



FAMILY!

Meet Us In Vancouver!

Family Ed Topics

Below are some presentations among the many to look forward to in Vancouver, in addition to topics appearing in articles included in this issue.

Building the Village Through Adlerian Parent Ed and Online Parent Discussion Groups in Vancouver's East Side

Ishtar Beck (Friday)

When Ugly Becomes Useful (Tantrums and Disruptive Behavior)

LeAnn Heimer & Cotalena Brook Chase (Saturday)

Open Forum Family Demonstration

Jill Duba Sauerheber (Saturday)

Adlerian Parenting for Children With Autism Spectrum Disorder

Ruth Strunz (Friday) ■

When Only A Consequence Will Do Dear Addy...

Guest author is Parenting Network

Dear Addy,

I'm confused about implementing consequences, afraid that I am actually punishing my kids while trying to remain calm and friendly. Can you help clarify?

—Confused

Dear Confused,

Let's assume you've done your best to problem-solve an issue with your child and the agreed upon solutions are still not being respected. It may be time for what is commonly called a consequence. We call it the Logical Next Step.

"3R Rule" for a Logical Next Step:

Whenever we feel the need to follow through on a behavior

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Conference Presentation (Saturday)

It's More Than Play . . . Preparing Children to be Problem Solvers and Creative Thinkers

by Terry Lowe

From babies through adolescence, play stimulates curiosity and imagination, encourages creativity, builds social skills, and motivates problem solving skills.

Play is often overlooked as being too simple as parents rush to find the latest gadgets and the best lessons and activities in order to foster their child's healthy development. However, play is an important vehicle for learning and has a role in healthy brain development. It provides children with the opportunity to learn about the environment, themselves and others. It gives them a chance to try on different roles and see what is a good fit.

Play encourages intimacy, builds social skills and allows children to work through conflict and difficulties in life. Play is instrumental in

stimulating imagination and creativity. It teaches children how to be good problem finders and problem solvers. This session will explore the benefits of play and how to encourage a healthy balance of both structured and unstructured play.

Attend this session and learn more in Vancouver! ■

Terry Lowe, BSW, served as Co-Chair of our Family Education Section for two terms and is a popular conference presenter. She is the Director of Community Programs at Catholic Family Services in Saskatoon. Terry has worked with families for many years and is author/co-author of a number of facilitator manuals. Contact: <thlowe@sasktel.net>



Member Memo

Is our Memberclicks e-list serving you?

Post your questions or comments on our listserv and get thoughtful answers!

Treat yourself to Vancouver and the warmest, most welcoming conference you will ever attend!

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Nominate a new co-chair

FE Section Co-Chairs Report...



Beverley Cathcart-Ross Rob Guttenberg

Dear Family Ed Section Members,

There is spring in the air here in Toronto, Canada... recently our temperature hit a record high of 61F (16C). It was a real tease but we all know we haven't seen the last of old man winter yet! The coming of spring also means our colleagues at NASAP are ramp-

ing up for the 2017 Conference in Vancouver. If you haven't yet taken a look at the terrific selection of presentations, especially those for Family Education, here's the [link](#) for full details. Several of the topics are highlighted in this issue of *FAMILY!* to whet your appetite.

As a personal endorsement, I have likely attended a dozen NASAP conferences and after each one of them I have felt energized, enlightened and eager to put into practice what I learned. Joining together with other Adlerians at NASAP provides us all with the opportunity to not only connect with other professionals but to engage, reflect, and explore new ideas and techniques. So if you haven't attended one in a few years, your friends of the north invite you to make this the year!

Election time!

We are looking for a new Co-Chair for the Family Ed Section team, as it is time for yours truly to step down. If you would like to nominate yourself or a colleague, or have questions about the level of commitment, please contact either Rob or myself. In keeping with tradition, we look to have a Co-Chair from both Canada and the U.S., and this time round we are looking for a Canadian. But if you are keen and not from Canada (or would like to be) we would absolutely welcome your nomination. These are a few of the perks we feel come with the role: having a voice in the governance and direction of NASAP; being the representing voice for Parent and Family Education; a chance to work with the leaders of our Adlerian community; the good feeling of contributing to your community; and of course, a trip to Fort Wayne, Indiana!

We are also in search of a volunteer newsletter editor, as our long-time editor, Bryna Gamson, has decided to step down after 17 years of establishing, creating, desktop publishing and circulating this important piece of communication three times a year on our behalf. If you have the will and skills, please let us know!

We sincerely hope to hear from the membership—YOU—on these key roles that help us network and advance Adlerian parent education.

All the best.

Your Co-Chairs,

Beverley Cathcart-Ross along with Rob Guttenberg ■

Adlerian Wisdom

• To be **congruent** is to express what you are actually feeling and experiencing at the moment. In a congruent relationship, a couple can be who they really are, and say what they really think and feel to each other. Each partner feels psychologically safe and does not worry about the other partner's response, trusting that the partner will strive to understand....When couples openly and honestly express thoughts and feelings, true intimacy grows and grievances can be revealed and resolved.

-- excerpted from **TIME for a Better Marriage** by Jon Carlson, PsyD and Don Dinkmeyer Sr., PhD

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<<http://impactpublishers.com>>

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Dear Addy...continued from page 1

with a Logical Next Step, it needs to pass this litmus test: The 3R Rule – Reasonable, Respectful, and Related.

1. Be Reasonable

Going home when a child is acting up in a restaurant is a reasonable solution. Telling the child they won't ever come to a restaurant with you again would be unreasonable.

2. Be Respectful

Your tone should show respect for your child. Instead of, "I am fed up. You are going home right now!" you can say, "This isn't working today, so we need to leave." Dreikurs, a renowned psychologist, put it this way: If logical consequences are used as a threat or imposed in anger, they cease being consequences and become punishments. Children are quick to discern the difference. They respond positively to logical consequences; they fight back when punished.

3. Relate the Step to the Behavior

A Logical Next Step must be related to the behavior. Leaving the restaurant passed this test. If you say to one child, "If you hit your sister, you won't have dessert," it doesn't follow. If your child talks back at the dinner table and you say, "No TV tonight," it won't make sense. He'll only resent you for it and feel the need to retaliate.

When used properly, a Logical Next Step is a very effective way to respond to a child's negative behavior. Children do recognize when they are given chances. And when they choose to disregard our efforts, they do see the fairness and they will come around.

–Addy ■

Guest authors are Beverley Cathcart-Ross, CPE & Doone Estey, MA, partners at Parenting Network in Toronto. This article and the one below are adapted from their periodic e-newsletters. Find out more at <<http://parentingnetwork.ca>>.

6 Tips To Give Your Family a Fresh Start

from Parenting Network e-newsletter <<http://parentingnetwork.ca>>

1. Don't abandon your parenting approach to please an onlooker. Respond to your child's behavior in a respectful and caring manner, without letting the judgment of others sway you.
2. Start the daily habit of 3 *Greetings with a Hug*. Give a warm, loving greeting and hug first thing in the morning; when you reconnect after school or work; and as they head off to bed at night.
3. If you're feeling stressed and overworked, quit the role you've created for yourself in the family and write a new job description that allows for contribution from others. Hold a family meeting and share a list of household responsibilities. Let everyone choose what they'd like to be in charge of this week.
4. Create a child-friendly home where making mistakes is okay. Have a *Best Blooper of the Day* contest at dinner time.
5. *Active Listen*, and be empathetic when their choices don't turn out so well. Resist the urge to 'save them' when they struggle. It's a vital part of their learning and helps them develop even better judgment.
6. Communicate with your partner about parenting issues in private. Remember that your partnership is the primary relationship and provides the foundation for the family. Get the support you need to keep it healthy. ■

NASAP...International Adlerian Leadership Since 1952

Can't say enough about AdlerPedia!

"If you haven't checked out AdlerPedia, please do now, before you move on to some other urgent piece of work," urges our Co-Chair Beverley Cathcart-Ross.

AdlerPedia is your online space with all things Adlerian. There are new resources being added regularly. You are invited to contribute, also!

Here are two recent additions Beverley cites as exciting:

- A video of Dr. Rudolf Dreikurs conducting a Family Counseling demonstration on June 29, 1960: <http://www.adlerpedia.org/people/31> (Click on Resources and scroll down to the link to the video, but also notice all the other neat articles on Dreikurs).

- Adlerian Consultation Hour with Drs. Jon Carlson & Jay Colker: During weekly consultation hours, students discuss challenging cases, and are provided guidance on topics including case conceptualization, treatment planning, intervention implementation, and much more. The following link provides a listing of several recent consultation hours: <http://www.adlerpedia.org/concepts/263>. (Tragically, Dr. Carlson, who worked with Dr. Colker on this project, passed away unexpectedly in January.)

In addition, Jay Colker has decided to retire from his position at Adler University. We all owe Jay a huge round of appreciative applause for his work in getting AdlerPedia implemented. It is a project of Adler University's Center for Adlerian Practice & Scholarship.

If you are unfamiliar with the website, you can take this ten minute tour: <http://www.adlerpedia.org/tour-of-adlerpedia>. ■

Conference Presentation (Friday)

No Punishment? No Praise? No Rewards? What Else Is There?

by Jane Nelsen & Kelly Gfroerer

No more punishment? No more rewards? No Praise???? What else is there? Positive Discipline Tools for Parents and Teachers were developed to help apply practical Adlerian-based strategies that are encouraging and solution focused.

Jane Nelsen and Kelly Gfroerer will present at NASAP in Vancouver on Friday, May 19. Their presentation will include experiential activities to help participants apply practical Positive Discipline tools to empower and encourage kids. Demonstrations will show how each tool helps shift challenges and mistakes to opportunities for learning.

There are 52 Positive Discipline Tools. Here is just one example of a Positive Discipline Tool for Home and School:

Focus on Solutions

Many parents and teachers have reported that power struggles are greatly reduced when they focus on solutions. Focusing on solutions creates a very different family and classroom. Your thinking and behavior will change, and so will the thinking and behavior of your children.

The theme for focusing on solutions is: *What is the problem and what is the solution?* Children are excellent problem solvers and have many creative ideas for helpful solutions when adults provide opportunities for them to use their problem-solving skills.

The Three Rs and an H for Focusing on Solutions are the same as the Three Rs and an H of Logical Consequences. In fact, the first 3 are identical. They are presented again here to help change the tendency toward the use of Logical Consequences in favor of Focusing on Solutions.

The Three Rs and an H for Focusing on Solutions:

1. Related
2. Respectful
3. Reasonable
4. Helpful

The following is an excerpt from the book **Positive Discipline in the Classroom** that illustrates the amazing difference in brainstormed suggestions when students first focus on logical consequences and then focus on solutions:

During a class meeting, students in a fifth-grade class were asked to brainstorm logical consequences for two students who didn't hear the recess bell and were late for class.

Following is their list of consequences:

1. Make them write their names on the board.
2. Make them stay after school the same number of minutes they were late.
3. Take away from tomorrow's recess the same number of minutes they were late today.
4. Take away all of tomorrow's recess.
5. Yell at them.

The students were then asked to forget about consequences and brainstorm for solutions that would help the late students get to class on time.

Following is their list of solutions:

1. Everyone could yell together, "Bell!"
2. The students could play closer to the bell.
3. The students could watch others to see when they are going in.
4. Adjust the bell so it is louder.
5. The students could choose a buddy to remind them that it is time to come in.
6. Someone could tap the students on the shoulder when the bell rings.

The difference between these two lists is profound. The first looks and sounds like punishment. It focuses on the past and on making children pay for their mistakes. The second list looks and sounds like solutions that focus on helping the students do better in the future. The focus is on seeing problems as opportunities for learning. In other words, the first list is designed to hurt; the second is designed to help.

Learn about these strategies and much more at NASAP 2017! ■

Meet co-presenters Jane Nelsen and Kelly Gfroerer at the conference on Friday to explore this topic. Jane Nelsen, EdD <jane@positivediscipline.com> is the founder of Positive Discipline and author of many of the texts in that series. Kelly Gfroerer, PhD <Kelly@positivediscipline.com> has presented at NASAP conferences and is a co-author of many articles in PD series.

For more Positive Discipline Parent and Teacher Tools go to: <www.positivediscipline.com/blog>.



Membership Matters

Position Opening in May: Call for Co-Chair Nominations!

As announced in the Co-Chair letter, Beverley Cathcart-Ross will be completing her term of office at the next conference, in Vancouver, in May. Please nominate someone, think about encouraging one of our members to come forward, or volunteer yourself. This is a key role for networking and advancing Adlerian family education. It's a good resume builder, too. Let us hear from you! Use the form on the back page.

Also: we are looking for a new volunteer editor for *FAMILY!* Bryna Gamson has been performing this task since 2000, creating newsletters three times a year, and she's ready to retire. Anyone with an interest in networking our family educators and with desktop publishing skills, please consider stepping up to take over this important role. Contact the Co-Chairs if you are able and willing. Bryna will share her templates and tips, or you can re-imagine the entire process!

News from Members

Alyson Schafer will be speaking May 6 at Western Pennsylvania Society of Adlerian Psychology / WPSAP on the topic of *Adlerian Parenting - 21st Century Family Life Needs Us More Than Ever*. Earn 5 CEUs. Contact: Patty Walton-Donalies <pawaltond@verizon.net> and Kerry Kennelly (412-716-2078). Go to <<http://wpsap.org/>> ■

Conference Presentation (Friday)

"Gamification" - How to Harness the Secret Powers of Online Gaming to Improve Your Parenting Clinical Work with Youth

Alyson Schafer provided this description about her intriguing topic:

I created this workshop and first presented it to attendees of the South Carolina Adlerian Society conference this fall. My motivation was to share with fellow Adlerians and parents alike about the great AHA moments I had while reading a book called **Super Better** by Jane McConical.

I was struck by what an incredible overlap there is between Adlerian concepts and the research and applications of online gaming! Mostly we hear negative things about gaming culture. Finally, there was robust scientific proof for the positive benefits that could be utilized from game playing online. After all, didn't we already know that the way kids learn is through play? Given that this generation is chained to their screen, why not ensure that the time spent online is beneficial instead of detrimental? And better yet—why not take the incredible assets and skills learned online to help them better face the challenges that children face IRL (in real life).

I hope to see you on Friday, May 19 to discuss this topic! ■

Alyson Schafer <alyson@alysonschafer.com> is a past Co-Chair of this Section. She is a therapist, educator, best-selling author, international speaker and consultant, and one of Canada's most notable parenting experts, appearing regularly on Canadian TV and in the newspapers. Alyson is the author of 3 parenting books (so far), and sometimes she sleeps!

NASAP...International Adlerian Leadership Since 1952

We're On LinkedIn and Facebook!

Are you?

Remember 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 <jsperry@lynn.edu>

and editor Bryna Gamson for LinkedIn <ParentEd@comcast.net>



Conference Ansbacher Keynote

Alyson Schafer: NASAP Ansbacher Keynote Speaker!

Completing this page of the "Alyson Schafer Story", our peripatetic member has been honored as the invited OPENING SPEAKER for the Vancouver conference on Thursday evening.

Alyson will be addressing her favorite topic and ours, *Parenting*.

Get the details from your conference announcement that should have come in the mail a couple of weeks ago, or link [here](#) to the conference page online at NASAP.

Read all about Alyson's activities at <<http://alysonschafer.com>> ■

Early Brain Research

by Penny Davis

The Importance of Research on Early Brain Development

Over the past ten to fifteen years, there has been a great deal of research on early brain development. Some studies have looked at prenatal brain development, but the majority of research has focused on baby brain development. There have also been some excellent recent studies done on teenage brain development.

This new interest in human brain development occurred primarily as a result of medical technology. For the first time researchers now have the ability to see into the brain via brain scans and MRI, to watch how it fires up, how the synapses connect, and which areas of the brain are being activated at any given time. The 1990s became known as the 'decade of the brain' in some research circles.

This new area of study has been of particular interest to those of us who work with infants and young children, and who are concerned with and involved in the attachment process between infants and caregivers, and its relationship to early brain development.

As a parent educator, I have believed in and taught Adlerian principles for many years. One of Adler's core theories has to do with the importance of belonging and significance. Adler believed that infants and young children are watching and learning from the moment of birth...they are attempting to make sense of who they are, how the world works, and how they fit into it. They are making decisions in these early days, weeks and months, about what they need to do in order to thrive or survive.

I believe that the research on early brain development now scientifically supports these theories. Infants' brains are connecting with caregivers' brains in a kind of relationship dance, and foundational building blocks of human brain development are being built.

An infant whose primary caregivers are attentive and responsive to his needs, both physical and emotional, begins to develop a picture of the world as safe and predictable, begins to see himself as important and having some control over his world, and perceives others as caring and nurturing. This is his 'blueprint' for relationships and the world.

Research on early brain development now tells us that the foundational building blocks of this child's early brain development will very likely lead this infant to develop good cognitive and emotional skills and abilities. This infant will be able to make thoughtful decisions, will be able to think critically, and will develop empathy, and the ability to share emotions with others.

For physically abused children, or those who have been neglected or suffered other chronic trauma, the picture of early brain development looks much different. When infants' needs are not met, or met sporadically, or when abuse or violence is a part of early relationships, the 'blueprint' that develops is one in which the infant feels no control, no power to get her needs met. She learns the world is unpredictable, and that caregivers are not nurturing and supportive, or worse, that they are hurtful. The foundational building blocks of this infant's brain are compromised in some very dramatic ways, often resulting in difficulties with cognitive skills, little or no trust in caregivers and the world, and inability to develop healthy relationships.

These factors have led to the understanding of the importance of early

intervention for young children – helping new parents to nurture, removing children or intervening quickly for children in abusive or neglectful families. The ideal, of course, is to provide the services to birth families that will allow children to grow and thrive, but if this is not possible, then removal of children to relatives, or into the foster care system, with a permanency plan in place as soon as possible is advisable. ■

Reprinted with permission from Penny Davis's website. Visit it for other insightful articles.

Penny Davis, MA
Respectful Relationships Consulting
Certified Positive Discipline Lead Trainer
951.255.1067

<<http://www.respectful-relationships.com>>

Browse Family Ed Websites!

You can learn a lot just looking online at our colleagues' webpages. Treat yourself to a refresher course in parent education, get some ideas for topics, share resources, comment back to our listserv—a perk of membership in the Family Education Section in addition to NASAP, as is this newsletter.

Alyson Schafer <alysonschafer.com>

Penny Davis <respectful-relationships.com>

Jane Nelsen/Positive Discipline <positivediscipline.com>

Michael Popkin <activeparenting.com>

PEP <<http://pepparent.org/>>

and so much more! ■

Remembering Jon Carlson

Adlerians suffered great losses recently with the deaths of Clair Hawes and unexpectedly, Jon Carlson. Carlson was actively with us for the last conference and planning to participate with his good friend and colleague, Jeffrey Kottler, in Vancouver as the Friday Plenary Ansbacher Speaker. Jon Carlson's absence will be felt in many circles. FAMILY! solicited comments from the listserv. Here are two such replies.

Sarah Moses wrote:

Dr. Carlson always treated me as an equal even though in my eyes he was a superstar. I wanted to learn everything I could from him when I was his TA (Adler University course Neo-Adlerian Theory: Integration of Adlerian Theory with Evidence Based Practice), since he was the master therapist and he was that guy from all of the videos, but what amazed me is he also wanted to learn from me. It never felt like he thought he was above me, even though he was my teacher and I was his assistant. He treated me like a colleague. We worked together closely on the creation of AdlerPedia along with Dr. Jay Colker. I served alongside him on the Center for Adlerian Practice and Scholarship Advisory Council. We co-developed an Adlerian Credential Curriculum which remains an ongoing project. Dr. Carlson also gave me opportunities to be published twice in his books which I am so thankful for. Prior to him becoming sick we were in collaboration on an article for the *Journal of Individual Psychology*. We had plans to present at a future conference with another one of his students and former NFL player Ricky Williams on the topic of Adlerian Counseling with African-American Couples. There is so much unfinished business because he continued to build connections and encourage others in their growth until the very last

Connect in Vancouver May 18-21, 2017

Any one of our members can testify that the annual conference is one of the highlights of their year, for professional as well as personal reasons. Icing on the cake is the location: Vancouver is one of the most charming, walkable cities in North America. Come! Join your colleagues, make new friends, learn in a welcoming atmosphere. Attend our Family Education Section meeting and elect a new Co-Chair.

Early Bird enrollment for the conference ends April 10.

Enroll online or download the form at <http://alfredadler.org/annual-conference>. ■

second that his health would allow. Dr. Carlson's treatment of others as equals in relationships is what really makes him a true Adlerian and it saddens me that I will not have the opportunity to spend more time with him. ■

*Sarah J. Moses, MA
<smoses@my.adler.edu>
Doctoral Student, Adler University (Chicago)*

Jill Duba Sauerheber shared this (edited) with the list:

It's with sadness to share the news that my dear friend and mentor Jon Carlson passed away. He had so very much to do with all that I feel successful about. Although he never instructed me at Governors State, he sat on my thesis defense and the only question he really had was, "Have you considered pursuing a doctorate?"

Shortly after, he connected me with Department Heads of Counselor Education programs around the country—helping me find the best fit. In the meantime, he had me assisting him on the set of the *Counseling with the Experts...* Right after this, I ended up under the mentorship of his two good friends at Kent State; and with their and Jon's support continued to reach achievements that I would not have reached without them.

At an ACA banquet, Jon was sitting next to me and whispered in my ear, "You need to get involved in *The Family Journal*." Hours later I was connected with the people at IAMFC and ...served as the Interview Column Editor....

[H]e believed in me, supported me and despite the areas in which we were different (i.e., me being a strong Catholic, him being more "spiritual") he stood loyally next to me. ...[H]e was the force behind my first published book..[and] continued to mentor me during my role as president of NASAP. Last May, it was my honor and privilege to present him with the NASAP President's Award. That is the last time I saw him. I cannot say enough about the power of positive, loving, beautiful people who CARE about your well being, success and personal and professional growth. Jon Carlson was indeed one of the very top 10 of the most influential people in my life. To him, I will be forever grateful. ■

*Jill Duba Sauerheber, PhD, Past President, NASAP, Department Head & Professor, Counseling & Student Affairs, Western Kentucky University, Bowling Green, KY
<jillduba.sauerheber@wku.edu>*



Nominate A New Co-Chair

Term beginning at Vancouver meeting in May. 3 year term. Please send to Co-Chairs by mail or email by April 5 so we can publish background info on the candidate(s) before the conference.

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.

**Vancouver
2017 ~ Yea!
Enroll here:**



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