



# FAMILY!

## Member Publishes, Gains Unanticipated Benefits

by Riki Intner

My coauthor, Roberta Cole, and I met on Manhattan's Riverside Drive when we were six months old. Our Moms were best friends. Years later we found ourselves caregivers at the same time but for very different reasons. Roberta was helping her Mother survive her illness with dignity and I was helping my Mother maintain her independence. This motivated us to gather the stories of a generation.

We're thrilled to have our collection of caregiving stories published. Unlike previous

*continues on page 4*

### 80 guests for a 2-year old?

## Dear Addy...

Guest Addy is *Ellen Neiley Ritter, PhD*, family coach from Hudson, Ohio

Dear Addy,

My daughter-in-law, with whom I have a generally cordial relationship, has pulled out all the stops on her two-year-old daughter's birthday party plans. She is inviting 80 guests (though she told me 60, sheepishly, because she knows I'm a "smaller and simpler is better" kind of person), to Jana's party because she "doesn't want to leave anyone out." About 20 guests will be immediate family and relatives, while others are good friends and acquaintances from the neighborhood, and still

*continues on page 4*

## PEEP Marches On!

### Research Project on Parent Ed Effectiveness Forges Ahead

by Jody McVittie

With the collaboration of many NASAP members, data from Adlerian parent education courses are being tabulated. The data include responses to a "last night of class" questionnaire given at 74 different parenting classes. All of the parents in attendance on the final night of class filled out surveys. There were 994 parents responding, representing an initial enrollment of over 1300 parents. Parents were asked to describe their behavior before taking the class and "now" on the last night of class using a 4 point Likert scale (no, sometimes, often, usually). The results showed that by the last night of parenting class, parents perceive their own behavior as changed significantly. They have a better sense of positive connection with their children, are setting appropriate limits more often,

yelling and hitting less and feel more capable of problem solving with their children. The data also show that our classes are primarily being taken by affluent parents.

The data are now being reviewed for other interesting comparisons like income and gender, and a paper is being written which will be submitted for publication in a peer reviewed journal shortly.

Phase two of the project, which involves some follow up data, has been initiated and it is hoped that the full project will be completed before May.

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## Also in this issue

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*Remembering Mary Alice Lausell, October Board Meeting Notes*

## FE Section Co-Chairs Report...

Dear Section Members,

What a beautiful Fall day it is today here in Nebraska. Every fall, I have written something in the Co-Chair letter about the leaves – their color – their motion – some metaphor of this season. (Of course, snow may well be covering the leaves-over-grass picture I'm painting by the time you read this letter, but bear with me.)

As I think back about all we worked on at our annual "Hershey" meeting just a couple of short weeks ago, I was struck by how much in life stays the same, even though it changes! The trees in our yard are still the same trees. Though now, they lack the same beauty of green-ness in the Spring and Summer, they are beautiful in other shades: of gold, russet, red, and brown. Beneath the fallen leaves, though we can't see it, grass still grows – waiting for Spring to grow longer, the blades of grass deepening their resolve and store-hold for the time of the year when the grass grows so quickly we can hardly keep it cut! The beauty of nature seems a fitting metaphor for our work with NASAP.

There is change, as needed, in our organization's policies, the people at the helm, and/or tasks to be completed; yet, our work stays the same in that it is always characterized by the man whose theories form the resolve of our life-work. Some of the "same old" structural business is always discussed: Section notebooks, scholarships, and the conference, newsletters, listservs. Though the forms of programming may change, the foundation remains the same, and it is that solid, recognizable Adlerian "way of working" I took away with me from the Hershey meeting. You will find some details on [page 7](#) of this issue of *FAMILY!*

On the topic of change, there is the matter of selecting a new Co-Chair for our Section to be accomplished by the next convention; my [Mary's] term of office is up. It has been a pleasure to serve. We both urge you all to get involved in the leadership of this organization, either by nominating someone you admire, or volunteering yourself for the position! According to the By-Laws we adopted last year, the process of electing a new Co-Chair is initiated via a call for nominations such as this one. Please submit yours by using the form provided on [page 5](#), and sending it in to the Central Office.

This issue of *FAMILY!*, without deliberate design, reflects a common theme: the grandparent generation. From our *Dear Addy* to new publications—on topics of grandparenting to parenting our parents—members are discussing and contributing solid ideas to fresh concerns. Stick with us as we grow and explore these fertile grounds with our Adlerian backgrounds. Explore them more immediately by signing on to the listserv. It's been a lively place again this Fall.

Best wishes for a warm holiday season,

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

## Adlerian Wisdom

• Teach children that mistakes are wonderful opportunities to learn! A great way to teach children that mistakes are wonderful opportunities to learn is to model this yourself by using the Three Rs of Recovery after you have made a mistake: (1) Recognize your mistake. (2) Reconcile: Be willing to say "I'm sorry, I didn't like the way I handled that." (3) Resolve: Focus on solutions, rather than blame. (#3 is effective only if you do #1 & #2 first.)

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

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

## How to reach us

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## Members Publish

AGS eNews November 05

### *Grandparenting - is it really Grand Parenting?*

by Don Dinkmeyer, Jr.

For parents who have become grandparents, love can indeed be lovelier the second time around. According to the 2000 US Census, over four and a half million children lived in "GPHH"—grandparent-headed households. This is a 29 percent increase from 1990, and represents more than six percent of the entire population of children 18 and younger. When looking at your parent education programs, it is important to recognize that grandparents are often the primary caregivers for children.

Approximately 75 percent of adults 65 and older have grandchildren. The average age of becoming a grandparent is between 49 and 53 years, but it is also common to see men and women becoming grandparents as early as their thirties. Whatever their age, grandparents are an important part of children's lives. Whether grandparents are "just visiting" or live in the home with the child, it is vital to recognize this part of the family dynamic. This may lead you to ask how **STEP** can help grandparents as well as parents.

I am hearing more and more examples of grandparent involvement in **STEP** programs. Sometimes they are leaders, but often they are participants learning new ideas about raising children. Here are some **STEP** concepts that can be applied to grandparents:

Boundaries are critical. The role of grandparents in the home can

*continues next column*

range from having complete responsibility for the care of the child, to being an ostracized, feared participant in the lives of their grandchildren. Whenever a grandparent is in the family, there is a boundary that is either being respected or challenged. The "too tight, too loose, just right" assessment for family structure we discuss in the **STEP** programs can also be used when considering the grandparents' presence in the family.

What do the adults of all ages expect of each other? The generations of a family always have expectations of each other, whether stated or unstated. The **STEP** principle that every client has a story also means every adult in a family has a story from which other adults can learn. Grandparents' stories can have a challenging tone, such as, "I don't like being cut out of the picture and I will make you pay for it." They can also be supportive, as in, "I'd be glad to take the kids Tuesday afternoons after school." The "two-way street" combination of reflective listening and I-messages are preferred to the more confrontational, boomerang you-messages.

When everyone shares strengths, distance is no obstacle. No matter how physically close or far grandparents live from their grandchildren, they can be a vital presence in their grandchildren's lives. If a grandparent is computer-literate, for example, electronic communication such as E-mail can be a shared strength. Even methods that may seem old-fashioned, like writing letters or postcards, or calling on the telephone, help to bridge distances. All three **STEP** programs have a "Just for You" activity at the end of every chapter. When we revise the programs, we will pay special attention to opportunities for parents to find those strengths in our relationship with our own parents—our children's grandparents. Maybe it will even be renamed "Just for Us."

*If you have any comments about grandparenting and the **STEP** programs, I would love to hear from you! Please contact me at [Don.Dinkmeyer@wku.edu](mailto:Don.Dinkmeyer@wku.edu) and tell me your story.*

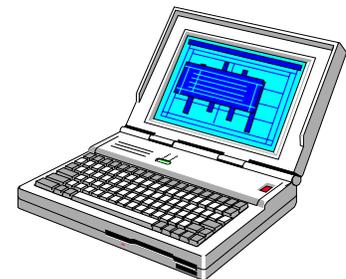
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### **New Leader's Guide for Anger Management**

from Dr. Gary D. McKay <[garydmckay18@earthlink.net](mailto:garydmckay18@earthlink.net)>

For people who would like to lead anger management groups for parents using **Calming the Family Storm**, a leader's guide was published this summer. It's available from [www.impactpublishers.com](http://www.impactpublishers.com) and also [www.amazon.com](http://www.amazon.com) - Search for my name, Gary D. McKay, or by the title: **Parent Group Leader Handbook for Calming the Family Storm**.

*Access [amazon.com](http://www.amazon.com) via the [NASAP website](http://www.nasap.org), and [NASAP](http://www.nasap.org) benefits, too! -- ed*



*PEEP Marches On...continued from page 1*

Sincere thanks to all who have helped and are continuing to support this collaboration! ■

*Dear Addy... continued from page 1*  
others are children and parents from a play group and also a music group they have attended for a few weeks.

When we talked about the party getting so large, she said she didn't want "to hurt anyone's feelings if they find out they were not invited." She says she knows she's going overboard and setting an unreasonable precedent, but remembers being devastated—though at age 9 or 10, not 21—when classmates had parties and did not invite her.

Do you have any words of wisdom that might be persuasive here?

--Staggered

Dear Staggered:

How wonderful to hear that you have a cordial relationship with your son's wife. I hope that her choice to have a birthday party with 80 guests will not change that. Certainly her plans for this happy event is not in line with your "smaller and simpler is better" approach to life and is probably not going to be an ideal birthday party for a 2-year old child, but it is something which your daughter-in-law (and I assume your son) have decided is what they would like to do.

While celebrating the growth and joy of parenthood is wonderful, there also may be far more that is motivating this party. Now that Jana has gotten to the stage where she is old enough to begin making friends through her play and music groups, her mother may be reaching out to encourage social relationships with these families, most likely not only for her daughter but for herself. Perhaps she and your son feel a real need to develop some friends, especially after staying home with a small

child for the past 2 years, and this party is one way to do so. Your daughter-in-law's commitment to not hurt anyone's feelings is admirable, especially given her feeling of insecurity from her own childhood, and again suggests that she's working to develop a social network for her child and family, without offending anyone.

Don't assume that a party of this size sets an "unreasonable precedent." Aside from the fact that your grandchild probably will not remember this event or expect that she will always receive such a large celebration, this party may be a one time attempt to bring together a group of friends. Additionally, your daughter-in-law already feels badly about how big this party has gotten and may

not make the same choices the next time. I am sure it's a lot of work!

Therefore, I'd like to persuade you to put away your doubts and opinions about the reasonableness of this event. I'd encourage you to go to the party, have a wonderful time, celebrate the joy of having a much loved grandchild, and accept that her parents are adults who won't always do things the way you would. Don't miss the opportunity to be a part of this milestone in their lives and do not let this impact your relationship with your daughter-in-law or son—your support and acceptance of them will be important now and throughout their lives.

--Addy

*Comments encouraged! Let us hear from you: write to the Editor (see page 2).*

*Intner publishes...continued from page 1*

publishing experiences I've had, we found ourselves working with a small publishing house whose mission is to encourage all of us to approach the process of aging with consciousness and direct our thinking toward the possibilities ahead. Our project found a good 'home.' Working with them has been my best publishing experience ever. We have had input all the way through the publishing process, most notably, collaborating on a fabulous cover.

They arranged for me to present our book to 900 seniors at the *Seniors On The Go Conference* in San Francisco. The next day there was a pre-publishing party for all their authors. I found myself standing beside Gloria Steinem who explains her precious sense of mortality and time in her soon to be published **Preface to Doing Sixty**.

Our book, **Caregiving From The Heart: Tales Of Inspiration**, is a collection of stories of true experience. We hear from children, friends, relatives and partners, long distance caregivers and many recipients of care. The stories cover moments large and small and often address elder issues of pressing concern— isolation and depression, giving up driving, loss of mobility and even last chance romance. We learn there is no right way to care and that caregiving opens windows on the full range of possibility available to us when we participate in one of the most profound adventures of our lives. When Roberta and I interviewed people, their stories touched our hearts over and over again. We hope that when you read these stories in our book, your hearts will be touched as well.

*We hope to run a review of Riki's book in our next issue. If you have comments to contribute on the subject of aging and caregiving, please let us hear from you!--ed*

# Family Education Section Co-Chair Sought!

tear out & mail or fax

## Mary Hughes' Term to End by Annual Meeting in Chicago in May

Members are invited to submit nominations for a new Co-Chair of the Family Education Section. To balance representation, electors are encouraged to nominate from Section members residing in the USA, although this is not a formal requirement. Below are duties and responsibilities the Co-Chairs commit to on our behalf.

Try to find out if the person you wish to nominate is willing to serve. Are YOU interested? Nominate yourself!

Please submit the form at right to NASAP Central Office by February 1, 2006, so that nominees will have ample time to prepare and submit statements to be printed in our next issue of *FAMILY!* Thank you!

### Job Description from our by-laws and traditions

A Co-Chair will:

- be a member in good standing of NASAP and the FE Section, willing to serve as an unpaid officer on the FE Section Leadership Council
- be the Section liaison to COR/NASAP Board/General Membership and the Leadership Council
- attend the Annual Convention and Annual Section Meeting at the Convention
- represent the interests of the Section rather than their own individual views on any given topic being addressed by the NASAP Board, the COR, or the FE Section.
- both Co-Chairs attend the two annual COR meetings (Fall and before Annual Convention); if attendance is not possible for a meeting will send either the Secretary-Treasurer or Newsletter Editor in her/his place
- serve on a NASAP committee
- oversee the preparation of an annual budget and oversee the creation of the financial reports for the Section by each of the COR meetings
- oversee the operation of the FES newsletter; the mini-newsletter page for the July-August NASAP newsletter; and help solicit Resource Page material from the membership list for the July-August NASAP newsletter, *TNN*
- solicit and select programs for the Annual Convention, following the Selection Guidelines outlined in the Section notebook
- make decisions for the Section business, as needed
- set annual goals for the Section

Please sign, clip and mail this form to NASAP, 614 W Chocolate Av, Hershey PA 17033; or fax to 717-533-8616 before February 1, 2006.

**Official Ballot for Family Education Section Officer Nomination**

Office of Co-Chair, 3 year term commencing at NASAP 06 Convention May, 2006

Nominate one: \_\_\_\_\_

Member Signature: \_\_\_\_\_



Mail  
it  
in!

**NASAP**  
**614 W Chocolate Avenue**  
**Hershey PA 17033**

FES Member  
Co-Chair Nomination

## Mini Annual Meeting Minutes

*We present a mini version of Patti Cancellior's Minutes to give you an idea of what you miss when you miss an Annual Meeting at convention.-ed*

Tucson, Arizona, June 17, 2005

**Mary Hughes**, Section Co-Chair, called the meeting to order at 4:00 pm. **Alyson Schafer**, who had stepped in to replace **Linda Jessup** as the other Section Co-Chair, was introduced. There were 31 people in attendance—21 Section members and 10 non-members.

### TIO Minute

The group was invited to have a “talk it over moment.” They were instructed to find one person with whom to share something new learned at the conference.

### Elections

Ballots were passed out to Section members. ... Elected to full three-year terms were **Alyson Schafer**, Co-Chair and **Patti Cancellior**, Secretary-Treasurer....

### Announcements and Reports

Treasurer Report was submitted. **Cheryl Wieker** moved, **Lara Harvell** seconded, to authorize reimbursement for travel costs of the Co-Chairs to attend the COR meetings in the next 12 months, at the rate of \$200 per COR meeting (with one Co-Chair attending each meeting). Votes in favor of the motion: 21. Votes opposed: 0. Abstentions: 0. The motion was passed.

Alyson informed the group that this system of reimbursing the Chairs of the Section may

change in the coming year to make it more equitable across all Sections. Family Education is fortunate that we have the second largest Section. Our budget is derived from the Section dues paid by those members.

Therefore, we have a larger budget than most of the Sections and can afford to reimburse our Co-Chairs for their travel expenses, whereas others may not.

### Report from COR

- Listservs: Every Section has been given the opportunity to create a listserv for its members. The Family Education Section has an active listserv now. Anyone who is a member of the Section, but not on the listserv yet, is invited to join by emailing the main office at [info@alfredadler.org](mailto:info@alfredadler.org) for instructions.

- Parents and Students: COR would like to create the opportunity to bring more parents and students into NASAP. The Theory, Research and Teaching Section will work to include more students. Family Education will reach out to parents.

- Member Involvement: The Board is interested in reaching out to members who would like to be more involved in NASAP. ...

- PEEP: Jody McVittie made a to-date report. (*See page 1 update.*)

### Breakout Exercise: “Oodles of Noodles” & “Process the Noodles”

The “noodles” were four topics of interest to Family Education. Each topic was posted on a sheet of paper and everyone was invited to visit the topics of interest to discuss them. The topics were: Parent Educator Certification from NASAP; Parent Summit at one of the NASAP annual meetings; Parent Membership in NASAP (sub-section? forum? etc.);

*continues on back page*

## Remembering Mary Alice Lausell

*NASAP Family Education proponents in Puerto Rico lost a stalwart supporter this summer. Mary Alice was an octogenarian who had the spirit to stay young; we enjoyed an email correspondence (which she hunted and pecked her way through with charming spunk), and met at convention in South Carolina, where she was honored in 2003. We asked Elsie Colón Rodríguez to send us a reminiscence. --ed*

Mary Alice was the leader of leaders in spreading the ideas of Alfred Adler in our Island. She devoted her last 30 years to learn, understand and teach by her example, powerful Adlerian ideas on how to become a better human being. Thanks to my friendship with her, I am a better wife, mother and professional. Actually, I'm the program Director of a GEAR-UP initiative in which four schools serving 2,000 students are being trained in Adlerian principles.

I really miss her!!! We will honor her life in an event in March 2006. We will give you more details as they become available,

Elsie M. Colón Rodríguez

## Treasurer's Report

Patti Cancellior, Secretary-Treasurer

We have 124 individual Section members and 2 organization members.

FY October 1, 2004-September 30, 2005

Income

Opening Balance	\$1,130.24
Section Dues	<u>964.50</u>
Funds Total	\$2,094.74

Expenses

Travel Expenses for Co-Chairsto COR	\$400.00
3 Newsletters	674.03
Conference Scholarships	<u>200.00</u>
Expense Total	\$1,274.03

Closing balance as of 9-30-05

\$820.71

## Hershey: October Meeting Report

- TAPTalks were discussed and planning begun on next year's menu for this highly innovative, exciting educational venture. This year attendance has steadily increased, and the topics have been interesting and varied. There is now the opportunity to receive a tape for one you may have missed!

- Poster Session proposals for convention are still being accepted, so if you didn't get a proposal in for a workshop session, consider putting in one for a poster session. (Becky has details at the home office.)

- Scholarship applications have changed to better meet the need of applicants: these are now due March 1st; you apply directly to the home office for a registration scholarship first and then the Sections will supplement with travel dollars or meal pkgs. (Details in the latest TNN)

- The Conference will offer some lively sessions! We look forward to the Chicago rendezvous. Here are a few glimpses to whet your appetite for offerings in Family Education Section track: **Mary Jamin Maguire** will present a new *Adlerian Tool for Parenting Assessments* in a full-day pre-conference and has wisdom to share with us on how to work with children affected by trauma; **Linda Jessup** on *Moral and Emotional Development*; **Jody McVittie**: *Intentional Scaffolding of a Parent Education Class*; **Giroux** on *Divorcing Parents ...* and more, so stay tuned!

- Certificate of Study in Adlerian Parent (Family) Education was thoroughly discussed, and preparations begin as we work to flesh out what that might look like. We welcome your thoughts and suggestions, as we strive to differentiate between Adlerian parent education and other forms of parent education that are rapidly gaining national acclaim, with certification more likely than ever to soon become an expectation and a standard. (Please send thoughts to Alyson and Mary via email).

- The highlight of our weekend's work was a sharing experience with **Al Milliren**, EdD and **Wes Wingett**, PhD's *Empowerment Study Group*. After supper on Saturday, we experienced what proved to be yet another way to "be" Adlerian in the world: these two solid educators are teaching us how to purposively connect with others for the purpose of highlighting strengths, contributions, and encouragement in a dynamic group process. Do plan to involve yourself in Chicago if the opportunity presents itself, as their Empowerment Group Process is still being developed.

--Mary Hughes

*Mini Meeting Minutes* cont from page 6 and participating in the TAPTalks Telebridge. Ideas were generated for each topic.

### Resource Exchange

Several people put out materials to share. **Betty Lou Bettner** pointed out that resources need to have the appropriate credit given. Copyrighted materials can not be distributed without permission.

It was noted that the time slot for the Section meeting is too short. The Family Education Section needs two hours.

Proposals for workshops and sessions at next year's NASAP convention are due October 1, 2005.

The meeting adjourned at 5:15 PM

### A Question Posed On the Listserv:

What resources exist, what experiences are members having with applications of family education parenting principles to the role reversal in caring for an aging parent?

Do you have a response? Send it to us at [ParentEd@comcast.net](mailto:ParentEd@comcast.net) and/or get started on our Family Ed listserv by contacting NASAP Central Office. You must be a member of NASAP's FE Section to participate.

## There's so much more to share...

Dive in with us by email or listserv discussion, or Members Only web pages.

NASAP is *your* organization.

Let your voice be heard!



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  
Chicago for  
NASAP'06**

**May 25-28  
Plan Ahead**

### NASAP Family Education Section

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Home Page

<[www.alfredadler.org](http://www.alfredadler.org)>

