



FAMILY!

A Publication of the NASAP Family Education Section

February 2000

FE Section Off to a Fresh Start to Greet New Millennium

Welcome to the newly-revised first issue of *FAMILY!*, the printed periodic newsletter of NASAP's Family Education Section.

We hope you will find its contents inspiring, informative and useful enough that you will want to share it with colleagues, friends, and parent education students.

An alternative to this printed format is the marvelous availability of an electronic, informal version conducted by circulating e-mail among members.

If you have an e-mail address and haven't informed NASAP's Central Office, and are interested in this

Co-Chairs: Fall Meeting in Chicago Accomplishes Much

The NASAP COR (Council of Representatives) met in Chicago in October and examined many critical issues, as you have read in earlier NASAP newsletters.

Certainly, we all recognize that NASAP is in a state of transition at this moment in time. We are adapting to a new governing structure and hefty financial restrictions. Therefore reaching decisions is a complex process. Several issues were tackled and at least one major decision was made by the COR, and that is concerning

continues on page 3

alternative, let NASAP Administrator **Jerianne Garber** know by e-mailing to <NASAP@msn.com>, and you can write directly to our editor at <ParentEduc@aol.com>.

Here's to a wonderful dialog set in motion! We welcome your input, from full articles, to observations, anecdotes, or comments, from just plain feedback to suggestions.

May Convention Meeting

Meet us in Minnesota in May! The surest way to get charged up about your membership in NASAP and the opportunities it provides for inspiration, education and socializing with peers is to attend one of our national conventions.

The next opportunity is May 11-13, 2000 in St. Paul. With moderately priced accommodations at the Radisson Hotel and a conference schedule compacted into these few days, how can you resist?

The conference is appropriately themed *NASAP 2000* and should attract new friends as well as old.

Of special interest to family educators is the Ansbacher lecture and panel discussion.

Special meeting times are planned with Interest Sections in mind. Be sure to read about ours on page 5 of this issue.

NASAP 2000
HEINZ L. & ROWENA R. ANSBACHER LECTURE

MICHAEL POPKIN, PH.D.

***Violence In Our Communities-
What We Can Do***

THURSDAY, MAY 11 7:00-9:00 PM
*Dr. Popkin provides expert experience on the topic of violence. For the past year, he has been working with family members of the victims of the Columbine High School shootings. He recently released a violence prevention program entitled *She Said Yes*, which was written with Misty Bernall, mother of Cassie, one of the victims of the shooting. Popkin has been involved in Adlerian family therapy and parenting education for nearly 20 years. In 1983, he founded Active Parenting Publishers which introduced the first video-based parenting education program, *Active Parenting Today*.*

PLENARY SESSION: ANSBACHER RESPONSE
PANEL FRIDAY, MAY 12 8:30-10:30 AM

Also in this issue

Your Co-Chairs Report Page 2
Also, Dreikursisms and excerpts from a Tee Dreikurs speech

Fresh & Recycled Ideas Page 3
Editor's Choice Book Review

News and Views Page 4, 6
FE members share curricula, marketing ideas

FE Section Co-Chairs report...

As your representatives (Family Education Section of NASAP) we travelled to Chicago on October 15, 1999 (Deb from Texas, Susan from Ottawa, Canada) to attend a week-end meeting of the Board of Directors and COR (Council of Representatives). The meetings were very productive and we had a lot of fun. (See story page 1.)

Part of our fun in Chicago was meeting with our new newsletter editor, Bryna Gamson. She is full of energy, ideas and creativity and comes with a solid Adlerian background and history of involvement with NASAP and the Adler School. We welcome you with open arms and hearts, Bryna!

Do be sure to come to the conference in May and participate in the Family Education *Encouragement Circles* session which will allow us to share all of our most successful strategies in helping families.

Your feedback is important to us. Please contact us with ideas, questions and concerns and we will be happy to respond. If you have access to e-mail, by all means join our "round robin" communicate by writing to Bryna at <ParentEduc@aol.com>. Also, let us and NASAP Central Office know if you like the idea of having an Internet forum on our Web site.

--Deb Owen-Sohocki and Susan Prosser

From our files...

a portion of an unpublished lecture by Sadie "Tee" Dreikurs (1900-1996)

Adlerian Psychology is a creative way of life. Man as a social being has one desire, and that is to belong. Without a sense of embeddedness, first in his family, then his community, and into the world, he is less than human....Now, the sense of belonging is a matter of choice. It starts in early childhood in his first creative experiences of serving his physical environment and his personal environment, and he makes a choice, he makes a decision, and he forms a plan in his mind, which he follows thereafter for the rest of his life.

Nowadays, we talk about lifestyle, which is a very common expression. But life-style in the Adlerian meaning is a pattern of life. We, in our early childhood, look around and observe and we act and take certain actions and draw certain conclusions and decide on how we can find a place in the world. This is done through the family atmosphere which the parents set; it is done through the child's comparing himself with his siblings; it is done...[by] the manner in which he can get the services or the comforts or the things that he wants, and then he forms a pattern which he follows for the rest of his life. He gets impressions, and certain things work for him and certain things do not work for him, and each decision that he makes about how he can function in life limits the next decision, so that, by the time he is three or four years old, he has a pretty good blueprint of what he thinks life is and what he thinks is his place in it, and how he can function in it.

All this is not necessarily an accurate conclusion. No, I should say, it rarely is an accurate conclusion. It's a "biased apperception" as Adler called it. We are biased because we do not see the whole picture: we only record in our memories the things that work for us and the things that give us comfort, and the things that we want. So that, this plan, this life plan, this pattern, influences what we do for the rest of our lives.

circa 1975

Dreikursisms

- *The fundamental desire of every human being is to belong, to have status in the group of which he is part.*
- *A child needs encouragement like a plant needs water.*
- *A bruised knee will mend; bruised courage may last a lifetime.*
- *You should never feel sorry for a child. To do so gives him justification to feel sorry for himself, and no one is as unhappy as someone who feels sorry for himself.*

--Rudolf Dreikurs

How to reach us

Family Education Section Co-Chairs

Deb Owen-Sohocki, M.S.

c/o Effective Living Dev. Center
4802 Alma

Corpus Christi TX 78411

e-mail <DOS C2@aol.com>

Susan Prosser-Zuijdwijk, M.A.

Adlerian Centre for Cnsng. & Educ.

1729 Bank Street, Suite 205

Ottawa, ON K1V 7Z5

CANADA

e-mail <adleriance@sympatico.ca>

FAMILY! Editor

Bryna Gamson, M.A.T.

2823 Summit Avenue

Highland Park IL 60035

e-mail <ParentEduc@aol.com>

NASAP

<www.alfredadler.org>

phone 312.629.8801

fax 312.629.8859

e-mail nasap@msn.com

65 E Wacker Pl. #1710

Chicago IL 60601-7298

Book Review

Not all "fresh" ideas need be newly minted. Here's an "editor's choice" favorite. What's yours? We'll be delighted to print your review in our next issue of FAMILY!

Here's a confession: I use Dreikurs' **Children: The Challenge** even though the moms just starting in my groups (all pre-school age parents) advise me to get with it and use a more modern text, or, flattering me, say I should write my own. But somehow, once we've covered the material, they are as sold on Dreikurs as I am. Their books are as dog-eared as mine.

The book was not written in an order conducive to running a study group; chapters have had to be re-ordered by leaders since the book was published in 1964. Mrs. Dreikurs once said that because she was aware of the book's shortcomings with respect to sequence and certain dated examples, she had considered having the chapters edited for its next reprinting, but finally rejected the idea. She preferred that it stand as written, reflecting its origin and history.

Modern mothers and fathers are as able as those who first used the



We've come a long way since *Children: The Challenge*, but many continue to use it. Did you know: it's perennially among international all-time best sellers.

book as a basis for discussion to discard the out-of-date examples and some naive narrative. The text is not cerebral, it is practical. It speaks in Vicki Solz' language--as Dreikurs intended--of parent to parent.

I ask parents to postpone dealing with their childrearing issues until they've had a chance to master the introductory, basic principles of the curriculum, unless their examples are pertinent to those first four class sessions.

I run an eight-session course, conducted in one and a half hours each weekly meeting, in this reading sequence: **I - Introduction:** Forward, Ch. 1, 2; 26; **II - Encourage-**

Ponder & Share With Us

- *What curriculum do you use, and why?*
- *Have you made any adaptations to it? what?*
- *What is your ideal class size? duration?*
- *What, if anything, do you provide as study group follow-up?*
- *What resources do you augment class with, if any?*

ment: Ch. 3, 22, 23, 25, 27; 35, 36, 37; **III - Goals & Consequences:** Ch. 4, 5, 6, 13, 14; **IV - Equality:** Ch. 8, 26 (review), 31, 38; **V - Doer/Deed & Order:** Ch.3 (review), 9, 11, 15, 34; **VI - Taking Action:** Ch. 7, 10, 12, 18, 19; **VII - Action:** 16, 17, 24; **VIII - Action:** Ch. 20, 21, 28, 29, 30, 32, 33, 39.

"Alumni" from combined groups meet once a month in a less structured forum, solving problems. Facilitating discussion involves presenting participants with new resources, and focusing them back to the basic principles. The ground rule is that any examples brought up must lend themselves to brainstorming and analysis useful to the whole group.

Chicago Meeting...continued from page 1

NASAP dues. You received information on this from **Jane Griffith** and the Dues Committee (of which our own FE Section Co-Chair **Susan Prosser** is a member). Members have already had the opportunity to vote "with their feet" and, so far, so good!

Another decision made at that meeting was that FE Section Co-Chair **Debbie Owen-Sohocki** will be running for Vice President along with **Chris Higgins**. Also, Susan will co-chair the Dreikurs-Adler Fund along with **Wes Wingett**. It is becoming more important than ever to fill our coffers and get NASAP back on solid financial ground.

It seems that the people attracted to Adlerian Psychology are not only caring, respectful people but they are also strong minded individuals who want to

contribute - A LOT! You can well imagine the challenges faced by our President, Jane Griffith, as she endeavored to chair a lively meeting by ensuring everyone be heard and sticking to schedule!

As you have also seen from the NASAP newsletter, we have donated most of our Section funds to NASAP to aid in the transition.

We will eventually have more funds and you will therefore see this publication more often. For now, it will be once a year. Rest assured that this is a priority and we intend to keep us connected and sharing ideas regularly. Let us hear from you!

Meet More Often On-line!

FE Section members who indicated an e-mail address to Central Office have already begun a communication on-line. Reprinted here by permission is their informal correspondence.

July, 1999

from **John Canright**

<wplcat@niia.net>

This is a great idea! In fact I've been waiting for someone to come up with a way of communicating over the internet about Adlerian family education, but less invasive than a chat room.

I have made some attempts at Open Forum, and I still think it is the best way to get parents to talk to one another. I have done it as a workshop program for the Indiana Association of Alcohol and Drug Abuse Counselors, but used audience volunteers as family members to show how this is an effective method for counseling after the alcoholic has completed treatment and is rebuilding his or her life.

from **Michael Popkin**

<docpop@mindspring.com>

We are getting more online at...

Active Parenting ourselves. ...Our new website is

<www.activeparenting.com>.

from **Linda Albert**

<LindaAlbert@aol.com>

Why wait for conventions to share what's working? With email sharing can happen much more often. I'm about to start a **Cooperative Discipline** email newsletter.

from **Gary McKay**

<gjmckay@cmti-w.com>

Yes, I would like to participate in the "electronic newsletter."

...Check out our Home Page at:

<<http://home.earthlink.net/~gjmckay/>>

from **Vivienne Oskvarek**

<lacross@flash.net>

I...have occasion to work with adolescent substance abusers who become parents and are totally mystified at how to raise a child and be a good role model for their children.

from **Alyson Schafer**

<alyson@schafer.com>

I would...like to get some business information about FEC's and also collect sites that I might be able to send parents to after they have taken a course. Perhaps people could share "success" stories, or moments they are proud of. ... I tried to set up a parenting course in a local drop in. They were resistant. I gave a free one hour lecture and started a parent information bulletin board - hanging up articles etc. Finally I got enough interest to do a small group - they raved to the others and now I have held three more sessions and am beginning an advanced program in the fall.

August, 1999

from **Robert McBrien**

<rjmcmbrien@juno.com>

I am interested in any ideas the membership has on marketing parenting groups.

December, 1999

from **Jan Thomas**

<jvthomas@micron.net>

...I am involved with a family forum model of parenting group. I love it.

We have done this for years as a part of our Boise Schools Parent Education program which is offered by the elementary

school counselors in the district. We got our training to begin our program from **Tom Edgar**, who used to teach at Idaho State University. We had some help at first from **Jane Dignan**, a local Adlerian counselor, who had been active in Washington, I think it was, where she had actually met **Rudolf Dreikurs**. We have also had other people who have demonstrated the model at our Idaho Society of Individual Psychology conferences. These include **Ray Lowe**, **Oscar Christensen**, and others. We used to participate in a lot of team training and self training wherein we would watch and critique our tapes.

What we do at Family Ed. Forum, as we call it is—weekly, we start out with a follow-up family that were the focus the previous week, to check up on how their week went. Then one of us presents a teaching point. We use **Jane Nelson's Positive Discipline** as our text, and our teaching points go along with the chapters, for the most part, plus some additional topics not covered in her book. Then we ask for volunteers from the audience who come up and we focus on one particular difficulty they want to work on. We interview the

more on back page



NASAP Annual Convention to be held May 11-13, 2000 in St. Paul, Minnesota.

Check Out These Web Sites !

There's a lot out there on the Web for Adlerian family educators. In addition to visiting's NASAP's site, jump into the Adlerian/parenting world with a look at these:

for books and resources:

www.activeparenting.com

www.agsnet.com

(includes Cooperative Discipline and STEP sales materials)

www.cooperativediscipline.com

Marie Hartwell-Walker, author of *SEED*, has a web page:

www.parentadvisor.net

Write and tell us of your discoveries!

Sign up & Be a Presenter!

We're getting ready for the next major gathering of Adlerians at the *NASAP 2000* conference, and you can participate!

While selections have already been made for presenters in the Family Education track for May 11-13, 2000 in St. Paul, you can sign up to display your parenting materials or to share your experiences in the field at our luncheon table clusters, display tables, Encouragement Circle (see column at right) and at Section meeting.

And, if you want to present, start thinking of a workshop topic you'd like to do for *NASAP 2001*!

Watch for the mailer on *NASAP 2000*. See you in St. Paul!

Convention Bulletin

Family Educators' Encouragement Circle at *NASAP 2000*

FE Section member **Mary Hughes** writes that *NASAP 2000* welcomes a new "potpourri" presentation for the Family Education Track: *The Family Educators' Encouragement Circle*. Those of you who have experienced the sharing session that the Education Track held at the 1998 and 1999 NASAP conventions know how practical and creative are the ideas that have been shared by conference attendees.

Your Chance to Join In

Plan to join other Family Educators by attending this brand new session ... AND ... consider pre-sending an idea to either of the co-facilitators of this session so that adequate sharing time during our 90-minute session can be scheduled, and accommodate everyone.

Please pre-send your field-tested idea, its title, and estimated amount of sharing time needed for one of the ways you teach Adlerian principles during family sessions to one of the co-facilitators listed below no later than April 21st.

Remember to bring 50 copies of your idea in writing to share during the actual session at NASAP. Participants who pre-send their ideas will receive first priority for presentation time.

Sign up by replying to either:

Deb Owen-Sohocki (e-mail) <DOSC2@aol.com>
(office) (361)855-6986; (fax) (361)992-4675

Mary L. Hughes (e-mail) <ENRICH3726@aol.com>
(home) (402)291-2280; (office) (712)366-7070; (fax) (712)366-7024.

Feedback & Fresh Ideas Wanted!

If you're very ambitious, write up your convention proposal completely and send it to our *FAMILY!* editor, too, for inclusion in the next available newsletter space. Even if you can't attend *NASAP 2000*, we'd love to add to the sharing in print and/or electronically on line. (See box page 2)

Send illustrations, too. We'd love to reprint charts and photos!

• **Auction items are needed for convention!** Contact Deb (above) to help!

Do a good deed: Log on to
<<<http://www.thehungersite.com>>>
and select "Donate." Just by visiting this UN
site, you will be sending over two cups of rice to
hungry people in the world! Check it out!!

Meet On-line...continued from page 4

children to help establish the goal of misbehavior. And then we involve the audience (as **Lynn Lott** suggested to us) in making suggestions for the family. The parent(s) select one idea to do for a week and then they come back the next week and share with us how it went....I have been involved since 1974 and have never tired of it.

However, next semester we are going to take a break from the family forum offering. We are branching out and trying some new things. A colleague and I are offering a format based on a NASAP presentation I saw in Texas two years ago. [The presenter was **Mary L. Hughes.**] I purchased the toolkit they put out, *Tools for Teaching about Parenting & Family Relationships*, under the label of Enrich-Abilities, Inc. We

think this will be a fun undertaking. Will let you know later how it goes.

Marketing Tips

Looking for ways to let people know you're out there? Try these tips from experienced marketers:

- find a co-hosting organization or sponsor, and conduct your group on their premises; get listed in their newsletters
- choose a class title that attracts the type of person you want to reach in a positive way (e.g., *How to Raise Successful Kids*, *Urban Parenting*, *Quality Time Parenting*, *What Every Parent Needs to Know*)
- have flyers made up and distribute to area libraries, pre-schools, parent drop-in centers or high school guidance counselors, maternity and toy stores, pediatrician and OB-GYN offices
- offer to speak at club or PTA meetings
- write a Guest Essay on a current topic related to parenting for your local newspaper or family magazine
- get business cards made up, and inform everyone you know about your parent group schedule
- keep announcing classes through press releases and flyers until you accumulate enough to start a group, then take off with word-of-mouth!

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.

Building a new foundation



NASAP Family Education Section

65 E Wacker Place, Suite 1710
Chicago IL 60601-7298

Phone 312.629.8801

Fax 312.629.8859

Home Page

<www.alfredadler.org>