



FAMILY!

A Publication of the NASAP Family Education Section

Spring 2005

Listserv Connects!

Toss out an idea by email to NASAPFamilyEd@yahoo.com listserv and be prepared for detailed, thoughtful and encouraging responses by the basketful! That's been the experience of nearly 60 members of the FE Section this past quarter.

The results have been so gratifying, the connection so warm and constant, that we are again printing in *FAMILY!* information to encourage you, dear members and readers, to join us on line!

First, a brief correction from our last issue (blush). While he was the Papa who launched the site on Yahoo for our benefit, **John Newbauer** left the scene and does *not* act as a filtering presence as "list Mom" as described. Communication is directly to all members of the list.

Be careful when you click "send" - *everyone* gets the email! ■

Continuing Feature Dear Addy...

Guest author is **Georgine Nash**, parent educator from Toronto, Ontario, and past FES co-representative to NASAP Delegate Assembly

Dear Addy,

I would like your advice on a constantly recurring problem I have with my 7 year old son. Most of the time he is quite reasonable, helpful, takes care of his little sister, and generally pleasant to be with.

However, he doesn't want to listen
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Eavesdropping on Listserv

Participants in our Family Education listserv have given permission for snippets of the conversation to be reprinted in FAMILY! so those of you who may not already be members can see what you're missing! The "threads" you read below are topics receiving many responses, so read them knowing there was conversation preceding what's reprinted here, and with the knowledge that others chimed in later, prompting more exchanges!

Thread Topic: Engaging the Dads

Tue, 29 March 2005

I find people who come to parenting workshops are pretty motivated and ready to examine themselves. Keeping men interested has not been a problem. Men bring many more strengths than they do special challenges. I do find that the men often appreciate having an area of the day or a parenting task they can manage as they see fit without the advice/guidance/interference of the other parent. Also, using Walton's

Most Memorable Observation technique often helps men begin to talk about their personal and passionate hopes and goals about being a parent, whereas women "go there" more naturally (on average) without a technique.

We've always invited both parents to come for the price of one to encourage the team effort in the family. I like Alyson's explicit invitation to bring the other parent at least for the first session.

[Also,] To share the good news, Thursday marks the
continues on page 5

Member Memo

FES Co-Chair, Secretary-Treasurer Nominations to be voted on!
Thanks to those of you who nominated a Co-Chair and a Secretary-Treasurer (new officer position) for the Section.

Final voting will take place at the Section meeting in Tucson, or by mail due soon! See page 7!

Also in this issue

- Your Co-Chairs Report** [Page 2](#)
Also, Adlerian Wisdom, How to reach us
- PEEP's Progress** [Page 3](#)
- Convention FES Meeting Agenda** [Page 7](#)
So much to discuss - Votes to be taken - Attend!
- Vote in New Officers!** [Page 7](#)

FE Section Co-Chairs Report...

Dear Family Education Members,

The conference fast approaches and we hope to see all of you there. There was a time when the conference was the only way to connect and move projects forward, but we can tell you this has been a very active Section these past few months.

The new listserv has been fantastic, with daily activity of people posting questions and offering resources or sharing personal anecdotes that relate to Adlerian family life or parent education. We know of at least two people who joined NASAP so they could access those listservs. Undoubtedly, this will help our Section continue to grow stronger than ever.

The use of tele-bridge services kept all the Section chairs in touch, with two additional meetings taking place this year (February and May), in addition to our usual in-person meetings at COR and in Hershey.

We are pleased to report to you that the Sections have finally completed or nearly completed some much-needed housekeeping and while that may not be "exciting news," it is very important for our organizational strength and health. Some of the Section activity that has been happening "behind the scenes" include:

- each Section has a binder that has all relevant Section business materials in one place to ensure succession of leadership to happen more smoothly
- job descriptions for all positions have now been created
- by-laws for the Sections have been written and NASAP's constitutional committee has reviewed them
- the listserv was launched, which instantly was a hit
- a version of our newsletter will be inserted into the NASAP newsletter so others in the organization can see what Family Ed is up to
- Family Ed will have a poster at the Poster Session to promote our Section
- in addition, Jody McVittie's research on the Parent Education Evaluation Project has been underway all winter with impressive results to be shared at the conference.

So, lots has been going on even when the conference is not bringing us face to face with some of our favorite people.

In other news from Hershey, our NASAP membership numbers show that we are (as of March) at 724 active members, whereas usually we are at only 625 – 650. Additional Section memberships are: Education 69, Family Ed 114, Clinicians 58, ACT 145, OD 41, TRT 45.

Obviously, people see value in belonging to the FES. Keep spreading the good word of our work and the benefits you find in your own membership so we can encourage others to join us.

We hope to see you in Tucson! ■

Warmly,
Mary and Alyson

Adlerian Wisdom

- *Punishment may "work" if all you are interested in is stopping misbehavior for "the moment." Sometimes we must beware of what works when the long-range results are negative—resentment, rebellion, revenge, or retreat.*

-- from **Positive Discipline**
by Jane Nelsen

Thank you, Jane, for permission to again reprint from your *Guidelines*.

VOTE
for new FES officers!
If you can't make it to the convention to vote in person, please send in your ballot before June 8! See page 7.

How to reach us

Family Education Section Co-Chairs
Mary L. Hughes, M.H.R.
Family Life Field Specialist
Iowa State University Extension
1600 S. Hwy 275
ISD Campus, 2nd fl Careers Bldg.
Council Bluffs IA 51503
email <mhughes@iastate.edu>

Alyson Schäfer, M.A.
3219 Yonge Street, Suite 341
Toronto, ON M4N 3S1, Canada
email <alyson@alyson.ca>

FAMILY! Editor
Bryna Gamson, M.A.T.
2823 Summit Avenue
Highland Park IL 60035
email <ParentEd@comcast.net>

NASAP
www.alfredadler.org
•
phone 717.579.8795
fax 717.533.8616
email info@alfredadler.org
•
614 W Chocolate Av
Hershey PA 17033

Publishing News

From AGS, publisher of STEP Parenting Education eNews
Highlighted articles of May 2005 include:

Discipline, Part 2
by Don Dinkmeyer, Jr.:

<http://www.agsnet.com/url/parentingz1.asp>

Canadian Journal available
Steve Slavik, Editor, offers an Index to **The Canadian Journal of Adlerian Psychology** for the years 1993-2005 which can be sent as an attachment to any interested party.

The articles are available from the Library of the Adler School of Professional Psychology, Chicago, or some complete issues are still available from APABC, Vancouver, BC or, as a last resort, some articles by email. Write to Steve at sslavik@telus.net. ■

Warm Fuzzy

An old friend of ours with whom we'd lost touch when he moved across the country, reappeared in our lives last Spring. Chuck, who never had kids of his own, told us he had been so impressed by our children back when they were pre-teens that over the years, he'd given other people copies of **Children: The Challenge**. We met his second wife last Spring and she sang the praises of Dreikurs' child-rearing because of Chuck's influence. Now her daughter raises her kids using **Children: The Challenge**, too.

How about that?? ■

Share your Warm Fuzzy with us!

Not A PEEP? Not At All!

from Jody McVittie

A hearty thank you for those who have participated and continue to be involved in the **Parent Education Evaluation Project** (affectionately known as **PEEP**).

Together, in less than one year's time, we have collected evaluations from almost 900 parents representing a group of over 1200 parents.

After 4-10 weeks of parenting class, parents consistently report that their behavior and interactions with their children have changed significantly. The direction of change is toward behaviors that research shows benefit young people. (And, research aside, that is a lot of families that have been supported and encouraged by members of the Family Education Section!)

In stage II of the project we will be doing some follow up studies. We'd love your help with that, too. You are welcome to email **Jody McVittie** at jmccvittie@att.net if you have questions or would like to participate in the project.

Please also join us at **NASAP'05** in Tucson when we present the preliminary results of the work and celebrate the power of collaboration. ■

Adlerian Kids Have Confidence: An Example

from the listserv....

...Mary, I love your story about your daughter. I experienced a similar scenario when my daughter decided that she wanted a horse. She was around 12 and had to do extensive research on what kind of horse. She moved through several different types until she finally found what she liked. Then she had to research ranches with the right coach, and check vets out. She and I agreed to open up her own checking account so that she can handle all the financial business around it (that experience included a bounced check but the bank was very cooperative dealing with her, understanding that she was in training and that this matter had to be discussed with her directly). Several years later, she had to sell the horse and dealt with all of it by herself.

Years later we talked about her entire horse experience and she said that she had learned so very much independence and decision making skills from it. Today, at age 17, she sits on the Associated Students Cabinet at a Junior College, as Chair of Membership and Marketing and also the Cabinet Treasurer. She has been on the Budget Committee with two other voting students and just finished deciding over the next fiscal budget in the amount of slightly less than \$165,000.

I constantly find myself at awe and am most grateful to have been introduced to Adler and **Positive Discipline**. ■

Greetings,
Ingeborg Heinje ■

Dear Addy... continued from page 1

when I tell him to do, or not to do certain things. For example, I specifically told him not to eat candy just before dinner. He looked at me, and stuffed the candy right into his mouth. What should I do? How should I punish him for not listening to me?

--Frustrated Parent

Dear Frustrated Parent,

Your question is a very common one; all parents have struggled with this issue. When you say "he doesn't listen to me," actually what you mean is "he does not obey me." He can hear you all right, so he is listening; however, he does not comply with your wishes.

I understand, that you naturally want to be a responsible parent and are concerned for his nutritional needs for his growth and development, but "punishing" him for not obeying is not an effective way to convey this, for the following reasons.

Firstly, punishment is inappropriate in our democratic society, where both parents and children have equal rights to human dignity and respect. It puts the parent in a position of superiority and the child in a position of inferiority.

As well, punishment by its definition has to hurt, and will likely bring on the effects of power. It can create resentment, retaliation, rebellion, or drive the behavior underground, i.e. he will continue his behavior in a sneaky way, and will try to get away with it. The focus is on the power struggle, rather than meeting the needs of the situation – such as looking after our nutrition and respecting our body.

Rebellious behaviors are often "paybacks" for injustices and grievances suffered in the past.

When we use our power over our child, even if we win that round, he will just bide his time to get us at the next available occasion, when he can show us the "you can't make me" attitude.

There are children who will submit to our demands – but is this in their best interest? If they submit to their parents, they may also be quick to submit to the demands of their peers and become pleasers in life instead of independent thinkers and self-motivated .

Sometimes it may seem that punishment has worked, for the moment, but the damage to the relationship is accumulating.

So if our goal is not to resort to punishment and other disrespectful approaches to conflicts, how can we handle these frustrating moments? Instead of getting angry (and resorting to power) here are some suggestions:

- Give the child information: you could share with him why you don't want him to have the candy right now.
- Ask for his ideas of how this situation could be handled. (When is candy a good idea, when do we have candy in our house, etc.).
- Find solutions for the next time. If the candy is already eaten, you may want to talk about what we might agree on in the future.
- Consequences: if the child continues to show no regard for his candy consumption, you may decide there might not be candy in the house until he is willing to be more respectful of the situation and your agreements.

We don't want to live in a war zone with our children, but rather, we want to have the closeness and mutual respect, where we respect their rights to make judgments,

but never lose sight of our self-respect. For example, the child "forgets" to take his lunch to school. We can respect his decision to do this, and have faith that he will handle the outcome of his action – and in self respect we don't make the extra trip to deliver his lunch to the school.

When a behavior is questionable, we should see what the "needs of the situation" would dictate, rather than try to make the child do something because we dictate it so! When in doubt of how to handle an issue, rely on your and your child's creativity to problem-solve, and together come up with a solution that you both can live with.

No more wars, no more punishments and the inevitable retaliations!

Wouldn't this be wonderful for the whole world to adapt!

--Addy

Be a Presenter!

As soon as the last people leave this year's conference, we will be getting ready for the next major gathering of Adlerians for **NASAP 2006** in Chicago – and you can participate!

In addition, while selections have already been made for presenters in the Family Education track for June 16-19 in Tucson, you are encouraged to bring your parenting materials or to share your experiences at our Section meeting. Please bring 40 copies of your handouts to share!

If you want to present, start thinking of a workshop topic you'd like to do for **NASAP 2006!**

Eavesdropping...continued from page 1
beginning of our first official parent workshop by our new family education center in South Bend, Indiana. We will be working toward incorporation and then NASAP affiliation.

Grateful for this list and the sharing,
John Petersen

Thread Topic: Parenting Teens
Tue, 03 May 2005

As an Adlerian parent of 4 teenagers I have kept my focus on 2 things: 1) the long term goals/wishes I have for them- independence of thought, developing good judgment (theirs, not mine), respect for self and others, self-confidence, self-evaluation, etc. As you know, these come from trial and error and healthy doses of success and failure. Which brings me to the second focus, 2) changing my attitude about their inevitable mistakes. I can get all fearful and vie for control, or I can de-catastrophize my feelings to a concern level and show faith and perhaps even enjoy witnessing them use their creativity!

Whenever I faltered or was fearful of their choices, I would challenge myself: "Is this life threatening?" "Is this an opportunity for us both to learn/grow?" "Will this encourage a life skill?" If I gave myself the space to move from a position of fear to a position of faith - then I would be fine.

Thoughts that always help me stay positive are - "This is not life-threatening" "This too will pass!" "They will learn that they can survive whatever comes their way." and "My teen will handle the outcome of this choice." Of course 'handling the outcome' doesn't mean they will necessarily handle it successfully or even well!

It sometimes means they will simply survive it and learn - so I had to be prepared to watch them experience that learning curve and show them that I accepted them and loved them all the way!

The beauty for me as an Adlerian parent is the ability I have to celebrate and enjoy my children's lives and their individuality - something my parents never experienced because they were so full of fear and unacceptance. I marvel at their self-directedness and internal motivation (something I am still figuring out!).....

Teaching teen classes is also a bonus. Keep everything in perspective - after all what is normal anymore?

Beverley Cathcart-Ross

P.S. If all else fails go for the stomach - make them a nice cream sundae with the works and deliver it to their room in the evening- hero for the moment!

Thread Topic: Teaching About Sibling Rivalry
Thu, 12 May 2005

I thought you might be interested in these 2 true sibling stories.

I had a parent once ask: "well what do you do when you know who instigated it, you know who is at fault?" (Notice that this parent is still thinking that someone must be punished.) I decided to take another approach with her. I invited her to tell us how she knew whose fault it was. She answered "because I saw it," and I asked, "are you sure you saw it all?" and she smiled with recognition, and acknowledged, "you're right, I once heard Tina whisper to Carl 'okay, hit me now'". In this family, the boy, Carl, was deemed the instigator of

the fights. I mention this because often parents THINK they know the whole story and often aren't aware of what happened before they came to the scene.

A boy used to get pushed to the brink by his younger sister. Her aim was to bait him and get him in trouble. When he finally fell over the brink, his mother only saw the last act, blamed and punished him and when he tried to defend himself - she would still blame him because he "should know better". This boy is 74 now, his mother and sister have both passed away, and he never forgave them for this unfair, unjust treatment. The bitterness is still evident in him today and I believe is a part of his less than respectable attitude towards women. (i.e. put them in the same boat!)

Sahara Pirie

Thread Topic: Family Educator Certificate
Thu, 31 March 2005

I am wondering if our section's NASAP training program can be expanded to offer a certificate program. Maybe the day before and the day after the main programs [at convention] can be utilized for larger training sessions (all-day or half-days) so that an interested person is able to put in a lot of training hours during one NASAP visit. Maybe the program would accept outside training at qualifying Adlerian locations such as Family Education Centers.

I definitely believe that the training has to be of high quality with excellent instructors....

[Instead of a local center,] the attraction could be speed and top notch instructors, and of course attending NASAP. How is that person being monitored after the training at NASAP? Would an

continues on page 6

Eavesdropping...continued from page 5
intense training weekend really do the job to build up enough skill and confidence to go out and teach proper Adlerian parenting skills?

...I think it would require for other Adlerian training facilities to join forces with this certificate idea through NASAP which can be actually quite beneficial foreveryone involved.

... I think that a support network is necessary in case questions arise. This of course can happen through this online network. A personal assigned mentor would be most ideal to keep the motivation up.

Thinking out Loud,
Ingeborg Heinje, Northern CA

Topic Thread: Parent Section
Sun, 8 May 2005

[In response to lots of discussion on the topic of whether there ought to be a separate Parent Section for NASAP,] I am thinking these things out loud: 1. Our section title is Family Education - very inclusive and open to professional educators who work with many families as well as individual one-family leaders (parents)...I do see our job as advocating for more parents to be a part of our work - either in actual practice, decision making, advising us of their needs, contributing in spreading the word that parenting education is 'the thing to do' and advertising...

2. Right now I think it is partly the \$\$ that NASAP costs a parent who is a prospective member that is the main problem ...to their joining--let alone fledgling parent educators! ...[Perhaps] ... figuring out a different fee for parents for membership / conference attendance, etc.?

3. Alyson - I admire your encouragement to prospective

parent-members who are in your class - it is an interesting concept to invite parents to join NASAP. I invite professionals who are also parents [to join], but hadn't thought about giving them a chance to join NASAP by having a membership form to give them at classes. ...I will consider this for future classes....

5. Chip's idea about a publication / listserv that would be helpful as an inspiration and a help to those parent educators who are just starting out is a good idea as well. Maybe that is a publication we could work on designing as a section. More thoughts on this from anyone?

Continuing to mull,
Mary Hughes

Topic Thread: Parent Section
Sun, 8 May 2005

One of the services our class participants at PEP request most often is a listserv moderated by one or more of our class leaders. They want to be able to continue asking questions and working through problems that come up at home. And they want advice from experienced leaders, not just from other class participants.

We haven't instituted such a service for a number of reasons. One is that we are stretched beyond capacity already. We always encourage them to create their own yahoo group. Some do, but they don't last very long.

I'd like to second the idea of a listserv for parents. It could be a NASAP Family Education sponsored listserv for parents

concludes on back page

Candidate Statement

Alyson Schafer, Co-Chair

This year I finished off Linda Jessup's term as your acting Co-Chair and hope to be elected on to a new three year term.

I have been a member of NASAP for about 8 years and have been coming annually to the conferences since first becoming a member. I am the third generation in my family to be a member of NASAP and to teach parent education. My grandmother, Edith Dewey, and my father, Dick Knight, founded the Alfred Adler Institute of Ontario which was the precursor to the current Adler School of Toronto, where I graduated with my Master in Counselling.

I have enjoyed this past year being involved with the governance and attending the COR meetings in South Carolina and Hershey. Here in Toronto, I worked with a team to create an annual business-to-business event for local Adlerians to network and connect. Outside of NASAP activities, I teach parent education at two locations three times a year, as well as being a public speaker, parent coach and school consultant. I maintain a website for parents on Adlerian Parenting Tips and Resources; for details, please visit www.alyson.ca. I live in a small town north of Toronto called Mount Albert with my husband and two girls, ages 10 and 11.

Candidate Statement

Patricia "Patti" Cancellier, Secretary-Treasurer

It is a surprise and an honor to be considered for the position of Secretary-Treasurer of the Family Education Section. I welcome the opportunity to give back to a group that has given so much to me.

I live in Rockville, Maryland in the suburbs of Washington, DC. I am married with two children, ages 21

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Cancellier...continued from page 6

and 18. I have a Masters of Public Health degree in health education and population planning from the University of Michigan. I also have a BA in anthropology. I've worked in adult education and training for 26 years.

I discovered Adler and Dreikurs when I—a very desperate parent—walked into my first parent education class at the Parent Encouragement Program in 1990. That class transformed my family life, and I was hooked. I became a class leader in 1991, and was certified by PEP as a Parent Educator two years later. I have been teaching classes and giving talks in the community ever since. I also work at PEP as the education coordinator, planning class offerings, and training and supporting our parent educators. The people in the Family Education Section and the programs I've attended at NASAP's annual conventions have assisted me greatly in this task, as well as in making me a better parent educator. My goal is to reach out to other Adlerian parent educators to help them appreciate the wealth of resources available to members of this section and of NASAP in general. ■



VOTE

FES Annual Meeting Friday, June 17

Proposed Agenda

NASAP 2005 - Tucson, Arizona June 16-19, 2005

Our Multi-Cultural World - Culture, Connection and Community

Among the formalities of Minutes, Treasurer's Report, Old Business, and New Business, we will be finalizing the election of our new officers for Co-Chair and Secretary-Treasurer. Because only one person was nominated in each category, it's a safe prediction that we will be installing **Alyson Schafer** and **Patti Cancellier** in those respective roles.

Reports will be given on:

Membership, Budget, COR, By-Laws/amendments, Listserv activity and **Jody McVittie's** PEEP Research

Under New Business:

Brainstorm Section activities like

- Parent Education Certification
- Parent Summit within a future NASAP conference
- TAP Talks - should our Section participate?
- idea-sharing and Q/A's from individuals

Resource Exchange:

Everyone is encouraged to bring 40 of "somethings" to share. We'll have an envelope for people to put items they collect into a nice gift package to explore when they get home.

Summary Plans:

We plan to gather all ideas and formulate annual goals. A mission statement involving short-term and long-term goals for the Section should emerge.

We realize these are ambitious plans for a scant one-hour timeslot, but we hope this advance notice will help FES members come armed with ideas at the ready, on time, and excited as we are about what this Section is accomplishing!

See you in Tucson!

Mary & Alyson

Official Ballot for Family Education Section Officer Election

Office of Co-Chair, 3 year term commencing at NASAP 2005 Convention June 17.

Vote for one: Alyson Schafer

Office of Secretary-Treasurer, 3 year term commencing at NASAP 2005 Convention June 17.

Vote for one: Patricia Cancellier

Member Signature: _____

If you cannot vote in person on June 17, please sign, clip & mail this form to NASAP, 614 W Chocolate Av, Hershey PA 17033; or fax to 717-533-8616 before June 8!

Eavesdropping...continued from page 6
 who have participated in an Adlerian based parent education class or study group and for family educators who want to listen in for new ways to answer questions and new stories to use in their classes. It wouldn't be this listserve—this should continue as it is. The moderator job could rotate among the Family Ed. section members and therefore shouldn't be a burden to anyone.

Patti Cancellier
 Rockville, MD

Topic Thread: Parenting Summit
 Mon, 16 May 2005

I have for many years thought that we need a "Parenting Summit." The top parent educators in the world are connected with NASAP, and it would be great to get them

There's so much more to share...

in the same room talking with one another or on panels or giving workshops and presenting their different approaches so they can be compared and integrated and differentiated. Perhaps a NASAP conference-within-a-conference could be dedicated to a Parenting Summit. Perhaps this would be a chance to make it very, very clear that lay people (parents in this case) are welcome at NASAP. Perhaps someone who wants to do a dissertation or a book or study on parent ed could use such an occasion to pull together and compare different approaches. Perhaps we could use such an occasion to honor all the folks (I hesitate to start naming people for

fear of leaving someone out) who have made such fabulous contributions to parent ed, parenting, and spreading Adlerian [ideas].

The activity on this listserv may indicate that the time is right and ripe.

Linda Page

Topic Thread: Parenting Summit
 Mon, 16 May 2005

Wouldn't it be great to do this and have it all recorded for a CD series!!!

Jane Nelsen, Ed.D ■

Join the conversation! Be current in your dues, and then inquire at NASAP to sign up for the listserv!

The mission of the **North American Society of Adlerian Psychology** is to promote growth and understanding of Adlerian (Individual) Psychology, the work of Alfred Adler, and effective approaches to living based on his philosophy. NASAP membership includes educators, psychologists, psychiatrists, counselors, parents, business people, community organizations and other interested people. The **Family Education Section** applies Adlerian principles to the home. Members are professionals and nonprofessionals dedicated to understanding and improving family relationships between children and adults, with couples, and among individuals.

NASAP'05
June 16-19
Tucson

Next year:
Chicago!

NASAP Family Education Section

614 W Chocolate Av
 Hershey PA 17033

Phone 717.579.8795

Fax 717.533.8616

Home Page

<http://www.alfredadler.org>

