



# Adler Graduate School

*Fall 2023 Newsletter*

# President's Message

*Dr. Solange Ribeiro*



## Year in Review

Believe it or not, we are just four weeks away from the end of the calendar year! Where did 2023 go? Well, we all have heard the expression *time flies when you are having fun*, and I believe that expression can be translated into *time flies when you are contributing*. As 2023 came and is about to go in a blink, here is a non-exhaustive summary of how the AGS community contributed to the greater good this year:

- Students presented at four professional conferences.
- Faculty presented at 10 professional conferences.
- Faculty contributed three research articles and 20 book chapters to the professional literature.
- One of our adjunct faculty co-hosted a co-occurring care professional conference.
- Students, faculty, and staff participated together in a volunteer conservation activity with Urban Roots.
- Students, staff, and faculty participated in a fundraising effort to benefit a reservation dog rescue program.
- Alumni held a fundraising auction to raise money for student scholarships.
- One student engaged in professional leadership activities as part of their NBCC Minority Fellowship Program.
- Five faculty members served in leadership positions in regional professional associations.
- Five faculty members served in leadership positions in national professional associations.
- Two staff members served as accreditation reviewers.
- Two faculty members served on three non-profit boards.
- Three faculty members served as members of editorial boards and/or as manuscript reviewers.
- Alumni, faculty, and staff worked together to secure a state grant that is funding a project to train mental health professionals to better serve law enforcement personnel and their families, which will in turn contribute to public safety.

And this is just a partial list, as many students, staff, and faculty members have engaged in volunteer service of which I am unaware.

I wish you all a healthy, peaceful, and safe holiday season, and a great start to 2024. I look forward to all the ways in which we will be putting social interest into action next year, as the AGS community continues to pursue 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.

***Dr. Solange Ribeiro***

Adler Graduate School President

# Adler Graduate School Commencement

On Saturday, September 9, 2023, Adler Graduate School honored Class of 2023 graduates with a ceremony at Eagle Ridge Academy.



**Faculty Speaker**  
*Dr. Breanne Hiivala Cahoy*



**Commencement Speaker**  
*Ryan O'Hara Theisen, MA*



**Alumni Speaker**  
*Hallie Williams, Sr., MA  
NASAP President-Elect*



**Adler Graduate School Board and Faculty**



**Class of 2023 Commencement Ceremony Attendees**

## In Memoriam



**Jessica Lynn Gallardo**

*September 29, 1983 — October 31, 2023*

Adler Graduate School mourns the loss of one of our alumni. This is an edited excerpt from her obituary. The full obituary can be found [here](#).

Jessica Gallardo unexpectedly passed away on October 31st from a sudden brain aneurysm. She leaves behind her beloved 3-year-old-son, Mathias and husband Carlos. Her desire to help others was a huge part of who she was. She was a voracious reader, with an insatiable quest for knowledge. Her interests were vast. She read everything from Dr. Seuss' *The Lorax* to anything relating to polyvagal theory.

Following her graduation from the University of Wisconsin – River Falls with a bachelor's degree in political science, Jess embarked on a career at the Minnesota House of Representatives Research Department as a legislative assistant.

After spending many years together, Jessica married Carlos Gallardo on August 7, 2015. Their shared love of motorcycles, hunting, and fishing made them a perfect match. After 13+ years working at the Minnesota House of Representatives, Jessica returned to school to pursue a master's degree to become a professional licensed therapist. Just after she applied for school, Jess found out she was to become a mother. Mathias was born during the height of the COVID-19 panic.

On September 9, 2023, after considerable personal and family sacrifice, and with the support of her husband and family, Jessica received her master's degree from Adler Graduate School, specializing in family trauma and addiction. During this long process, Jess balanced her studies with caring for and nurturing her newborn son.

Jessica is remembered by faculty for her kindness and compassion in and out of the classroom. A GoFundMe has been set up by her family on behalf of her husband Carlos Gallardo and her son Mathias. Money raised will go towards helping Carlos and Mathias with funeral costs, day-to-day expenses, as well as savings for Mathias' future.

Click here to donate: [Carlos and Mathias Gallardo Fund](#)

### Alumni Association

After receiving a grant from the MN Department of Public Safety, the Institute launched Law Enforcement Specialty Training. The demand has been incredible! We are offering three training groups in 2024. There will be future trainings in Winter and Spring of 2025. More information will follow. Watch the AGS website and future newsletters for updates. Thank you!

We welcome your ideas and suggested speakers for our Alumni Lunch Forum, held Tuesdays at noon. We also welcome your suggestions for dates & times that better fit your schedule. Please reach out to Ev with any suggestions or questions: [ev@alfredadler.edu](mailto:ev@alfredadler.edu)

Thank you for your contributions to the Adlerian community!

**Ev Haas, MA**

Director of Alumni Relations



### EVERY TAO AND ZEN

How can I know that  
What I know is what  
You know? And  
How can I see that  
What I see is what  
You see?  
Do you see where  
I am going with this?  
Is it possible  
That we are both wrong  
That we are both right?  
Or, more importantly,  
That we are both right  
That we are both wrong?

**Jere Truer, MA**

Didactic Instructor

## Adlerian Network

### Adlerian Network

**Where Adlerians connect, learn from each other, and move forward**

The Adlerian Network was founded by Susan Pye Brokaw, MA, faculty emeritus of Adler Graduate School.

The purpose of the Adlerian Network is to offer free presentations that help therapists in the application of Adlerian psychology, both personally and professionally.

The Adlerian Network meets on the first Saturday of each month on Zoom. The upcoming meetings are:

**January 6:** Tina Feigal

**February 3:** Jane Nelsen

**March 2:** Betty Lou Bettner

**April 6:** Leftheris Papageorgiou

For further information, go to our website at <https://adlerian.carrd.co/> or email us at: [adlerian.network@gmail.com](mailto:adlerian.network@gmail.com)

## Association for Counselor Education and Supervision Conference

Adler Graduate School faculty Dr. Antwan Player, Dr. Asha Dickerson, Dr. Rashida Fisher, Dr. Christine Park, and Dr. Breanne Hiivala Cahoy presented at the Association for Counselor Education and Supervision (ACES) conference in October.



*Dr. Antwan Player, Dr. Asha Dickerson, Dr. Rashida Fisher, and Dr. Letitia Browne-James*



*Dr. Letitia Browne-James, Dr. Rashida Fisher, Dr. Christine Park, and Dr. Asha Dickerson*



*Dr. Dharshini Goonetilleke, Dr. Christine Park, and Dr. Breanne Hiivala Cahoy (on screen)*

Dr. Christine Park, Dr. Dharshini Goonetilleke, and Dr. Breanne Hiivala Cahoy co-presented at ACES 2023 in Denver, CO. The presentation title was *Andragogy in the Anthropocene: Bringing Hope and Climate Awareness to Counselor Education.*

## AGS Faculty Updates

In September, faculty members Dr. Bre Hiivala Cahoy, Dr. Christine Park, and Michelle Doerr, MS, conducted a Nurturing Trauma-informed Conservation Communities workshop for the Great Lakes Indian Fish and Wildlife Commission in Northern Wisconsin. There were about 25 participants in attendance.

Instead of a 4-hour workshop, we used the full day to meet participants before the workshop, share a potluck meal for lunch, and leave plenty of space for questions, feedback, and stories. In addition to the opening protocol Dr. Park provides, the local meeting opening protocol was conducted, which really set the tone for the day. We were also blessed when one participant offered to take one of the wellness breaks to tell us a story that included his walking sticks.

We felt honored to have been asked to present to this group. They were very active in participation, really leaning into the work of creating a healing-centered workplace. The group decided to use the wellness wheel that Dr. Park presented to help evaluate their wellness as a team at their next team event.

One thing that we took away from the workshop is the need to incorporate humor in this difficult work.

This workshop is the result of an article that Dr. Bre Hiivala Cahoy and Michelle Doerr, MS wrote regarding trauma in the workplace for *The Wildlife Professional* magazine. Jonathan Gilbert, Wildlife Section Leader for the Commission, reached out to Michelle after reading the article and sharing it with staff. If you want a copy, please don't hesitate to ask either one of us.

### **Michelle Doerr, MS**

Adjunct Faculty Member

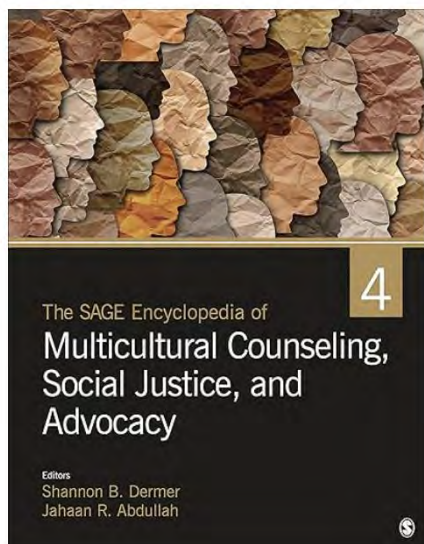


*Dr. Christine Park, Michelle Doerr, MS, Jonathan Gilbert (Wildlife Section Leader for the Great Lakes Indian Fish and Wildlife Commission), and Dr. Bre Hiivala Cahoy*

## Faculty Publications

AGS faculty member Dr. Letitia Browne-James authored a chapter in *Introduction to 21st Century Counseling: A Multicultural and Social Justice Approach* (First Edition).





## The Sage Encyclopedia of Multicultural Counseling, Social Justice, and Advocacy (October 2023)

Edited by:

Shannon B. Dermer- Governors State University, USA

Jahaan R. Abdullah- Chicago State University, USA

Since the late 1970s, there has been an increase in the study of diversity, inclusion, race, and ethnicity within the field of counseling. *The SAGE Encyclopedia of Multicultural Counseling, Social Justice, and Advocacy* comprehensively synthesizes a wide range of terms, concepts, ideologies, groups, and organizations through a diverse lens. This encyclopedia includes entries on a wide range of topics relative to multicultural counseling, social justice and advocacy, and the experiences of diverse groups. The encyclopedia consists of approximately 600 signed entries, arranged alphabetically within four volumes.

**Congratulations** to our faculty who were just published in the new, hot off the press *The SAGE Encyclopedia of Multicultural Counseling, Social Justice, and Advocacy*. In alignment with our AGS Value of Diversity, we strive to promote Belonging, Equity, Accessibility, and Diversity (BEAD) in our school culture and teaching pedagogy. To that end, our faculty continue to publish in professional books and journals and present at local and national conferences on a variety of topics that embodies our Value of Diversity. In addition to publishing, Dr. Nicole Randick was also a managing editor of the series. Below is a list of the entries our faculty contributed as either main authors or secondary/third authors.

Intersectionality Theory	- Dr. Letitia Browne-James
Historically Black Colleges and Universities	- Dr. Letitia Browne-James
Gatekeeping in Multicultural Counseling	- Dr. Letitia Browne-James
Culture-sensitive Psychotraumatology	- Dr. Rashida Fisher and Dr. Breanne Cahoy
Internalized Racism and Oppression	- Dr. Rashida Fisher and Dr. Breanne Cahoy
Grounded Theory	- Dr. Rashida Fisher
Social Constructionism	- Dr. Rashida Fisher
Narrative Therapy	- Dr. Nicole Randick
Wellness	- Dr. Nicole Randick
Motivational Interviewing	- Dr. Christine Park
Cultural Appropriation	- Dr. Christine Park
Egalitarianism	- Dr. Christine Park
Native Hawaiian and Other Pacific Islander	- Dr. Christine Park
Cultural Pluralism	- Dr. Christine Park
Extended Family	- Dr. Asha Dickerson
Multicultural Advocacy	- Dr. Asha Dickerson and Dr. Antwan Player
Health Disparities	- Dr. Antwan Player
Survivors Guilt	- Dr. Antwan Player
Sexual Health	- Dr. Antwan Player

If you'd like to read our faculty's contributions, the four-volume encyclopedia set can be found in the AGS Library!



## Urban Roots Community Volunteering

On July 12<sup>th</sup>, a group of students, alumni, and staff from Adler Graduate School volunteered for Urban Roots. As their website states, "Urban Roots operates as a youth development program and one of the largest youth employers on the East Side. We create economic and educational opportunities for under-resourced, majority BIPOC youth, preparing them for academic and professional success while addressing immediate community needs around fresh food access, the environment, and wellbeing. We currently accomplish this important work by operating three main programs: Market Garden, Cook Fresh, and Conservation." Our group from Adler Graduate School worked with the conservation program to plant and weed at a prairie restoration site at Harvest Park in Maplewood.

As the interns introduced themselves, their years with the program ranged from one to five years. What I love about this program is that students are paid, so there is no free labor for them. We were the free labor for the day, although the work wasn't that hard. We spent more of our time planting prairie seedlings. The hope is that they'll grow, and more seeds can be harvested for other prairie restoration sites around the metro area. We also did some weeding work. This is just one of several sites utilized for the group. There are currently about 30 students in the conservation program and around 80 overall.

I tried to get to know the interns and shuffled around from area to area so I could connect with as many of them as possible. Each has a unique story and interest in the program. Some of them intend to go into some conservation or agriculture-related work, and others will pursue other interests once their work here is done. One of the interns said this program really helped him get through high school. Without it, he wasn't sure what would have happened as school didn't engage him well. Interns range in age from 14-18 and all are from in or near the St. Paul area.

Before we left, Conservation Program Director David Woods gave us a tour of the field and pointed out some of the cool prairie plants in the area. He's been with the program for 10 years and coordinates the work at multiple sites as well as the seed harvesting.

If you are curious about native (and non-native plants) near you, I encourage you to check out the iNaturalist app. I use it all the time and absolutely love it. Even as a wildlife biologist, I can't possibly know everything about the natural world. Since using it, I am more aware of what is around me and always curious to know more. The app provides identification. And, there is a group of enthusiasts who verify and/or correct your plant information as you post. If you are doing any outdoor therapy work and are curious about the plants in your area, it might be a tool to consider for your clients as well.

If you are interested in learning more about Urban Roots, check out their website at <https://urbanrootsmn.org/>. Besides volunteering (which we hope to do again), there are several ways you can support the organization.

1. Go to Mill City Farmers Market or their Mobile Market at Arden Hills Community Center and purchase fresh garden produce directly from the group.
2. Donate to help fund the program: <https://urbanrootsmn.org/donate/>
3. And more at: <https://urbanrootsmn.org/contact-us/>

**Michelle Doerr, MS**

AGS Adjunct Faculty Member

## Urban Roots Community Volunteering



*AGS students Chris Olsen, Becca Manthe, and Brenisen Wheeler planting some prairie seedlings at Harvest Park in Maplewood, Minnesota.*



*AGS volunteers from left to right: Chris Olsen, Michelle Doerr, Brenisen Wheeler, Rhouth Zhou, and Leslie Boyle-Milroy along with Urban Roots Conservation Program Director, David Woods (in the back). Missing in the picture are Becca Manthe and Nikki Marchand.*

# Arete Academy

In August, 2023, Adler Graduate School welcomed Arete Academy to its Minnetonka campus. We are delighted to have Arete Academy share our space.

We asked Max Melby, Head of School, to tell us a bit more about Arete.

## What is Arete Academy?

Arete Academy is an independent, non-profit school dedicated to serving twice-exceptional (2e) students. Our students are exceptional not only for their learning differences but for their intellectual and creative gifts. We are committed to partnering with parents and students to build a supportive and challenging community and learning environment. We are one of just a handful of twice-exceptional schools in operation in the United States, and we are grateful to be in our 10th year in operation!

## What grade levels do you serve, and please tell us a bit about your students.

We serve 6th-12th grade students who are intellectually and/or creatively gifted: They are often funny, artistic, empathetic, and carry around tons of knowledge about their passions. Along with their gifts, our students have one or more learning differences that impact their ability to succeed in a traditional school setting (e.g., ADHD, dyslexia, dysgraphia, anxiety, ASD, and more). Parents enroll their children at Arete because they're looking for a school that understands them and is dedicated to meeting their needs.

## Why the move to Minnetonka? What does your population like about the new location?

For the last few years, we've been planning to move to a larger location that would allow us to do our job better - we were looking for green space, flexible classroom space, and somewhere that we could stay for more than just a couple of years - not only for the sake of strategic planning but so we can incorporate our environment into our program. We have only been here for a few months, but the green space, peaceful environment, and friendly staff have made this a happy home for our students and staff.

## How can someone find out more about Arete?

Our website is [www.areteacademymn.org](http://www.areteacademymn.org) and you can learn a lot about us there. We update our Facebook regularly; there are some great video interviews there to learn more about 2e students and their families. Send us an email at [info@areteacademymn.org](mailto:info@areteacademymn.org) if you would like to learn more or to schedule a tour.

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

There are so many brilliant 2e people out there - children and adults - who missed out on opportunities to be their true selves and live up to their highest potential because the world simply wasn't ready to support them. There aren't many 2e schools out there yet, but we are proud to be practitioner leaders in the Midwest.

## What's the deal with the unicorn in your office?

Each year we do a week of events centered around kindness and friendship during the week of Valentine's Day. We do a sort of Secret Santa deal where everyone pulls a name out of a hat and that's your secret friend for the week. There's a structure to it - prompts to perform secret and kind gestures, mindfulness and gratitude practices, and an occasional gift. Miraculously, a teacher named Mike pulled my name three years in a row. The first year of the tradition, he got me a unicorn thing because he thought it would be funny. The second year, he thought he should keep it up, and he got me another unicorn thing. In year three, he really didn't have an option but to give me another unicorn - that's the one you [the editor] saw on my shelf! Mike outlived his cancer prognosis a few times, but he died on 12/8/20. I've never known anyone like Mike, and I doubt I'll meet anyone like him again- I should be so lucky! I keep the unicorn around because he was... well... a bit of a unicorn.

