



FAMILY!

Meet The Co-Chair Nominee **Rob Guttenberg** Statement

As required by our By-Laws, a nominee for a leadership position in the Section submits a background statement to inform the membership of his or her qualifications and interests. Accordingly, longtime member Rob Guttenberg has sent us the following:

"I am interested in serving as a Co-Chair of the Family Education Section for NASAP.

"For over 30 years, I have served as the Director of Parenting Education for YMCA Youth and Family Services in Silver Spring, Maryland. For more than 25 of those years, I have been a member of NASAP.

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Punish To Make Him Listen? **Dear Addy...**

Excerpt from *Raising Great Parents*

Dear Addy,
I would like your advice on a constantly recurring problem I have with my seven-year-old son. Most of the time he is quite reasonable and helpful, caring toward his little sister, and generally pleasant to be with.

However, he doesn't want to listen 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

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NASAP '15 Here We Come!

In addition to a great opportunity to observe a classic *Open Forum Family Counseling Demonstration* by Dr. Betty Lou Bettner, the topics presented by our Family Education Section members (and written up in the last issue) scheduled for Saturday, May 30 include:

Siblings That Get Along ...Beverley Cathcart-Ross

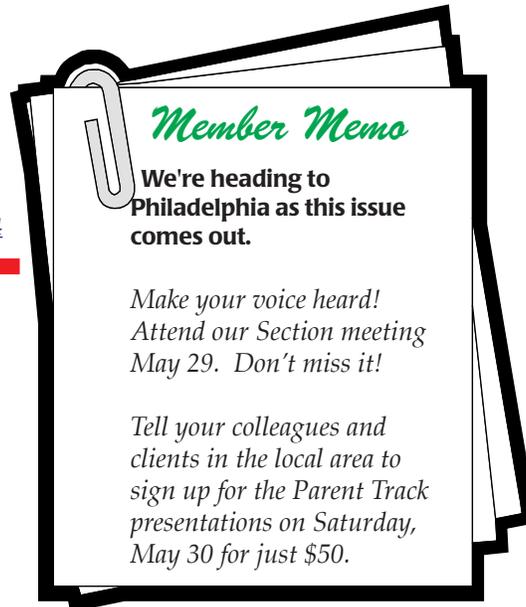
Handling Disruptive and Resistant Kids & Teens ...Bill Corbett

Strengthening the Bond with Your Teen ...Doone Estey

It Takes A Village To Raise A Child:

Strengthening Our Children's Social Environment ...Terry Lowe

You will also find other topics of interest to our members offered on the Friday schedule, including our Section's "Keynote" by Monica and Bill Nicoll on *Family RQ*. There's even more in the pre- and post-conference workshops. Be sure to read all about it at <http://alfredadler.org/nasap-2015-conference>.



Many sessions outside the official Parent Track will also enhance your Adlerian education. Leave room in your suitcase to bring home new ideas and resources.

So, take out your conference brochure or check the website and start plotting which sessions you don't want to miss!

Come for the camaraderie, the city, the stimulating talks and Philly cheese steaks!

See you soon in Philadelphia where "We the people – and Alfred Adler – proclaim liberty, rights and responsibilities for all": NASAP 2015! ■

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FE Section Co-Chairs Report...



Marlene Goldstein Beverley Cathcart-Ross

Dear Family Ed Section Members,

I am writing this article enjoying the beauty of our long awaited spring. The sound of birds chirping, a warm gentle breeze and flowers in full bloom are reminders of the beauty, richness and fullness of life.

I want to thank you all for the honor and privilege of representing the Family Education Section at COR for the past 3 years. It's been an exciting and enjoyable role for me. And, I'm delighted that Rob Guttenberg has agreed to serve as the next Co-Chair representing the US, joining Beverley Cathcart-Ross as our Canadian Co-Chair. (See Rob's Candidate Statement starting on the front page.) Not having received other nominations called for in our previous newsletters, we do hope members will show their support and appreciation to Rob by mailing in a vote if not able to attend the conference. The mail-in "ballot" is on the back page of this issue.

AND, it's NASAP Conference time!!! I hope you've registered, made your hotel reservations and finalized your travel plans. This year's conference promises to be an exciting one. On page 3, you'll see information about our brief, yet meaty, "Members Meeting" at the conference. I hope that we will see you there!

Here's another great reason to be a member of the Family Education Section. Thirty-six previous issues of *FAMILY!*, published since 2000, are available online on the NASAP website. The issue you are presently reading is #38. Great ideas never get stale, and this archive is a real treasure, with articles generously written by member scholars and practitioners in our discipline.

Archived issues of *FAMILY!* are freely available to anyone curious about NASAP and Adlerian Psychology, but only the most recent issues are distributed to members of this Section. Pay your modest Section dues (\$17/year) when signing up as a member of NASAP. The dues support our Family Education activities; help to offset the expenses incurred for COR meeting attendance; scholarship aid for conference attendees; overhead that enables our listserv to function; and the modest cost of publishing this newsletter. It is to our mutual benefit when you join us as a member of the FES. Find the newsletter archive online under the pull-down tab indicating "Resources" and select "Family Ed newsletters," or directly at: <http://www.alfredadler.org/family-ed-newsletters>. Who knows what new resources will inspire you!

Best wishes for a wonderful conference, and good weather months ahead!

Your Co-Chairs,

Marlene Goldstein along with Beverley Cathcart-Ross ■

Adlerian Wisdom

Parents often encourage toddler misbehavior by accepting the myth of the "terrible twos." Because toddlers are naturally curious and trying to explore their world, they make mistakes and get frustrated. But to label this behavior as "terrible" just sets us up for more problems. Expectations are powerful—what we expect is often what we get. What would happen if we expected toddlers to cooperate—if we looked for the "terrific twos" instead?

— from **Raising Respectful Kids in a Rude World: Teaching Your Children the Power of Mutual Respect and Consideration** by Gary D. McKay, Joyce L. McKay, Daniel Eckstein, and Steven A. Maybell (2001) Prima Publishing / Out of print

How to reach us

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Dear Addy...continued from page 1

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.

We know that you want to be a responsible parent and are concerned for his nutritional needs as well as his growth and development, but punishing him for disobedience is not an effective way to convey this concern.

Punishment is inappropriate in our democratic society, in which 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.

Punishment by its definition has to hurt, and will likely bring on the negative effects of the use of power. It can nurture resentment, retaliation, and rebellion, or it can drive his behavior underground (i.e., he will continue his behavior in a sneaky way, and will try to get away with it). Your focus is then on the power struggle and who will win it, rather than meeting the needs of the situation, looking after our nutrition and respecting our bodies.

Rebellious behavior is often a payback for injustices and grievances suffered in the past. When we use our power over our child, even if we win a round, he will just bide his time to get back at us on the next occasion 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 us, they may also be quick to submit to the demands of their peers and to become “pleasers” in life instead of independent, self-motivated individuals.

continues next column

Members Meeting May 28-31, 2015

The time has finally come again: we meet in Philadelphia for our annual NASAP conference and Family Education Section meeting, to be held on Friday, May 29.

Our agenda is packed: we must bid Marlene Goldstein a fond farewell as she completes her term as our Co-Chair (but not as a contributing member!), and elect a new one. We will have a financial report from Secretary / Treasurer Doone Estey. And we will discuss what it is about membership in the Family Education Section that adds value to our careers and interests as Adlerians: we will be examining Features / Advantages / Benefits = FAB as described in recent issues of *FAMILY!*

And then it’s on to our selected “keynote” for the Family Ed Section. Monica and Bill Nicoll will be presenting *Increasing the Family RQ (Resilience Quotient): Integrating Adler & the Resilience Research*, which was also previewed in our last issue.

Don’t miss this meeting and so much more! ■

Sometimes it may seem that punishment has worked for the moment, but the damage to your relationship is accumulating. If our goal becomes to not resort to punishment or other disrespectful approaches to conflicts, how can we handle these frustrating moments? Instead of getting angry and resorting to the use of power, you could do the following:

- Give your son information; share with him why you don’t want him to have the candy right now.
- Ask for his ideas on 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 has already been eaten, you may want to talk about what you can agree on for the future.
- Implement consequences – What is the “Logical Next Step?” If your child continues to show no regard for his candy consumption and therefore his health, 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. We want to have closeness and dual respect, where we respect their right to make judgments but do not lose sight of our own self-respect. For example, our 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. Out of 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 dictate, rather than trying to make the child do something because we dictate it. When in doubt about how to handle an issue, explore what would be mutually respectful through problem solving, and together agree on a solution that you both can live with.

–Addy ■

Excerpt from:

Raising Great Parents – How to Become the Parent Your Child Needs You to Be

Co-authors: Doone Estey, Beverley Cathcart-Ross, & Martin Nash MD (example letter signed by Martin & Georgine Nash)

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Rob Guttenberg....continued from page 1



Rob Guttenberg

"I am a Licensed Clinical Professional Counselor / LCPC, and a Child Care Trainer, certified by the Maryland State Child Care Administration. I hold a NASAP Diplomate in Adlerian Psychology and have presented at several conferences.

"While currently serving as the Vice President of the Mid-Atlantic Adlerian Psychology Society / MAPS, my additional experience with NASAP includes being the MAPS Affiliate representative to the Council of Representatives / COR.

"I am looking forward to con-

tinuing my service on the COR as one of the two Family Education Section representatives. I believe more than ever that there is a need to develop dynamic approaches for delivering the child guidance concepts of Adler and Dreikurs to parents from various cultural backgrounds who are raising their children in North America today.

"I will work with our Section Co-Chair to address the concerns of our Family Education Section members, while planning to meet the goal of increasing membership in our Section from those who are current members, and from those who may not yet know about our organization." ■



Help Elect A New Co-Chair

Term beginning at Philadelphia meeting May 29. 3 year term. Please send to Co-Chairs by mail or email by May 26 or vote in person.

Rob Guttenberg other name:

Member Name:

Member Signature:

(see page 2 for addresses)

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.

May 28-31, 2015



in Philadelphia

NASAP Family Education Section

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63rd Annual Conference



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