



FAMILY!

Grandparents: Parenting Again

Don't Overlook Grandfamilies
by Linda Jessup

I've embarked on a new and challenging childrearing enterprise this year. Working with a local non-profit, The Namaqua Center, which is primarily a residential treatment program for neglected and abused children [in Colorado], I'm co-facilitating a group of grandparents who are raising their grandchildren and providing them with parenting information as they request it.

A core group of ten to twelve grandparents meets regularly from 5:30 to 7:00 p.m. on the fourth Monday of each month at a local church. Another six

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Consequences for Clutter Dear Addy...

Guest author is **Rob Guttenberg**, YMCA Youth & Family Services' Director of Parenting Education/Family Counselor in Maryland. Rob's book "The Parent As Cheerleader" is obtainable online at robguttenberg.com or from Rob at P.O. Box 311, Cabin John MD 20818.

Dear Addy,

The other day I came home from work and when I entered my house, it looked as if a hurricane had hit the living room. There were library books all over the floor. Over in the corner, items of clothing were strung across the sofa and the chairs. My seven-year-old son's model airplane had landed on top of the television set and our 8 year-old dog Scruffy had left her chewing bone

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"The Family Business"

YES: You CAN Make Money as a Family Educator
by Alyson Schäfer

FAMILY! is introducing a new regular column to highlight the various ways members work in the field of Family Education. The idea of a business case study came about after a very well attended panel discussion on the business of Family Education at NASAP 2007.

Business Case Study: Dina Emser, M.A.

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Dina Emser is an active member of NASAP and the past Co-Chair of the Family Education Section. She is currently working in a number of capacities, but primarily as a trainer and coach, between which she splits roughly fifty percent of her time. Dina also writes about Adlerian ideas

and practices. Recently, she has become a webmaster with a new blog at www.dinaemser.com. Earlier this year, Dina accepted a position at the Adler School of Professional Psychology in Chicago as an adjunct professor for their family education program.

Dina has been growing and developing her career for over twenty years. She first came to learn about Adlerian philosophy the way so many do, the application of child guidance. Dina was a classroom teacher and then Principal of Blooming Grove Academy, an Adlerian elementary

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Plan NOW to attend June Conference in Hershey!

FE Section Co-Chairs Report...

Dear Family Education Section Members,

Alyson Schäfer and I attended the NASAP Council of Representatives meeting in Hershey in late October. It was my first COR meeting as the FE Section Co-Chair and I didn't know what to expect. If I had to sum it up in one word, I'd say it was "exciting"! How often can you say that about a board meeting?

What made the meeting exciting? We had some great discussions and several important decisions were made.

The NASAP Website

After compelling presentations by Alyson Schäfer and Randy Kirsh (Education Co-Chair from the Toronto, Ontario area) on ways to use an enhanced website, Facebook, Google marketing, and other recently created Internet based phenomena, the Board decided to fund a new website for the organization. It will differ from our current one which functions more as an intranet for members. The new one will be designed by a professional designer and will focus on reaching out to people who have never heard of Alfred Adler and highlighting the annual conference. Parents will be one of the prime target audiences.

A Governance Task Force

After six years of experience with the Council of Representatives, there was a feeling that the non-Board members of the COR (i.e., Section and Affiliate representatives) could be put to greater use than the current structure allows. A task force was created to analyze the effectiveness of the governance structure and to make recommendations for improvements. The recommendations will be presented to the COR in October 2008. The members of the task force are: Roger Ballou, Tim Hartshorne, Steve Stein and Susan Belangee.

Annual Conference June 26 to 29, 2008

The annual conference in Harrisburg, Pennsylvania is really shaping up. See page 7 for a bit more on this subject, before all the announcements of the lineup.

In addition, Alyson's term as Co-Chair of the Family Education Section is up in June. We're collecting nominations for her replacement. Fortunately, NASAP won't be losing her great ideas and leadership skills; she has agreed to continue to lend her expertise to the development of the website and play a supporting role in the new task force.

Our Section By-Laws state that a nomination must be published for member consideration in the Spring issue of our newsletter, so that voting can occur by mail in advance of, or at, the annual convention. Please see the notice this issue on page 5 or email our Secretary, Amy Ellison, with your nomination! ■

Warm wishes from your Co-Chair,
Patti Cancellier, along with Alyson Schäfer

Adlerian Wisdom

- Remember the Golden Rule: 'Do Unto Others....' is the basis of democracy, since it implies equality of individuals.
- Respect is the right of all human beings. Parents who show respect for the child—while winning their respect—teach the child to respect himself and others.

-- from **ABCs of Guiding the Child**

by Rudolf Dreikurs, MD and Margaret Goldman

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Book Review

Cyber Bullying: Bullying in the Digital Age

by Robin M. Kowalski, Ph.D., Susan P. Limber, Ph.D., and Patricia W. Agatston, Ph.D.
Blackwell Publishing, 2008. \$27.95

reviewed by Patti Cancellier

I had the good fortune to attend a three hour workshop on cyber bullying at the South Carolina Adlerian Conference this fall, led by one of the authors of this book, Patricia W. Agatston. It was enlightening and a bit frightening. I purchased an advance copy of *Cyber Bullying: Bullying in the Digital Age* at the conference, and find it to be a very helpful guide to the cyber world for parents, teachers, school counselors and parent educators.

Most adults know less about the cyber world than their children do. In the three years since my children left high school, the world of electronic communication among teens has changed completely. (Which is why the other participants in the cyber bullying workshop probably saw my jaw hit the ground on several occasions.) Because of the rapid change and the fact that older children and adolescents are less likely to talk about bullying problems, we also know less about cyber bullying and how to deal with it. This book solves that problem.

Cyber Bullying describes the many forms that this type of bullying — defined as using electronic media to bully or threaten another person — can take. It can be done by sending anonymous, hurtful text messages to the “victim.” Someone can create a page on a social networking site (e.g., Facebook, MySpace or some 200 others) using the subject’s name, that denigrates, threatens or demeans him or her in some way. Bullies can surreptitiously film or photograph someone in an embarrassing

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Family Business...continued from page 1

school near her hometown of Eureka, Illinois. It took some time to build the courage to make the leap out of her comfort zone and into the exciting world of being an entrepreneur, building her own business from the ground up.

Change requires us to exercise our courage

Dina says she looks back on her career path as a series of steps of building her confidence in herself by seeking the best in training. Most remarkable to her was the day she decided to put her fears aside and accept a training position in Cyprus. To train internationally, in another culture, with a different language and to travel abroad made her feel thereafter she could do ANYTHING!

Dina also attributes her ability to grow professionally to working at personal growth. She realized that her own need to be a “nice girl” and “pleaser” was actually growth-inhibiting to her work with others; it was interfering with how she gave feedback to others, which is critical in coaching and training. Once recognized, Dina worked to apply Adlerian principles to her own lifestyle issues. When she realized that if she had “more faith in others” to hear her opinions positively, and when she discovered it was “more respectful of others” to NOT hold their responsibilities — she was able to move forward as a more effective encourager and change agent in other people’s lives.

Dina disclosed that what helped her get traction when she felt stuck and “between floors” was to hire a business coach to take her to the “next level,” a decision she feels was pivotal to her career success, and a tactic she hopes readers will seriously consider as a “best practice” for all of us in this field.

Dina’s pivotal decisions

- 1) Follow your joy. That is where you will have unlimited energy and be infectious to others. Share these gifts.
- 2) Don’t hoard. If you know this good Adlerian stuff and you are not out sharing it with others — you are in essence hoarding! (Nice cognitive reframe, eh?)
- 3) Invest in your training. Your improved skills and confidence will translate to business success.

Dina’s coaching practice overview

Dina Emser’s coaching clients work with her by phone in one-hour tele-sessions. They make an upfront agreement that the work they do together is a process, and that it will evolve over a three-month period, with two coaching calls a month. The focus of her coaching is leadership, be it within a family, in the classroom or school, or in business. During the client intake she does a lifestyle priority exercise with the client. The core concepts in her coaching are mutual respect, powerful questioning, encouragement and goal related behaviours. Here is an example testimonial from one of Dina’s clients.

“...Through Dina I learned to appreciate the job I’m in and to use the...foundation it provides to launch exploration in other passions of my life, [including hobbies]... In our relationship, Dina listened. She heard the words and the meaning behind them and challenged me to change my perspective, work beyond my self-imposed limitations and to explore my potential.”

Marketing Yourself

Dina recommends that in drumming up business, we look for those op-

[concludes on page 8](#)

Grandfamilies...cont. from page 1

to eight grandparents participate as well, but on a less regular basis. Many of the grandchildren, ranging in age from four through twelve, accompany their grandparents. A couple of lively teenagers are hired by the Center to organize the youth activities in the Social Hall and the Center also pays for a pizza supper for the children while the adults meet over hot beverages and baked goods.

Most of these youngsters have been abused, abandoned or neglected by parents who are alcoholics, addicts (methamphetamines especially have hit Colorado hard), in and out of jail, or dead. A few of the grandparents have had custody of their grandchildren from birth or shortly thereafter. Some have taken custody of a child or gained guardianship of a succession of grandchildren as the parent moves from one relationship to another.

I am struck by how many different issues these grandparents have to deal with, in addition to the regular day-to-day challenges of raising their grandchildren. Here's a partial list of the major differences I have noted so far:

1. The shame and pain that goes with having raised grown kids who are irresponsible, absent, careless or cruel and often, criminal. Agonizing over what one did or didn't do well in raising them.

2. Dealing with those grown kids, who are still really tough people to handle (i.e., angry, manipulative, guilt-provoking, threatening, argumentative, and engaging in self-defeating and destructive behaviors that distress and embarrass one, or threaten the children's well-being, etc.). Setting firm limits on these interactions.

3. Sorting out wanting to please or wanting to have a relationship with the biological parent vs. putting the grandchildren at risk.

4. Handling the grandchildren's kaleidoscopic responses to their bio-parents, which range from yearning to grief, hostility, rejection, relief, appreciation or anger towards the grandparents.

5. All the difficult, expensive and time and energy consuming legal tasks of gaining guardianship, custody, or adopting one's grandchildren. Each role has different legal implications, rights and limitations. Only adoption puts the grandparent firmly in control of the grandchild and confers full legal rights.

6. The disappointment of not having the latter years one had anticipated, with more leisure time and fewer child-rearing responsibilities. Along with this loss is the disappointment of having to parent – rather than grandparent – these children.

7. The marital problems that arise when married grandparents disagree about taking in their grandchildren.

8. Reaching the limitations of one's energy, endurance, good will, good humor, finances and imagination and facing the matter of how to protect and prepare one or more children when one is no longer able to care for them. (I'm thinking here of a 72 year-old widow who was suddenly presented with raising a two-year old grandchild.)

9. Wanting to do a better job of child rearing this time around. I suspect that most of these extremely competent, take charge grandparents did too much for their kids growing up. Many pampered their

offspring and "over-parented" in general (being over-responsible, over-protective, over-indulgent, over-directive, etc.). Very proud, they seem super-sensitive to parenting information. They respond best when information is tied to their values and long-term goals.

10. Financially almost all of these grandfamilies are struggling. A comfortable retirement suddenly becomes strained by the addition of one or two members to the household. Many of these grandparents were already economically marginal and some who were retired or approaching retirement have had to return to work.

Despite all the difficulties, they rise to the many challenges. Personally, I'm finding these folks to be inspiring, no-nonsense and extremely brave. There's no whining in this group! There is an abundance of support and sharing and activism. Problem solving and trading information about available resources, the pros and cons of using these venues, and recommended courses of action generally take at least half of each session. Legal matters are huge, as are obtaining medical and dental care for their grandchildren. Three of the best established grandparents have been working with political representatives to get the legal system informed and better aligned with their grandfamily realities.

As a grandmother myself, having lost a parent early in life, having raised foster teenagers and having walked the hot coals of my own parenting nightmares, I have been allowed to participate and sometimes serve as a resource in this group. In fact these valiant grandparents have opened my eyes to an important sub-group raising children today and they persist in teaching me a lot about life that I hope I never have to use! ■

Member Mailbag

Much of our conversation these days takes place in the Family Education listserv. At times, it hums with activity, at others, it's quiet, but it always feels like a community.

The generosity of members sharing with members is one of the most important features of this warm online community. For example, someone in one part of the continent wants to know if there is a local resource elsewhere to help fulfill an inquiry. Another person will spot an egregious, harmful piece of childrearing advice on a

national TV program, and enlist other members to write in to protest. What ensues then, at times, is a discussion of how to institutionalize this type of call to action. And that leads to great recommendations our leadership takes to the Board level.

Members search for resources and share resources freely.

Be an active member!

Join us online for the Family Education listserv. All you have to do is be a member of NASAP's Family Education Section. ■

Rudolf Dreikurs Anecdote

shared by Bob Powers

Forty years ago I was chauffeur to Rudolf Dreikurs one evening. He was addressing the residents in psychiatry at the Pritzker School of Medicine (part of the U. of Chicago), and he no longer enjoyed driving after dark.

The meeting included a demonstration, which I barely recall, except that it went smoothly. I think they brought in a depressed patient, a woman, in a wheel chair.

Dr. D. conversed with her in his usual direct, relaxed, and cheerful manner, and she responded with signs of appreciation. She was then taken from the room, and the residents proceeded to ask him questions.

They were a study in group behavior, all practicing the attitudes of psychoanalytic detachment. This, combined with a social obligation to be hospitable toward a guest, made for a delicate combination of polite interest and absence of any display of affect. There were a number of pipes, held thoughtfully, as indicators of professional advancement, and a number of small beards in the Van Dyke style, reflecting theoretical allegiance to Freud.

One of the bearded and pipe-bearing participants asked, in languorous solemnity, "Dr. Dreikurs, how do you deal with the Oedipus Complex?" Without hesitation, Dr. D. replied (Viennese accent added here for color): "Ve cure it."

It was like a depth charge, or an unexpected electrical jolt. People snapped out of poses into fascinated attention, as Dreikurs continued.

"Ze Oedipus Complex occurs ven ze little boy goes to his mother to protect him from his father, when father wants to discipline him about **NASAP...International Adlerian Leadership Since 1952**

Nominate Our Next Section Co-Chair!

For the last couple of terms of office, we have recommended and enjoyed the balance achieved by having Section Co-Chairs hail from both Canada and the USA. Retiring Co-Chair Alyson Schäfer is from Ontario, Canada, and thus your leadership team recommends that nominations come from among our Canadian membership.

Nominators and nominees must be members in good standing of NASAP and the Family Education Section.

Please send a nomination for our next Co-Chair by February 1 to NASAP Central Office or email our Secretary-Treasurer Amy Ellison at [<amers1003@yahoo.com>](mailto:amers1003@yahoo.com). ■

something. Now the little guy has a big ally, and father is no match for the two of them. So. What do we do? We teach mother to go to the bathroom when the boy provokes his father, and to stay there until the two men in her life settle their differences. In this way the boy learns that he may be better off dealing with his father without provocations."

This was toward the end of the meeting, and there was a room full of cognitive dissonance behind us as we took our leave.

Who knows what the longer term effect was on that group's understanding of things?

One thing seemed clear (as Dreikurs often enjoyed saying): "At least zey von't forget me!" ■

Robert L. Powers and Jane Griffith are partners in Adlerian Psychology Associates. Visit their new website at [<http://adlerianpsychologyassociates.com>](http://adlerianpsychologyassociates.com). Email [<mail@adlerianpsychologyassociates.com>](mailto:mail@adlerianpsychologyassociates.com)

Dear Addy...continued from page 1
right in the middle of the floor!

Do you have any ideas about how I can get more cooperation from my family around picking things up and putting them away?

Signed,
Mom drowning in clutter

Dear Mom,
A basic principle of Adlerian Child Guidance is to utilize natural, and logical, consequences to teach children about what Adler called "The Ironclad Logic of Social Living." Natural consequences teach children about the laws of Nature. (If you run too fast, gravity will teach you and you may fall, or if you go outside without a coat on, weather can teach you to seek out a jacket to wear.) Logical consequences, on the other hand, teach children about the "Laws of Social Order." When clutter is left out on the living room floor, Nature will not be there to help. Instead of applying punishment or rewards, parents can develop logically related consequences with their children to establish respectful limits, while promoting their child's "social interest" – interest in the interests of others.

Here is a useful "logical consequence," developed by Viennese child psychiatrist Rudolf Dreikurs that has been successfully utilized by many of the families with whom I have worked. It is called the 'Grab Box,' and it is established in the following manner:

1. Ask family members to attend a 20 minute meeting with you to discuss solutions to a problem that you would like their assistance with. (If you and your family already have weekly family meetings scheduled, this would be an appropriate item for the agenda.)
2. Without zeroing in on any one family member, express your

concern about the amount and frequency of clutter that has been left out in the common living areas. Ask each person in the family to share their opinion as to whether or not they think that this is a problem. If after hearing everyone's ideas, you don't have a solution that everyone can agree on, suggest the use of the Grab Box as an approach that everyone in the family (including the parent/s) can apply together:

THE GRAB BOX

- A. Seek agreement from everyone in the family to approve that all family members will be allowed to pick up any items found left out in the common living areas of the home, placing these items in a large box in the closet labeled the 'Grab Box.'
- B. Decide together how much money children will have to pay to get their items back from the Grab Box, and how much parents will have to pay for each item. (Example: children pay 25 cents per item and adults pay \$1.00 per item.)
- C. Decide together how long any family member's items may remain in the Grab Box before the item gets donated or discarded.
- D. Decide together what the family will do with money that family members have paid to retrieve their items from the Grab Box, i.e., donate to charity, use for family outings, supplies, etc.
- E. Commit to this approach for one week and then evaluate the results together at another family meeting.

The Grab Box may not turn your home into a completely clutter-free zone, but it can cut down on nagging and could lead to a greater level of mutual respect and caring among members of your family. In all fairness to Scruffy, you may have to provide her with an allowance of dog biscuits that she can use to buy her favorite chewing bone back from the Grab Box.

Good Luck! ~Addy

An Ice Breaker Exercise

contributed by Alyson Schäfer

Ask each attendee to quickly draw a symbol of how they feel about their parenting right now. Give only a quick minute so they don't stress about the art, and then share their symbols with others; almost all will also share what it meant to them. It works because so many have the SAME symbol (e.g., a roller coaster, a sad face, arrows); it's brief – forced brevity gets RIGHT to the heart of the matter; it's NON-threatening (symbols are humorous and not supposed to be artistic, and invite exaggeration). People laugh and bond. Even in a group of 55 people, in which I tried this, they feel connected immediately! One also can ask members to draw again at the conclusion of a course, and see their progress!

Fiscal Year-End Financial Summary

Amy Ellison, Section Secretary-Treasurer

Carry over from Fiscal Year 05-06 (10/1/05-9/30/06)	610.06
Income from FY 06-07 (10/1/06-9/30/07)	<u>894.00</u>
Total	\$1,504.06
Expenses in FY 06-07	
Fall newsletter 202.06	
Scholarship 200.00	
Spring newsletter 227.41	
Section breakfast 250.00	<u>-879.47</u>
Balance	\$624.59

Call for dues/membership re-enrollments coming soon from NASAP. We hope you will re-join our Section!

By-Laws Highlights

Describing Co-Chair Role, Election

...from II. Governance Process

...The elected officers consist of the two Co-Chairs, who also serve as representatives to the Council of Representatives (COR) and the Secretary/Treasurer. The Newsletter Editor, who is appointed by the Section officers, completes the Leadership Council.

The elected officers shall be unpaid volunteers, though the Co-Chairs may be reimbursed by the Section for all or part of their expenses to COR meetings, as authorized by the Section membership by three-fourths (3/4) vote at the Annual Meeting. ...

The term of office for each of the three elected positions (Co-Chairs and Secretary/Treasurer) will be three years. Elected officers shall serve no more than two consecutive terms.

...Co-Chair terms shall be staggered to ensure continuity. Terms will not expire in the same year and new officers will be seated at the Fall Board/COR meeting.

Should a Co-Chair be unable to attend either of the bi-annual COR meetings, provision will be made for a substitute Section representative to be sent to the meeting: the Secretary/Treasurer, the Newsletter Editor, or other Section Member recommended by the FES Leadership Council....

At times other than the Annual Meeting, the FES Leadership Council shall be empowered to make decisions in regard to the business of the Section.

III. Elections

Nominations and elections of the two Co-Chairs and the Secretary/Treasurer shall be initiated through a call for nominations in the Section newsletter and/or by e-mail or mail and finalized at the Annual Meeting at the NASAP Convention.

A call for nominations will be published in the Section newsletter, along with the duties and requirements of the office, during the beginning of the year in which the officer's term ends. Any Family Education Section

Convention Hershey June 26-29 '08

The annual conference in Harrisburg, Pennsylvania is really shaping up! We have a full schedule of fascinating workshops for family educators.

A special thank you to those of you who submitted proposals. You should be hearing from Central Office soon.

We're going to return to our old practice of holding our Section meeting after the sessions on Friday, and follow it up with a Wine and Cheese party!

Hershey Park and Chocolate World

Don't forget the family fun available in Hershey, only minutes away. There's the free Chocolate World tour with the opportunity to buy any kind of Hershey chocolate your heart desires. Next door is Hershey Park, a wonderful, family friendly amusement park. Co-Chair Patti Cancellier's family used to go every year. She says "For those of you nostalgic for the old days, it has wooden roller coasters!"

Be watching online at the NASAP website or your mailbox for enrollment information for the Hershey conference. In the meantime, mark your calendar to join us in chocolateland in June!

member may nominate any other Family Education Section member, including him/herself.

Those nominees who are willing and able to serve shall make the following preparations to be nominated for an office in the FES:

1. Write a short description of themselves and their goals, for the Family Education Section newsletter.
2. Submit two references/letters of recommendation, addressing both the nominee's qualifications and character.

The FES Secretary will solicit and compile these descriptions, references and recommendations by e-mail, regular mail, telephone and/or the newsletter....

A ballot, which can be included in the Spring issue of the Family Education Section newsletter, may be mailed in by any Member unable to attend the Section meeting at the convention or wishing to vote by that process rather than through the balloting conducted during the Annual Meeting. Mail-in ballots must be received by the Central Office of NASAP at least one week before the NASAP convention.

The ballot will also be distributed and a vote taken at the Annual Meeting. These ballots, cast in person at the Annual Meeting, will be combined with any mail-in ballots received by the Central Office of NASAP at least one week before the convention, and the newly elected officer(s) will be announced at that meeting....

In the event that an officer resigns before the term of office is finished, the Co-chair(s), in consultation with the other members of the FES Leadership Council, will appoint someone to fill that position until the next scheduled election. ■

Book Review...cont. from page 3

or humiliating situation, and post the scene on YouTube.com for all to see. Now that some electronic devices have the ability to film and post immediately to the web, the damage is done before the child or teen has time to think about the consequences of his or her behavior. Once a film is on the web, it's very difficult to remove all traces of it as it is passed from viewer to viewer.

Cyber Bullying also offers a full chapter of advice for parents including guidance on how or when to monitor their children's online activity, signs that their child is being bullied or is bullying others, appropriate ages for using social networking sites safely, and much more. There is also a chapter for educators. While some schools may feel that cyber bullying

doesn't come under their responsibility, it can have a big impact on school life.

The authors have created a website where parents and students can go for help: www.cyberbullyhelp.com. On the website you'll see a link for the "Olivia's Letters" project. Victims of cyber bullying, and bullying in general, often feel alone and unsupported. This project provides students the opportunity to write letters of support to victims of bullying, letting them know that they aren't alone. This could be a wonderful social interest project for scouts or girl guides, girls or boys clubs, or community service groups. ■

Patricia W. Agatston, PhD is the daughter of longtime Adlerians, Kathleen and Frank Walton. She will be teaching a course at ICASSI in July 2008 on this topic.

Family Business...cont. from page 3

opportunities that are all around us already. She writes articles for a local community paper that get her name and ideas out. She has also recently invested in a new website using the new dynamic form of blogging instead of the old flat, static "brochure" style websites.

Dina will hold a tele-bridge session for our Section to discuss 'marketing yourself as a parent educator.' This event will take place in the new year. Details to follow.

Thank you, Dina Emser, for your willingness to share. ■

If you have business lessons to share with your colleagues, contact column editor Alyson Schäfer at Alyson@alyson.ca.

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 2008
in Hershey PA
June 26-29
Yum!**

**NASAP Family Education Section**

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