup of coffee
And look out the window.
You imagine you are in a film
Where every little detail
Matters—the sound of running
Water, the kettle set down,
The squeak of your shoes
As you walk to the window.
Even the setting sun shining
Golden and warm on your face.
Maybe there is a still of that
And it is on the poster
For the movie.
People want to watch it.
An unknown but intriguing
Director filmed it.
Now your ordinary life
Excites even you.

c. 2022, Jere Truer

AGS Faculty Updates

AGS faculty Michelle Doerr, MS, Dr. Christine Park, and Dr. Bre Hiivala Cahoy presented a half-day workshop on trauma-informed conservation communities for The Wildlife Society's annual national conference in Spokane, Washington in November 2022. Their presentation was intended to promote transdisciplinary conversations, action, and community.

Michelle Doerr, MS, Dr. Bre Hiivala Cahoy, and Dr. Christine Park.



'Art Therapy Scholarship Fundraiser'

adler GRADUATE SCHOOL

When:
April 2nd 2023
12-3pm

Where:
Dame Errant
1729 N 2nd St #101,
Minneapolis, MN 55411

What:
A family-friendly event to help support your local art therapy students from Adler Graduate School. Dame Errant is a local art studio where you get a ball of clay and play!

Cost:
Students: \$5
Adults: \$10
Children 12 & under: FREE

What else:
Art Raffle for beautiful, original artwork, including a large-scale painting similar to the owl painting on this poster! Raffle draws at 2:45. You do not need to be present to win.

Come play with clay!



Erin Rafferty Bugher, ATR-BC, LPCC at the American Art Therapy Association Conference in Minneapolis.

Craig Balfany, ATR-BC, LPC, was presented the 2022 Outstanding Site Evaluator Award from the Accreditation Council for Art Therapy Education (ACATE).



Alumni Updates

AGS alumnus Errol Edwards, MA, LSC was named the 2022 Minnesota Elementary School Counselor of the Year. Per Saint Paul Public Schools:

"Errol Edwards, a counselor at St. Anthony Park Elementary (SAP), is in his fifth year as an SPPS school counselor. Prior to his role at SAP, he was a school counselor at Barack & Michelle Obama Elementary. He was nominated by his elementary counselor peers because of his passion for equitable outcomes for students."

<https://www.spps.org/counseling>

Master of Arts in Counseling, School Counseling

Instill a sense of belonging, nurture potential, and make a significant impact on the next generation.

Adler Graduate School is accepting applicants for its fully online Master of Arts in Counseling, School Counseling program. This 60-credit online master's program — the only online program in Minnesota — follows the ASCA National Model for school counseling education and prepares you for licensure in any state. It's also PELSB approved.

For more information:

<https://www.alfredadler.edu/program/master-of-arts-counseling-school-counseling>



Errol Edwards, MA, LSC and fellow counselors John Eschenbacher and Jeanette Vyhaneck.



Errol Edwards and Saint Paul Mayor Melvin Carter.

AGS alumna Natasha Green, MA, ATR was a featured contributor on the American Art Therapy Association (AATA) blog. Her post, *Showing Up as an Art Therapist and Human Being in the Healing Space*, is available online: <https://arttherapy.org/blog-showing-up-as-an-art-therapist>



Natasha Green, MA, ATR
<https://natasha-green.clientsecure.me>

