



FAMILY!

A Publication of the NASAP Family Education Section

Winter 2005

Listserv Gets Started

Members who expressed an interest in being able to dialog more frequently than in *FAMILY!* or email exchanges conducted through FES have been enjoying the flowering of this idea into a listserv initiated via NASAP.

Earlier this year, **John Newbauer** made good on a promise to initiate a listserv for members, and sent around an initial invitation. Those who were thus "invited" were allowed to sign onto a Yahoo site, and take part in a shared conversation. What happens is that one member writes to the list (which goes through a "list Mom" to avoid any truly inappropriate language, etc.), and everyone who signed up gets that email automatically. When a person

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Continuing Feature Dear Addy...

Guest author is **Linda Jessup**, former FES Co-Chair, and founder of PEP

Dear Addy,

I would like your advice on a situation that came up recently. Tom and his young son Timmie love cars. When they are together they like to look at cars and talk about cars. One day Tom decided to teach Timmie about the dangers of car trunks. He told Timmie that he should never get into a car trunk because he might get stuck there. However, he should also know that there is a release lever inside the trunk that you can open to let yourself out. Tom got into the trunk and closed it on himself.

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FAMILY! History 1986-1992

by *Jean Alessi, MA, CFLE*

NASAP initiated the concept of Interest Sections in the 1980s. In May 1986, the NASAP Family Education Section held its first meeting at the St. Louis convention. Section officers were elected. Those attending suggested the establishment of a newsletter as the first FES business.

The first issue of *FAMILY!* was published in December, 1986. Why was the establishment of a newsletter important? Think back to 1986. There was no internet. Cell phones with loads of free long distance time were way off in the future as were three-way fax/scanner/printer machines. Information could be exchanged at NASAP meetings but only a small percentage of the members attended. Snail mail (the term didn't exist!) was slow but it was the preferred way to keep in touch.

In 1986, there were a number of independent, usually non-profit, Family Education Centers in North America. Many had grown out of the work of Rudolf Dreikurs. As he traveled and taught, he urged his students to organize. Most of these organizations grew in a similar way. Leaders met with parents and trained them in Adlerian child-training principles. New leaders were recruited to train more parents. Parents and leaders became the members of the FEC. Most were volunteer organizations and met in borrowed space – homes, schools, churches, and

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FE Section Co-Chairs Report...

Dear Section Members,

On February 2nd, our Canadian ground hog "Whairton Wiley" saw his shadow hailing the last six weeks of winter. I personally am far more interested in counting down the weeks until Tucson. And, if you are going to Pennsylvania, forget Punxsutawney with its famous Punxsutawney Phil - I recommend you make your way to Hershey and the NASAP head offices like I did for the first time this fall.

As your acting Co-Chair, my Hershey trip was my introduction into the governance of this organization. I can report back to you that I was ever so pleased to be able to be part of the workings of this vital organization. These folks "walk the Adlerian talk." We bunked up retreat style in cabins, people all pitched into getting meals cooked and served. **Erik Mansager** and **John Newbauer** were not only our organizational leaders, but they also took the lead at the stove, up at the crack of dawn to get sausages on for the troupes. **Becky LaFountain**, so unassuming, is a quiet work horse who makes everyone else shine. She is a marvel.

The meetings were very productive and I could really feel that the organization has moved into a stable position ready for more growth. Mary and I were very impressed with the conference proposals and want to urge MORE of our membership to participate by presenting at our conferences in the future. Participation and contribution – the P's and C's we call them in parenting class – give us our sense of belonging and connection. I urge you to find a way to P & C with us!

And what better way to "Participate and Contribute" than to renew your membership and attend the annual conference. Your section fees to Family Education allow us to finance the printing and postage of *FAMILY!*, offset some of the co-chairs' travel expenses, and provide scholarships to the conference. Not bad for few bucks!

Our newsletter really is a wonderful resource of information, keeping us in touch throughout the year. **Bryna Gamson** has worked tirelessly for years as our editor as just one way she participates and contributes to this organization. I want to encourage you to submit a thought, a resource, a success story, updates on your local activities etc. to Bryna for the newsletter. This is an easy way for you to P & C!

Soon you should be receiving the brochure for the Tucson convention. It can also be found at www.alfredadler.org. For more information you can email info@alfredadler.org or call 717-579-8795. More details coming up. Do join us!

Don't forget to join the team by submitting your name or that of another FE member for nomination as Secretary / Treasurer or Co-Chair!

Let's weather out the last of winter in health and happiness and rendezvous again in sunny Arizona! ■

Warmly Your Co-Chair,
Alyson Schafer, along with Mary Hughes

Adlerian Wisdom

- *Get rid of the crazy idea that in order to make children do better, first you have to make them feel worse. Do you feel like doing better when you feel humiliated? This suggests a whole new look at "time out."*
- *Use Positive Time Out. Let your children help you design a pleasant area (cushion, books, music, stuffed animals) that will help them feel better. Remember that children do better when they feel better. Then you can ask your children, when they are upset, "Do you think it would help if you take some positive time out?"*

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

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

How to reach us

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Members Publish!

Rob Guttenberg has had an article entitled *Banishing Bullying Behavior: The Role of Social Interest* published in *Washington Parent Magazine's* February 2005 issue. He writes, "In the article I speak to the role of social interest in bringing about a bully-free atmosphere in schools."

The article is at <http://washingtonparent.com/articles/0502/bully.html>.

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

The "Easy" STEP - Early Childhood by Don Dinkmeyer, Jr.

<http://www.agsnet.com/url/parentingd1.asp>

Adolescents

Announced last June, James Croake and Steve Slavik's *The Adolescent and the Family in the Twenty First Century* \$15 US includes postage, available from Practical Publications, 229 W Queens Rd, North Vancouver, BC V7N 2K6 Canada; 604-990-2525 Contact: sslavik@telus.net

Family Anger

Last October, **Gary McKay** and **Steve Maybell** published a book with Impact Publishers: *Calming the Family Storm: Anger Management for Moms, Dads, and All the Kids*. The contents include:

- How anger develops, why we get angry, and the purposes anger serves in our lives.
- How to get along better even when you're angry.
- Techniques for problem solving and family meetings.
- How to discipline without anger and much more!

FAMILY! History... continued from page 1 other public buildings. All were dedicated to spreading the principles.

Many of the FES members meeting in St. Louis belonged to a local FEC. They wanted a newsletter as a forum for exchanging ideas. They wanted to exchange information across the continent – information that would help them to better serve parents and help their organizations to function and grow. They wanted to keep up-to-date on what was happening in the field of parent education. They wanted a newsletter as a source of encouragement.

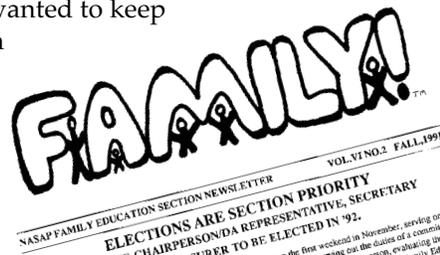
I was chosen FES chairperson at the meeting. (The chairperson also served as a member of the NASAP Delegate Assembly and many time-consuming duties came with the delegate role.) The first task I undertook for the Section was the newsletter. I appointed myself editor, got a masthead drawn in bubble letters announcing *FAMILY!*, and, with the help of the other elected officers and the NASAP office, contacted all known FECs, asking them to send their newsletters and other information to me in St. Louis.

Getting the information was easy. Publishing it was not! In 1986, I typed on an old electric typewriter and used a lot of correction fluid. After I typed the copy, **Bryna Gamson**, current editor of

FAMILY!, who then worked at the Alfred Adler Institute of Chicago (AAI), literally pasted up the articles, photocopied and mailed it. AAI Chicago picked up the distribution costs. Later, *FAMILY!* looked better – more professional and readable. I had become computer literate and used an early version of a word processing program to prepare the copy. (As I "cut" and "paste" this article on my computer, I realize how easy editing has become.) I would send Bryna my stories on a floppy disk I mailed to her, and she eventually laid out the stories in PageMaker, a desktop publishing program.

What was in a typical issue of *FAMILY!*? Section and NASAP news,

book reviews, articles written by parent educators describing techniques used to explain principles, funding suggestions, Dr. **Linda Albert's** question and answer column from *Coping With Kids*, and more. A regular feature was *Family Education in Action* which reported new ideas from FECs – new workshops, conference topics, annual meeting programs, and ways to promote all of these activities. In some issues, the entire column featured one program or topic; more often it featured suggestions from multiple programs. FES business, such as nomination and election of Section officers and election results, was conducted through *FAMILY!*



Chicago the first weekend in November, serving on a DA member, and, with the Chairperson, evaluating the convention program submitted to the November meeting. Expenses of DA members are not reimbursed except for a portion of Adger's airfare to the November meeting. Section expenses for postage, telephone, etc. are reimbursed.

Bryna Gamson is completing her second term as Secretary and **Robbi Meyer** is completing her first term as Treasurer. Both are eligible for re-election, but Bryna had requested the not be re-nominated. The Secretary requests the minutes and handles correspondence for the section; the Treasurer pays bills, maintains the financial records; the Secretary and Treasurer serve on the Membership Committee.

Now is a good time to think about Section leadership — to express your interest in being a nominee or to ask others if they would like to be nominated. All those receiving these nominations will be contacted by the Nominating Committee. You will have the committee meet by verifying in advance that any person you nominate is willing to serve. If you are interested in serving on the committee, submit your name, name of the Nominating Committee, and the Executive Committee. However, few members attend the annual Section meeting. Many of our members are involved in the leadership of local FECs and are active. As our original leadership matures, we need replacements who will bring enthusiasm and leadership skill to the task of maintaining and increasing FES and NASAP activity.

Dear Addy... continued from page 1

Then he opened the trunk from the inside using the latch. He let Timmie get in and practice opening the latch, too. Was Tom's action appropriate in letting his son explore his world—or was it reckless and inviting danger into Timmie's life?

--Concerned Parent

Dear Concerned Parent,

What an interesting question. I haven't come across this one before. In my opinion, Tom was right to do some training—like a fire drill—in this situation, especially given Tim's high interest in the subject. Children need to know what such a safety release handle looks like, where it is located and how to work it. After all, who tends to climb into trunks after all? Generally not 21 year olds!

My major tweak would be that Tom should also make the point that (just like with abandoned refrigerators) no one should ever climb in or play in the trunk of a car. [Tom could have demonstrated how the release works, and let Tim practice too, without actually getting in, just to make that point.] A car is not a toy. Only a person who didn't know any better would do such a thing because it's so dangerous—it's very dark inside and people may not be able to hear a person calling, it's often too hot or too cold, not enough air is in a trunk, and dangerous gases from the car motor could injure or kill someone.

I would enlist Tim to become a "Safety Marshall," spreading the word to anyone who will listen, and coach him to notify an adult right away if he ever sees someone playing in a car trunk—or old refrigerator. Formalize his new Safety Marshall status with a handshake. Any time a car trunk

is opened, have Tim do some research and see if he can locate the safety release handle. Are they all in the same place? Different places? Do all cars have such releases?

Done properly, Timmie should now be not only safer personally, as a result of this episode, but also poised with social interest to be a positive force in being more acutely aware of such hazards and spreading the safety message to others. This event will probably help him act more responsibly and also develop better judgement re: risk taking, anticipating possible consequences, and being prudent without becoming fearful. All that said, of course, young children should never be left unattended around cars. All the training in the world of 5-year old children does not absolve us as adults from being present and being vigilant in such potentially dangerous situations.

--Addy

Listserv... continued from page 1

replies, everyone gets that message, too, and the thread continues until the conversation lags, and a new one begins.

In addition, a side conversation can be held, too, since each one participating can see the name and email address of the persons writing, and send a separate comment or file, or whatever to that individual.

A word of warning: it is possible to forget that you are *not* having just a "side" conversation! Clicking on Reply gets you the whole list. Starting a new email message addressed individually gets you "off list" conversation.

Joy Morassutti kicked off a lively discussion in February, and with the participants' permission, we are presenting a version of it in brief so our members can see what fun it would be to join in, too. See below.

Sample Listserv Discussion

NASAPFamilyEd@yahoogroups.com
Tue, 15 Feb 2005
Subject: "Super Nanny"
Hi Family Ed gang!

So great to be able to "talk" to you all in-between conference times! I love being able to feel connected.

Have you all been getting queries several times a week about this TV show, [Super Nanny] like I have? ...While she does a bunch of stuff quite non-Adlerian (like a "naughty corner"), last week's show she was helping the mom to speak to her son with more respect, and she always delivers a family routine. Those certainly sound familiar!

...I like to look for the good... and keep thinking that at least "the masses" are being exposed to the

concept that there are parenting skills & techniques to address whatever parenting struggles they're confronting! Perhaps it'll make them more inclined to seek out and register for our courses!

Anybody else want to weigh in on this show?

Joy Morassutti,
Joys of Parenting Toronto, Canada
(lots of written exchanges follow)

To all of you who have been watching the Nanny show and are in disagreements with some elements of it, I recommend to write to the source and request a change and provide the reasons why. Maybe they will listen! Wishing you all well, **Ingeborg Heinje**- Northern California

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Member Mailbag

Peek an Update of PEEP

Jody McVittie <jmcvittie@att.net>

As of March 4, I have 380 surveys in. I know several folks (PEP) for example are still collating theirs. The results are interesting. It will be fun to look at them together at NASAP. I urge everyone to get what they have in by April 1st at the latest so we can begin the first round of data analysis. It takes a while to get all that work done so that we can have results for NASAP. Thank you!

For Members Only Web Site Reminder

Did you know...Members Only have access to the current and complete archive of issues of *FAMILY!*. The previous "sample" issue of *FAMILY!* is available for public consumption at www.alfredadler.org/sections.htm and could be shared with colleagues and clients. It's a good way to encourage someone you know to consider membership in NASAP.

An Anecdote... Out of the Mouths of...

Rob Guttenberg

I also wanted to pass along an anecdote involving my daughter Vlady, who is about to turn five years old. Driving her back and forth to pre-school just preceding the elections, we would make games of counting the number of Kerry for President signs and the number of Bush for President signs. The day after the elections, my daughter asked me who won. I told her that Mr. Bush won again, and Vlady said to me:

"I'm going to write a letter to Mr. Bush."

"What are you going to tell him, I asked?"

My daughter replied, "I'm going to write Mr. Bush to tell him that at my preschool, we all learn to take turns!"

Family Educator Certification

Terry Lowe <hlowe@sasktel.net>

Although it is a little late in response to the column on pg. 6 of the NASAP *FAMILY!* newsletter, Fall 2004:

In Saskatoon we have had a certification process set up for years for parent educators who work through our society. First potential PEs must take our 3 day training course. Then they are a trainee in a parent group with an experienced leader. After the end of the group, the facilitator, the participants and the trainee do an evaluation on her or his performance / knowledge. From there she progresses to a 30 min. interview with a certification committee to assess her general knowledge of Adlerian parenting concepts. If she passes certification, she would then go on to co-lead her first group before being able to do a group on her own.

Are you looking at setting up international standards? Who will set those up? What will it look like?

Keep me informed!

Nominate Secretary/Treasurer and Co-Chair

Use this form to send in your nomination by April 20.

Nominate yourself if you want to serve on our Family Education Section Leadership Team!

Per our newly-adopted by-laws, the "Secretary/Treasurer will record minutes of the meeting, tally and report election results and report the financial status of the Section's treasury." (NASAP holds and disburses membership funds; the Secretary/Treasurer passes along reports.)

Secretary/Treasurer is one of three elected officers of the Section. The others are the Co-Chairs, who are representatives to the COR, and must attend two COR meetings a year. The Secretary/Treasurer attends COR meetings only when a substitute is needed. It is expected that each officer will attend the Section's Annual Meeting (at convention).

Terms of offices are three years.

Nominees will be asked to write a brief biography/candidate's statement to be mailed to dues paid-up members before the final vote at the Tucson convention.

I nominate (one):

for Co-Chair of the Family Education Section of NASAP.

I nominate (one):

for Secretary/Treasurer of the Family Education Section of NASAP.

Signed: (Member)

tear out & mail or fax

Send in your nomination for Section Secretary/Treasurer and Co-Chair by April 20

Mail to: NASAP
614 Chocolate Av
Hershey PA 17033
or fax 717-533-8616

Benefits of Altruism

From: Linda Jessup <LindaJpepwest@aol.com>

I'm including some research nuggets that came across my desk today [Jan 05], thinking some or all of this might be included in FAMILY! at some point. I know that altruism is not the same as social interest, but it is one aspect or manifestation of it...The altruism article came from the Employee Assistance Program and Shady Grove Adventist Hospital in Gaithersburg, MD. Note the internal citations as well. My sense was that one of the EAP staff simply collected a whole bunch of research tidbits on the topic and strung them together to make a point. -- Linda

"A single sunbeam is enough to drive away many shadows." — Francis of Assisi

Research findings suggest that by helping others, we improve our mental health and counter the negative effects of stressful events. The euphoria after performing a kind act is called "helpers high." It involves sensations that strongly indicate a sharp reduction in stress and the release of endorphins.

- According to a study in *Psychosomatic Medicine*, the very nature of focusing outside the self reduces the self-focused nature of anxiety and depression.
- A 10-year study of the physical health and social activities of 2,700 men found that those who did regular volunteer work had death rates two and half times lower than those who didn't.
- In *Psychology Today*, Dr. Herbert Benson states that altruism works the same way as yoga, spirituality and meditation. It is a technique on how to forget oneself and experience decreased metabolic/heart rates, lower blood pressure, and other health benefits.
- New medical research at Stanford University Arthritis Center found rheumatoid arthritis patients who decreased their depression by increasing their sense of personal effectiveness, were far better at pain control.
- Altruism reduces chronic hostility that negatively damages the body. Helping can also enhance our feelings of joyfulness. Psychologist Sandra Levy found that joyfulness is the second most important predictor of survival time for a group of women with cancer.
- According to *Scientific American Mind*, current research shows that we are not only capable of altruism but it is possible that our genes even guide us toward such behavior.
- Altruism helps by increasing social contact and decreasing isolation. Research has shown that stress-related health problems such as acid stomach, obesity, and sleeplessness improved after performing kind acts.
- A computerized analysis of over 3,000 volunteers of all ages across the country showed a cause-and-effect relationship between helping and good health. Research concluded that altruism can diminish the effects of diseases and disorders both serious and minor, psychological and physical. ■

Sources: *The Boston Globe*, *Scientific American Mind*, *The Random Acts of Kindness Foundation*, *WebMD Medical News*, and *Washington and Shady Grove Adventist Hospitals*. *The Health Tip of the Week* is for educational purposes only. For additional information, consult your physician.

Listserve Disc... continued from page 4
2/17/2005, **Ellen Neiley Ritter**
Hudson, Ohio: wrote:

Hello everyone! I am so enjoying this conversation and finding out that people really are out there doing parenting education programs. I haven't seen the Super Nanny show you're discussing so I can't comment on its content but I have just completed my dissertation (family psychology) which examined the impact of parenting styles on the development of 10 dimensions associated with resiliency (self-efficacy/locus of control, self-esteem, academic competence, cooperation, self-control, self-concept, prosocial behaviors, positive outlook, assertiveness and confidence) and the results were phenomenal. Almost all of the participants who were determined to be resilient had authoritative parents (and none of the resilient participants had permissive parents) and the majority of those with low levels of resiliency had either authoritarian or permissive parents.....Thanks again for this great resource!

Mary Hughes wrote back: Welcome to this circle of parent educators—and we will look forward to your continued updates. Are you planning to share your research via a poster session in Tucson at NASAP's conference this year? If not this year, maybe next.

..and so much more! Sign up! ■

Convention Bulletin

Our Multi-Cultural World: Culture, Connection and Community

June 16-19, 2005 • Tucson, Arizona

Scholarships: Although the scholarship application deadline has passed, there may yet be opportunities available should a recipient have a change of plans. Although there is no guarantee, if you still would like to apply for a scholarship, please check with the NASAP home office at info@alfredadler.org as soon as possible before actually filling out an application.

Conference teasers

A sampling of the workshops of interest to our Family Education Section

Thursday, June 16 - 9:00 - 5:00 pm, there is an interactive, practical full-day pre-conference workshop *Experiential Approaches to Working with Parents and Teachers: Creative, Powerful, and Effective* being facilitated by **Jane Nelsen** and **Mary Maguire**

Conference workshops include sessions on such exciting topics as anger management, teen power, new parenting assessments and evaluation tools as well as a report on the ground-breaking research study being conducted on evaluations of the effectiveness of members' parenting education sessions.

Other events you won't want to miss on Friday the 17th

Friday, June 17 at 7:30am, The First-Timer's breakfast

12:30-1:30pm at Friday's luncheon, Kathryn Leila Buck will be performing *Isite* - to lead us through the universal journey of identity, otherness, and the worlds in-between

3:55-5:15 pm Our Family Education Section meeting

7:00-10:00 pm Bring something fun to contribute to the fundraising silent auction!

Another big event (besides the workshops) will be Saturday's Southwestern Dinner Show from 5:30 to 10:30pm

Ya'll come!

--Mary Hughes

Editor's Corner

My 4-year old granddaughter, Maia, is so used to having her picture taken that she naturally thinks she should be able to do that, too. So her mother bought her the least expensive digital camera possible; digital photos at least don't incur the cost of printing unless really good, and transmit easily via Internet to doting grandparents, aunts and uncles.

What she is capturing is fascinating, and from an Adlerian family educator perspective, quite revealing. I think it would make a really interesting study to look at what Maia is showing us about point-of-view. After all, she's quite short: her views UP to a very tall Grandpa, or DOWN close to flowers and other kids at eye-level are great studies. Discuss.....

FAMILY! History... continued from page 3

Members were encouraged to submit proposals for presentation at NASAP meetings and the selection process and deadlines were outlined. Agendas for Section meetings and summaries of the meetings were published. Volunteers were recruited. A *Directory of Family Education Centers* was published by the Section. *FAMILY!* was used to locate organizations and to encourage them to send us basic information.

The pages of *FAMILY!* in the years 1986-1992 do not look like a slick contemporary publication. But the principles that underlie the content of the pages remain contemporary. Adlerian principles do not change. Families change and new challenges arise. The need for Adlerian family education and the

need to supply information and encouragement to a network of family educators remain. ■

This question came in for discussion:

What do various parent educators do to engage and keepmen/fathers involved?

Do you have a response? Send it to us at ParentEd@comcast.net and/or get started on our Family Ed listserv at NASAPFamilyEd@yahoogroups.com. (Get registration information at the site. You must be a member of NASAP's FE Section to participate.)

There's so much more to share...

Dive in with us by e-mail or Listserv discussion, or Members Only web pages.

NASAP is *your* organization.

Let your voice be heard!

To learn more about the NASAPFamilyEd group, please visit

<http://groups.yahoo.com/group/NASAPFamilyEd>

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.

**Meet us in
Tucson for
NASAP'05
June 16-19
Plan Ahead!**

NASAP Family Education Section

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Home Page

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