



Image credit: Maria Marchand

Adler Graduate School

Spring 2024 Newsletter

President's Message

Solange Ribeiro, PhD



After the mildest Winter I have ever experienced in Minnesota here we are, already one month into Spring. How time flies when you are having fun! And for Adlerians, fun equals social interest in action.

Although Adler Graduate School is best known for the excellent education we offer to future mental health professionals, our contribution to the greater Minnesota community also includes providing relevant and quality educational programs to already licensed mental health professionals. This January, with support from the Minnesota Department of Public Safety, we started offering a program focused on preparing mental health professionals to better meet the wellness and mental health needs of Minnesota law enforcement personnel and their families. The program focuses on the culture and specific stressors faced by this population and on the most effective ways in which mental health professionals can help them develop and maintain wellness when faced with daily traumatic events. As of today, 55 mental health professionals have completed the program, and approximately 100 more are expected to participate between now and June 2025. The program is an example of how AGS demonstrates social interest in action, as healthy peace officers translate into a healthier community and increased public safety.

When we think of Spring, one of the first words that comes to mind is growth. This Spring brings to our Adlerian community an important step toward growth: an effort to increase our awareness and knowledge of how we can continue to promote social justice through continuous development and implementation of curricular, instructional, and administrative practices within our own School. By now, we all have been invited to participate in group-specific BEAD (belonging, equity, accessibility, and diversity) surveys that will help identify our opportunities for improvement and the current strengths upon which we can build. I encourage everyone to demonstrate their own social interest in action and contribute to this internal initiative, by completing the survey and helping us gain an accurate understanding of what we do well and where and how we can continue to improve.

Social interest takes many shapes and forms. In addition to the two examples above, the next articles provide numerous other examples of how the Adler Graduate School community demonstrates social interest in action. **Enjoy the reading and remember to share with Nikki (nikki.marchand@alfredadler.edu) the different ways in which you help make the world a better place. Thank you for all you do!**

~Dr. Solange Ribeiro
AGS President

Staff Spotlight:

Shawn Larson, MS



What is your position at AGS?

I currently serve as the Assistant Director of Admissions at Adler Graduate School.

Tell us a little about your background.

I received my MS in Management & Leadership from Western Governors University this past January, my BAAS, Concentration in Communications, from the University of Wisconsin-Eau Claire in 2019, and my AAS, General Studies, from the University of Wisconsin-Barron County in 2017. I also currently hold Professional Certificates from Google and the National Association for College Admissions Counseling (NACAC), as well as a Verified Certificate from Harvard University. Prior to my employment at AGS, I have held varying Admissions Office roles in higher education institutions in northwest Wisconsin and Minnesota, most recently coming from Concordia University, St. Paul. I was a first-generation student, so education has a high value in my life, and I greatly enjoy being an agent of access for others to help make their dreams become a reality. I am so thankful to be able to give back to what has done so much for me in my own life.

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

I truly appreciate the small campus atmosphere, as well as our ability to be able to serve students in a one-to-one manner like we do. I come from a small, unincorporated town in northwestern Wisconsin, and it's incredible for me to be able to help offer such a high-quality education here in Minnesota where everyone is known as they are and not as a number. This resonates with me and the community I was raised in and I'm grateful for this opportunity.

What's one fun or unique fact about you?

Prior to moving to Minnesota last June, I managed and directed a water ski show team in northwest Wisconsin. Being out on the water is my happy place and it's often where you'll find me in the warmer months of the year in my free time.

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

In just a few short months on June 22nd, I'll be getting married to my fiancé, Britta! We're beyond excited for this time of our lives. We hope to get a Corgi by the end of the year, too!

Staff Spotlight:

Miranda Englar



What is your position at AGS?

Admissions Coordinator.

Tell us a little about your background.

I'm a Minnesotan wholeheartedly, born, raised, and will probably die here haha, and I'm totally okay with that. Up until this point I have worked predominantly in the customer service and helping professions, ranging from Planet Fitness to a group home, and most recently I spent three years working with my family at our family business in Columbia Heights. I have a degree from North Central University in Interdisciplinary Studies (Church Leadership & Fine Arts) and will be heading for my master's this fall at St. Catherine's University (Social Work & Holistic Health). My short- and long-term goals are to work within the foster care system providing support to children in transition and crisis. In addition to this, later down the line I'd like to open a counseling practice focusing on individuals who have experienced religious trauma. I want to help guide individuals through any past trauma the church/religion has intentionally or unintentionally created and support them in their journey towards healing.

My passions range anywhere from campfires, camping, backpacking, and hiking to sitting on the couch with a good show or audiobook, exploring the local coffee shops & breweries or hammocking in a park all afternoon.

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

Up to this point I have enjoyed the staff and their willingness to support me in this new role. Everyone has jumped in to answer questions I have had and has taken time to get to know me through little conversations that have happened in the hallways/office. It has been a very welcoming environment, and I feel excited to continue to develop in this role and bring my experiences into this community.

What's one fun or unique fact about you?

Just one, if I can come up with even that haha. Within the past two-ish years I started the lifelong journey of backpacking and gear collecting. I have gone on several trips, of which one was a complete learning experience (aka failed trip). My goal in picking up this hobby is to find a level of peace in solitude and resilience within the challenge.

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

I'm sure there is, but I'll leave space for some mystery....

Community Updates

Join Adler Graduate School in celebrating the career of Ev Haas!

Open House celebrating Ev's retirement after a 30+ year career at Adler Graduate School.

Date: Saturday, June 22, 2024

Time: 1:00-4:00pm

Location: Adler Graduate School, Minnetonka, MN

Further details will be forthcoming.

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All are welcome!

Contact Debbie Velasco (debbie.velasco@alfredadler.edu) with any questions.



Thank you to all who donated to Laulima Giving Program for the 23-24 gift drive! Thanks to your generous hearts, Dr. Fisher was able to pack her bag full of school supplies for her journey to Hawaii.

We received many school supplies to be hand delivered by Dr. Park (local to Hawaii) and Dr. Fisher to the Keiki O Ka 'Aina Learning Center in Hawaii! The Laulima Giving Program partners with KHON2 to assist struggling and deserving families, the elderly, and individuals, including; children with special needs, families affected by incarceration, and single parents through donations of goods, cash equivalents, enriching experiences and advocacy.

~ Adlerian Student Collaborative and Adler Hub

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.

For further information, go to the website at <https://adlerian.carrd.co/> or email adlerian.network@gmail.com.

Law Enforcement Training

Adler Graduate School's specialized Law Enforcement Training spearheaded by Ev Haas and the task force she appointed in 2021 began its first training cycle on January 19th and ended on February 10th. Twenty-two licensed clinicians attended the training and will receive an attendance certificate. Participants completing all 36 hours who receive the certificate will be included in a directory that will be disseminated to law enforcement agencies around the state for referral purposes.

The intensive training focuses on topics ranging from law enforcement culture to both clinician and client wellness strategies when meeting the counseling needs of law enforcement officers and their families. With the assistance of alumna Lisa Venable, the training received funding from the Minnesota Department of Public Safety. AGS President Solange Ribeiro and Associate Professor Tom Watson organized the task force's training topics and coordinated the instructors, which included MAs, LPCs, LPCCs, LMFTs, LICSWs, Licensed Psychologists, and active law enforcement professionals. In addition to their clinical degrees and licenses, several of the instructors are also either retired or current law enforcement officers. AGS faculty members Dr. Christine Park and Dr. Antwan Player presented information about ethics and expressive interventions when working with peace officers.

There will be two more training cycles in 2024 with another three scheduled for 2025. The AGS training coordinators are proud to contribute actively to Minnesota communities to assist the state's urban and rural peace officers with the challenges associated with their unique, vital "protect and serve" careers.

A big Thank You to Lisa Venable for coordinating the great press coverage the training has received. See below for links:

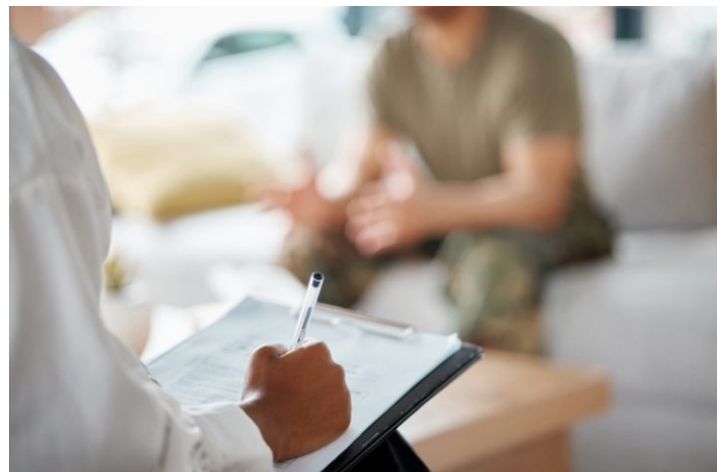
MINNPost

<https://www.minnpost.com/mental-health-addiction/2024/01/money-well-spent-on-minnesota-law-enforcement-officer-mental-health/>

KARE 11

<https://www.kare11.com/embeds/video/responsive/89-cf8ee423-03a1-440e-8529-1336c9a995c0/>
iframe

~Dr. Tom Watson
AGS Associate Professor



AGS Faculty and Student Updates

Dr. Letitia Browne-James, Dr. Rashida Fisher, and Dr. Christine Park presented at the 21st Institute on Violence, Abuse, and Trauma in Honolulu, Hawaii. The presentation was "A Trauma-Informed View of Human Trafficking Typologies and Global Implications."

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



Sumona Das, Dr. Christine Park, Dr. Letitia Browne-James, and Brenisen Wheeler

Dr. Letitia Browne-James, Dr. Christine Park, and Adler students Sumona Das and Brenisen Wheeler attended the NBCC Foundation Bridging the Gap symposium in Washington, DC: "Eliminating Mental Health Disparities."

Dr. Letitia Browne-James and Dr. Christine Park are members of the National Board for Certified Counselors Foundation (NBCC) clinical mental health advisory council. The NBCC offers a Minority Fellowship Program. Dr. Browne-James and Dr. Park encourage students to look into the fellowship:
<https://www.nbccf.org/programs/scholarships>



Congratulations to Adler Graduate School student, Sumona Das, on this outstanding achievement! Being named a 2024 NBCC Minority Fellowship Program Master's Mental Health Fellow is a testament to your dedication, hard work, and commitment to serving diverse communities. This prestigious fellowship will provide invaluable training, mentorship, and resources to further your growth as a counselor.

Cultivating Belonging,
Social Interest, and
Planetary Wellbeing in
Higher Education: An
Adlerian Approach

Breanne Hiivala Cahoy
Christine Park
Adler Graduate School



Dr. Christine Park and Dr. Breanne Hiivala Cahoy co-presented at the MNACPA Spring Conference, which was themed "Anti-racism, Inclusion, and Belonging in Higher Ed," in March. The presentation title was "Cultivating Belonging, Social Interest, and Planetary Wellbeing in Higher Education: An Adlerian Approach."