A Look Ahead to NASAP ’16

As is our custom, we are pleased to feature articles in this issue and the next one that highlight some very enticing topics to be presented at the next conference. Presenters generously share their insights in advance of meeting in Minnesota in May 12-15. The theme is Born to Connect.

Many presentations on the first full day of the conference, Friday, May 13, will feature intriguing enrichment opportunities. Veteran member-leaders will be presenting that day.

Friday Conference Presentations of Special Interest
Help Parents Jumpstart Their Family Council Meetings by Patricia Cancellier (a past Family Education Section/FES Co-Chair) and Paige Trevor from Parent Encouragement Program/PEP in the DC/Maryland area.

Parents As Leaders – Bringing Business Concepts to Parenting by Doone Estey, our current Secretary-Treasurer, from Parenting Network in Toronto.

Conference Preview
Help Parents Jumpstart Their Family Council Meetings
(Or: How to Turn What Have Become ‘Family Beatings’ into Family Meetings)

by Patricia Cancellier and Paige Trevor

The Family Council Meeting is a cornerstone of Adlerian based parenting and the democratic family. It is an invaluable tool that fosters belonging in a useful way for everyone in the family. It also provides the training children need for life in a democratic society: problem framing; problem solving techniques; how to negotiate; empathy; responsibility; sharing and cooperation; and an opportunity to experience mutual respect and social equality.

Dealing with Twins’ Competition
Dear Addy...

Guest author is Amy McCready

Dear Addy,

We’ve been blessed with healthy twins, but boy, do they ever compete for our attention. How can we help them to get along better?

–Concerned

Dear Concerned,

Twins... double the love, the fun, and the joy! But sometimes twins can be double the trouble – or at least that’s how it feels when sibling competition kicks into high gear and you’re trying to manage the chaos in “stereo.” And it’s not just twins. Parents with siblings close in age can experience the same frustration. So what can you do to help keep the peace and

Also in this issue

Your Co-Chairs Report ............................................................. Page 2
Also, Adlerian Wisdom, how to reach us

Members Publish Resource Book ....................................... Page 4
PEP’s text brings Adlerian parenting to life

Membership Matters ................................................................Page 8
Nominate a new Secretary-Treasurer

Make your voice heard - share triumphs, strategies and post problems - use your membership perk of the listserve!

Make plans now to attend the May conference. There is so much for our Section to love!

Continues on page 3

Continues on page 4
Dear Family Ed Section Members,

NASAP 2016 will be blooming in Bloomington, Minnesota before you know it! Register for the conference now, and don’t forget to make your hotel reservations early. There will be plenty of exciting and informative conference workshops on a variety of Family Education topics. This issue of FAMILY! highlights many of them. If you don’t have a printed copy of the flyer, just go to http://alfredadler.org/annual-conference for all the information, as well as online enrollment.

TAP Talk
There is a TAP Talk scheduled for March 24th at 9:00 PM (EST) that might be of interest to many of you. Dr. John Taylor will be sharing his guide for using Adlerian Experiential Demonstrations and Exercises.

Dr. Taylor will outline some of the advantages and best uses of non-lecture instruction when conducting classes, trainings, individual or family counseling, or other events involving interpersonal and family-related topics. He will discuss how to encourage active participation by those who are present as well as maximize the learning that takes place. He will also describe some basic experiential activities that provide powerful and convincing demonstrations of key Adlerian principles.

This is a special opportunity to “tap” into enrichment online, open to all to listen live; fees for CEs are $5 for members, $10 for non-members. However, only NASAP members can download past event files and potentially receive CE credits for participating. If you receive this newsletter after the TAPTalk, and for more information contact: Jon Sperry <jonspery@hotmail.com> or Korey Watkins <Kwatkins2@gmail.com>.

NEW Promotion Idea
Family Ed is pleased to launch a new initiative to spread Adlerian ideas throughout the U.S. and Canada. With the permission of Amy Lew and Betty Lou Bettner, 1,000 attractive full color “Crucial C’s” postcards and refrigerator magnets have been produced for dissemination at conferences, parenting workshops, child care centers, and at venues where there is the possibility of drawing in new members to NASAP. Amy and Betty Lou have demonstrated their social interest with this gift. (See it on page 5!)

If you are someone who presents in the community to Adlerian and/or non-Adlerian groups, and would like to participate in this promotion, please contact Rob Guttenberg.

Election time!
We are looking for a new Secretary-Treasurer for the Family Ed Section team. Doone Estey has served us all well for 3 years and it is time for her to step down. If you want to get more involved in your Adlerian community, here is your chance! Please get in touch with either Beverley or myself.

Your Co-Chairs,
Rob Guttenberg along with Beverley Cathcart-Ross

---

Adlerian Wisdom

- Encouragement is non-judgmental (that means avoiding words like good, great, super, and, instead, using words that describe what you see: persistent, fair, focused, helpful, excited).

- Encouragement is honest and heartfelt and in the moment (not offered to manipulate or change behavior). (p.171)

-- excerpted from Raising Great Parents by Doone Estey, Beverley Cathcart-Ross and Martin Nash, M.D.

© 2014 Parenting Network
Published by BPS Books <http://bpsbooks.com>
Try these 3 simple strategies to keep sibling competition at bay...

- Fill their ‘attention buckets’ separately. Kids want and need our individualized time and attention. However, all too often with twins or siblings close in age, attention is given as a unit rather than one-on-one, and that creates competition.

All kids want to find their very own spot in your heart and in your family’s dynamic that is exclusively theirs. To give kids the emotional connection they crave and a secure sense of belonging in your family, be sure to spend individualized time with each child on a daily basis.

It may take a little re-balancing of your routine, but it’s so worth it. If you have a parenting partner, “divide and conquer” so you can both spend quality time with each kid one-on-one. If that’s not possible, engage one child in a solo activity (reading a book, homework, even a video game as a last resort) while you spend 15 minutes or so with his or her sibling, and then switch. Your kids will love that time with you that’s all about them!

When you begin the individual “special time,” your kids may want to encroach on each other’s time out of curiosity, sheer habit, or the fact that they don’t want their sibling to have “alone” time with you. (That sibling jealousy is the precise reason your one-on-one time is so essential!) Fortunately, with a little training and patience, they’ll come to love and appreciate the “just me” time with you and it will help keep some of that competitive spirit at bay.

- Avoid labels. Our society seems fixated on giving everyone a label. Old, young, tough, shy, successful, etc. Twins are no exception. While twins share many things in common, they are often labeled by their differentiators. “The Quiet One.” “The Funny One.” “The Spirited One.” Those labels might seem harmless but being compared to others, even the person closest to you or the one that looks like you – can be an ego blow and a fire starter for a feud.

Even good labels like smart, brainy, or talented are hard titles to live up to. What’s more, a positive label for one child automatically implies the other holds the opposite label. (If you’re the “studies one” – I must be the “slacker.”) It’s best to leave the labels out of your conversations and gently remind others to do the same.

Every kid has attributes that make them unique and special – focus on nurturing the whole of what makes your kids amazing rather than the one feature that creates comparison.

- Unique vs. Unit. It’s easy to treat twins or siblings close in age as a unit and it’s certainly more time effective. We feed them together. Dress them alike. Make them learn the same instrument or play the same sport. But the package mentality is not always what’s best for them. As you spend daily one-on-one time with your kids you’ll see their unique talents and contributions more and more clearly. Encourage and nurture their individual interests. Help your children recognize the differences in each other and celebrate them.

Of course, your kids (and you) will always treasure the wonderful bond between them – but we can make room for some individuality to shine as well. What happens when you do? Everyone flourishes and your family can celebrate all the special things that make it unique – both individually and as a unit.
The Parent Encouragement Program’s newest textbook, Parenting with Courage and UNcommon Sense, has been described by one long-distance learner as “the next best thing to being able to take the actual PEP I parenting class!”

Co-authored by PEP’s founder, Linda Jessup, and Emory Luce Baldwin, a veteran PEP leader and family therapist, this new text provides a strong foundation for all of the courses taught at PEP.

Building on the invaluable concepts of Dr. Rudolf Dreikurs’ 1964 classic, Children: The Challenge, these authors marry Dreikurs’ solid Adlerian principles of childrearing and democratic living with the practical parenting skills needed to continue to implement these concepts in today’s quite different world.

In an unusual twist for a textbook, an episode from the story of the semi-fictional Naylor family begins and ends each chapter. Parents Bill and Amanda work hard to improve their family life, but often find themselves in conflict with each other and with their three children refusing to cooperate. In a desperate effort to “get on the same page,” Amanda and Bill enroll in a PEP-type parenting class, and a whole new family adventure begins.

As in life, unexpected challenges arise. A serious car accident badly injures Bill and traumatizes Ben, age 8. Danielle, Bill’s 12-year-old daughter from a former marriage, feeling unfairly treated, sneaks out to join friends. Ben proudly buys a tee shirt with a vulgar message printed on it at a yard sale. And Tricia, age 4, shocks them all by destroying Ben’s science project.

In addition to the Naylor’s story, each chapter is seasoned with other examples of adults and children in true-to-life situations, illustrating such concepts as parenting styles, personality development and the mistaken goals of misbehavior. You’ll find guidelines for three kinds of encouragement, develop skills for more effective communication, and find new opportunities to ignite cooperation. You’ll discover how to set and uphold better limits and reduce family conflict and stress through jointly set agreements. You’ll see how training children in important work can spark the desire to contribute these new skills to family and community life. With this wealth of information, you’ll especially appreciate each chapter’s summary of Takeaway Points.

Beyond nurturing relationships, communicating regularly and effectively, and creating order, perhaps the greatest strength of Parenting with Courage and UNcommon Sense is its consistent emphasis on the all-important development of “social interest” in every family member. Social interest is the secret ingredient that gives this book the potential to truly transform both relationships within the family, and the family’s relationship to the larger world.

Linda Jessup founded PEP in 1982, and has served in many roles as an inspirational leader in the Adlerian community and NASAP. She served as FES Co-Chair, followed by service as Membership Director on the COR board of NASAP. Emory Luce Baldwin, a parent educator, family therapist, speaker and writer has been affiliated with PEP for many years.

The purpose of our presentation is to work together with other family educators to make Family Council Meetings more accessible, useful and possible for the families we teach. We will share strategies that have worked in our parents at the Parent Encouragement Program and we hope the participants in the session will share their tips as well. We will also discuss some of the standard pitfalls that parents experience—overloading the meetings with parent-generated problems; making decisions by majority rule and not by consensus; trying to control what children share at the meetings; failing to stick to the time limit; and feeling that everyone must attend. We will present ways for children, and particularly teenagers, to see the Family Council Meeting as a useful tool for them. Finally, we will demonstrate, using volunteers from the audience, the problem solving process, while at the same time showing how to deal with some of the frustrating mistaken goal based behaviors that crop up in Family Meetings.

A twelve year old said it better than we can, “Family meetings have helped me and my brother so much. We really feel part of a team and enjoy being together…. Family meetings have helped all of us feel like we are important.”

*Personal communication from Louisa Thompson-Longshore

Join Patti and Paige at NASAP’16 as they reveal some of PEP’s winning ways. Patti is a past Co-Chair of our Section, and PEP’s Education Director as well as PEP Certified Parent Educator. Paige is a PEP Certified Parent Educator with a personal organizing business, Balancing Act, in Maryland. <http://PEPparent.org>
Membership Matters

Secretary-Treasurer Position Opening in May
As Rob reminded us in his Co-Chair message, Doone Estey will complete her term as Secretary-Treasurer at the Minnesota conference, so here is an opportunity for someone new to contribute, and grow their own résumé. The position is open to any FES member, Canadian or American.
Let us hear from you! Use the form on the back page.

News from Members
Adlerian psychologist and PD trainer Mary Jamin Maguire writes, “I want to let you know about a fantastic opportunity to learn from one of the masters at a preview of our conference! Lynn Lott is a popular and distinguished Adlerian therapist/author/trainer. She’ll work with therapists/coaches/teachers and trainers who want to add skills as an Encouragement Consultant to their professional résumé. Her training is also life changing for people who would like to improve adult relationships and/or heal their inner child using a combination of Adler and Positive Discipline as outlined in the two companion books for the trainings, Do It Yourself Therapy and To Know Me Is To Love Me. Both books are available for sale at www.positivediscipline.com.”

The TWO DAY PRE-Pre-Conference workshop (May 9 and 10) is entitled Encouragement Consultant Training. It will be held at the (conference sponsor) Adler Graduate School in Richfield, MN. For details and registration contact Mary at <mary.jamin.maguire@adlercenter.net>.

We’re On LinkedIn and Facebook!

Are you?
It’s time to spread out and spread the great Adlerian news by “liking” us on Facebook and “following” us on LinkedIn! Add NASAP/FES membership to your LinkedIn profile page. Contribute announcements and content.

Contact Jon Sperry for Facebook at <jonsperry@hotmail.com>
and editor Bryna Gamson for LinkedIn <ParentEd@comcast.net>
“Don’t tell me what to do!” is a common protest from teens. How do you decide which decisions to let your teen make, and which you will control? Let your teen make as many decisions for herself as she can. Consider:

- Is there risk of harm or injury in letting my teen make this decision?
- How costly will potential mistakes be?
- Does my teen usually make good decisions in this area?
- What is the cost of NOT letting my teen make this decision?

Ultimately, teens need to learn to make choices and live with the consequences. To help teens practice making decisions, parents can TRUST:

- Teach skills
- Relinquish some control
- Use empathy and follow through on agreements you make/enforce the rules
- Support teens, but stay away from rescuing and fixing when things don’t go smoothly
- Take time to evaluate, make adjustments, then create more opportunities for practice

The trick is to stand alongside teens, lending support, rather than trying to act as a buffer to protect them from poor decisions.

To relinquish some control, let teens be in charge of:

- which classes to take
- when and how much to study
- using a budget or allowance to pay for some of their own expenses
- driving (researching rules, getting insurance quotes, contributing to gas, insurance costs)
- their relationships

Express faith in teens and set clear parameters: “You can decide ____ as long as ____. If ____ occurs, I’ll need to get involved.”

Here are 4 more ways to teach strong decision making skills:

1. **Listen, reflect the emotions expressed.** This helps teens clarify their own thinking and feel understood. It’s a skill your teen needs to learn to use, as well.
   - Use neutral language. “It sounds like….” or “Do you mean that …?”
   - Use “You Statements” to connect and show empathy. “You feel ___(humiliated) because __ (you weren’t at the party with all your friends), and you wish ____(your Dad and I weren’t so over-protective).”

2. **Ask teens to define a good outcome (success criteria).**
   - How does her vision align (or not) with her beliefs, values, and current goals?
   - Potential problems or obstacles?
   - Avoid telling teens what the pros and cons are. Explore together.

3. **Use Joint Problem Solving, Follow Through**
   - What are the options to resolve this? Find something that works for both of you.
   - What are you both agreeing to, and when will you check progress?
   - Adult’s job: follow through. Teen’s job: testing limits.

4. **Empower teens to learn from mistakes.**
   - Allow teens to individuate - begin to separate from parents, figure out who they are, and what matters to them.
   - Provide opportunities to practice skills
   - Express faith the teen can figure it out, learn from mistakes

Teens learn to trust themselves by **learning**: what they can and can’t handle, how to improve their skills, and recover from their mistakes. Parents should give teens the freedom (and responsibility) to make as many of their own decisions as possible.

Parents build confidence in their abilities to solve problems with their teens, and trust themselves and their teens as they practice the experiential activities and weekly parent-teen homework assignments in **Solving The Mystery of Parenting Teens**, a companion course to the book, **Positive Discipline for Teenagers**, Revised 3rd edition by Jane Nelsen and Lynn Lott.

Kimberly Gonsalves is an ICF-accredited Coach and Certified Positive Discipline Trainer who says she “works with parents and teachers who want to bring their best to their most important leadership roles, helping children become capable.” Email <kimberly@parenting4thelongrun.com>. Phone 650.440.3148.

Join Kimberly and Lynn Lott as they present at a pre-conference workshop related to this topic.
Anxiety in Children
by Doone Estey

Anxiety in children is on the rise and at Parenting Network, we receive more and more requests for talks on the subject. Some of the causes we have found include the omnipresence of social media, increased competition in the schools and the heightened pace of life in general. What is a parent to do and how are they to help their child?

Many parents contribute unknowingly to their child’s anxiety by taking over and projecting the message that the child is not capable of managing the situation. Our first line of defense is to say to parents:

Teach your kids the skills to handle whatever comes their way. Train them to deal with situations as they arise and help them become adept problem solvers. Do not solve all the issues for them. Let your children experience challenge, failure, and disappointment. This is how they will learn to become resilient, independent and to feel capable.

Our second strategy is to have parents let their kids know that they, the parents, are not perfect. Everybody makes mistakes, everybody has bad days and you can’t even ‘do your best’ all the time. Share the good and bad parts of your life. Your kids will learn and be grateful. Let your home be a safe place for mistakes and failures for everyone.

Lastly, manage the symptoms of anxiety. Most of us are now aware of the vast benefits of taking care of our bodies. Plenty of sleep, proper nutrition, (including limits on alcohol, caffeine, nicotine), lots of hugs and enough exercise are huge contributors to stress management.

What is just now becoming mainstream is the importance of the mind/body connection. Casual, one on one, non-judgmental, late-night conversations with your kids can do wonders. Let them vent about their day, their friends, their lives, even about you! Don’t feel you have to respond – just listen and say “Huh. I didn’t realize you felt that way.” Then say good night and leave the room quickly before you say anything else.

Maintaining lists, schedules, routines and expectations all take upfront time but the payback is enormous in terms of staying organized and helping kids get through all their commitments. Asking them to take out the trash when they are in the middle of doing anything else will cause their stress levels to skyrocket, but having a regular plan in place increases the chances of getting it done.

In the middle of a bout of anxiety, counting to 10, deep breathing and putting one’s head between the knees are all quick fixes. For longer term results, yoga, even for little kids, is becoming popular. Meditation, mindfulness and role-playing have all been shown to be beneficial in decreasing anxiety. Learning these techniques and practicing together through books or online can change the whole family atmosphere for the better.

I wish you all the best in your parenting!

Doone Estey is an experienced Certified Parent Educator, co-author of Raising Great Parents and a partner at Parenting Network, Inc. in Toronto, as well as serving as FES Secretary-Treasurer. She will again be a presenter at NASAP’s conference.
Nominate A New Secretary-Treasurer

Term beginning at Minnesota meeting May 13. 3 year term. Please send to Co-Chairs by mail or email by April 20.

☐ Volunteer! YOUR NAME HERE: ______________________________________

☐ I nominate: _______________________________________________________

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.

NASAP Family Education Section
429 East Dupont Road, #276
Fort Wayne, Indiana 46825

Phone 260-267-8807
Fax 260-818-2098
http://alfredadler.org

Let’s Connect.... in the Twin Cities Minnesota

May 12-15, 2016