



Previewing Our Conference

Family Ed Track Teasers

Reaching Out...Working With Parents of Out-of-Control Teens

by Terry Lowe

The Courageous Parent

by Kathy Walton

Transforming the Challenging Child: The Nurtured Heart Approach

by Tina Feigal

We've asked presenters in the Family Education Section track to provide us with some of the highlights to be incorporated into their presentations in Minneapolis. Go to Page 6 for their responses.

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It's the Economy, Children

Dear Addy...

Guest author is Kathleen Evans Cluff, MSW, Senior Social Worker, Wilmington Hospital, Wilmington, Delaware and mother of six children. Email: kcluff@christianacare.org

Dear Addy,
My children are asking about a summer vacation this year and I don't know what to do. We always go away for a week but this year our budget is tight and we cannot afford a rental house. We all look forward to this every year and I'm afraid that they will be so disappointed.

-Worried Parent

Dear Worried,
There are a lot of families out there with the same problem this

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Suggestions to Strengthen Your Personal Work as a Parent Educator

by Deborah Owen-Sohocki, LPC, past Co-Chair of the Family Education Section

As the Minnesota Adler Graduate School writes on their website, "Adlerian theory and practice have proven especially productive as applied to the growth and development of children. Adlerians believe that 'a misbehaving child is a discouraged child' and that helping children to feel valued, significant, and competent is often the most effective strategy in coping with difficult child behaviors."

Have any of you found it difficult to effectively maintain these and other principles of Adler in relationships with your children, or for that matter, relationships with others, even though you believe in them with all your heart? I know I have.



Member Memo

We're going green & saving money ...

NASAP encourages us to use electronic publishing, saving trees as well as postage and time. This issue is being printed in "hard copy" for distribution to potential members only. One benefit of the e-version is color. Enjoy!

Your comments are eagerly sought, on all subjects!

Since I have worked with children and their parents for the last 38 years as a teacher, parent, counselor, and parent educator, I have come to realize that I, too, can be a misbehaving 'child' whenever I feel/perceive I am worthless, insignificant, and incompetent. This could occur within me in relationship to a personal challenge or a relationship with another. No matter how adept I became

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Membership Meeting-Elect New Secretary-Treasurer, more

Conference Page 6

Meet Me in Minneapolis! Read FE Track Highlights

FE Section Co-Chairs Report...

Dear Family Education Section Members,

Spring has definitely “sprung” in my area. The cherry blossoms have come and gone. The azaleas and dogwoods are in full bloom. It all can’t have come too soon after our winter of 2 foot deep snow, days of power outages, and what seemed like weeks of school cancellations. I know that those of you in the northern climes are smiling to yourself right now. We, in the little to no snow fall areas, do appear pretty inept at dealing with snow when it gets dumped on us. We’re glad it is gone now, and hope you have thawed out, too.

Spring means the NASAP conference is just around the corner. You will find a preview of the Family Education Section sponsored sessions in the article *Family Ed Track Teasers*. FES Co-Chair Terry Lowe, Kathy Walton and Tina Feigal expand on the descriptions in the catalog to give you a taste of what they will be presenting in their sessions at the conference.

You may have noticed that we have fewer Family Education sponsored sessions at this year’s conference. We also had fewer than the usual number of family educators at the last NASAP convention. It is obvious that the financial crisis is the culprit. Family educators make less money to begin with, and when money gets tight, parents are less likely to take parenting classes. We certainly understand why you may have postponed attending the annual conference until finances improve. However, please note that the planning committee in Minneapolis-St. Paul has worked very hard to keep the costs of the meeting low. The hotel and meals are much less expensive than in past years. And if you’re worried that there will only be four sessions for family educators to attend, that couldn’t be further from the truth. Family educators have always found useful sessions in all the other NASAP section sponsored offerings. We hope we will be seeing you in June. We missed you last year!

Another presenter at the upcoming conference and contributor to this issue is Deborah Owen-Sohocki. It is so wonderful to have her back on the pages of *FAMILY!* You’ll find her advice on handling stress and emotion practical and easy to implement.

Also in this issue is an article by Tali Peleg. I have had the great pleasure of watching Tali Peleg develop her parenting education practice over the past few years from a single small class to the point where the demand for her classes far surpassed what she could supply. For those of you looking for marketing ideas (and that probably covers most of us), you won’t want to miss her article, on page 4, *Building By Blog and Samples*.

Finally, we are delighted by the news that two new Family Education Centers have opened in the San Diego region, sponsored by associates of Jane Nelsen’s Positive Discipline group. It has been quite a while since a new FEC was created. We wish them long life and great success. They will also be hosting the 2013 NASAP conference, so we’re looking forward to California already. ■

Warmly,
Your Co-Chair *Patti Cancellier*, along with Co-Chair *Terry Lowe*

Adlerian Wisdom

When “criticism” is necessary, employ:

- relaxing and going slowly
- speaking at the right time (neutral time—us ready and their choice)
- realizing the impact of criticism
- being honest about your own feelings
- respecting the feelings of the receiver
- using criticism as information
- emphasizing the most important points of the situation
- speaking to the behavior
- asking or pointing out
- noticing and mentioning strengths

-- from **Parent Work Book** for use with **The Practical Parent** by Margaret K. Cater (1979)

How to reach us

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Parent Educator...continued from page 1

at practicing and teaching Adlerian principles, I discovered that I had difficulty maintaining them effectively because of my own felt/perceptions. I began to notice that even though my DOing of Adlerian principles and tools was improving, my BEing them was lacking.

Through my personal experience, I began to ask myself: How do we as parents and parent educators help our children and ourselves shift from feeling devalued, insignificant, and incompetent to feelings of value, significance, and competence? How do we shift from feeling discouraged to feelings of encouragement?

So I began to look for methods to encourage an inner shift to healthy felt/perceptions. That's when I discovered the HeartMath system as a wonderful adjunct to Adler's principles.

I highly recommend the work of the Institute of HeartMath <<http://www.heartmath.org>> for teaching ourselves, parents and children a way to shift from discouraging feelings to feelings of encouragement by utilizing a simple, scientifically validated system that is used by NASA, the US Army, Olympic teams, schools, fortune 500 companies, etc. Please see their website for research and an in depth client list.

This system is based on their research findings utilizing heart rate variability that a 'change of heart changes everything.'

For Children: Heart Warmer Technique

Here is an example to be used with children from HeartMath's Early Heart Smarts Program [ages 3-6].

First the children are taught the expressions and names of only two feelings: happy and sad. (Later lessons expand the feeling list.) Next they are taught the Heart Warmer Technique :

'When you are feeling upset or when you are feeling sad or lonely, you can practice a simple technique called the Heart Warmer to help you feel better. It makes your heart feel happier. Shall we try it right now?

1. Begin by putting your attention on the area around your heart. It helps to put your hand over your heart.
2. Now pretend to breathe in and out through your heart area. Take three slow breaths.
3. Imagine that your body feels nice from sitting in warm sunshine. Breathe in a feeling of warm sunshine.
4. After doing the Heart Warmer technique, your heart may tell you to just ignore the bad feeling and move onto something fun or ask an adult for help.

Having used the above with many children, I have found it gives them a tool to handle upsets on their own without adult intervention. Their use of it quickly shifts their emotional state and reduces stress at home and at school. I have also had them go home and teach their parents.

For Adults: The Neutral Tool

An example of one inner tool for adults from one of HeartMath's books, *Transforming Stress* by Doc Childre and Deborah Rozman, PhD is called The Neutral Tool .

1. Take a time out, breathing slowly and deeply. Imagine the air entering and leaving through your heart area or the center of your chest.
2. Try to disengage from your stressful thoughts and worried feelings, as you continue to breathe.
3. Continue the process until you have neutralized the emotional charge.

I have taught this tool to parents and other individual clients who have utilized it successfully to help them shift in moments of stress. On a personal note, utilizing the above tool kept me from having a nervous breakdown while I was caring for my mother and son with MS, both of whom were diagnosed with dementia.

For all of you parents and parent educators out there, I salute you and I honor you. Thanks for the privilege of sharing with you. ■

*Deborah Owen-Sohocki, LPC, The Center for Heart Based Living, 4871 Raven Run, Broomfield, CO 80023 [303] 952-9125
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Periodic Column: "The Family Business"

Building By Blog & Samples

by Tali Peleg, Parent Educator <tali@talipeleg.co.il>

Editor's Note: In this article, Tali Peleg shares her marketing experiences. She has moved from Atlanta, GA, USA to Israel this year. Her English-language website can still be found online, containing some of the specific "tips" she mentions; and there is a website in the same style, in Hebrew, linked to the other (click on the flag). Web addresses:

English site: <http://parentingwithpeleg.com>

Israel/Hebrew site: <http://www.talipeleg.co.il>

A few marketing tips to start your parenting business:

Create a website and be connected to Paypal. A website can cost \$100 a year, and you pay 3% fee on each transaction to Paypal. Use the website to tell more about yourself and your classes, and blog.

I create and maintain an email distribution list which includes my friends, clients and prospects. Every week, I write a parenting tip which I email to this distribution list. All the weekly tips are also posted on my blog.

Each weekly tip includes: a list of future classes, a helpful and practical parenting tip, a testimonial about my parenting classes, "Add a friend" link, and an "Unsubscribe" link.

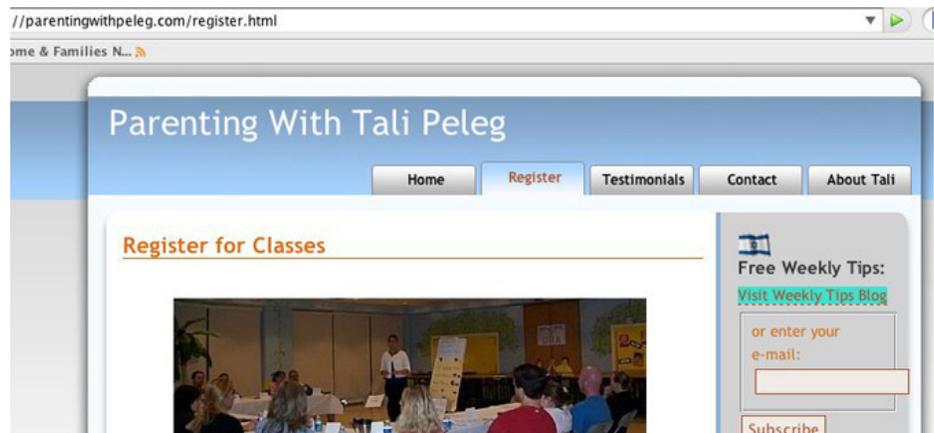
The email distribution is my main marketing tool and it is free. I pay \$100 a year to use a mailing management software.

Every week parents who get the weekly tip remember that I exist and that I am the right person to contact regarding parenting issues.

Every week parents email me after getting the tip and ask questions about the classes or go online and register.

Another marketing tool is to offer a one hour free presentation which is an introduction to your class. These presentations can be at your friend's house, art/dance studios, karate/music schools, preschools, church/synagogue, etc. The presentation helps people to get to know you, hear about the Adlerian theory and get some practical tools to start with. Make sure to collect people's information, especially email, because some of them will register in the future (maybe after getting a few parenting tips).

I started a new business here in Israel, and in four months, have taught over 150 parents. My email weekly tip has grown from 200 parents to 600 in those four months. This is what I recommend people to do. ■



How's The "Adlerian President" Doing?

Brief additional replies to question posed in earlier issue of FAMILY!, following up on "Daddy O" article on Politico.com

"It's not just his relationship with his family and children, and their Adlerian parenting style. (Though did you notice that he said everyone will take turns walking the dog?)

"I've been impressed with the way he keeps saying to 'focus on the problem,' 'learn from our mistakes,' and 'we all have to work together to make it better.'

"I've also been impressed by his and the First Lady's visits to all of the federal agencies, to acknowledge and appreciate every one's contributions, and their interest in our entire Washington, DC community." (April 2009)

*Emory Luce Baldwin, LCMFT, LLC
Silver Spring & Kensington, MD*

[I comment on Obama] "in the preface of the recently published Bulgarian translation of a number of my publications." (May 2009) and "I am very pleased with our president—the latest move being to reduce potential use of nuclear weapons, another step forward for humanity." (April 2010)

Frank Walton, PhD ■

Membership Matters

Elect A New Secretary-Treasurer

Kerry Mayorga has been nominated. Here is her Candidate Statement

I was introduced to Adler through the Parent Encouragement Program/ PEP. I found out about the program before I had my first child. It was right out of graduate school and I was tutoring high school students in their homes. One teenager I tutored was so unique to me that it stopped me in my tracks and inspired me to ask more about her. Every time I was with her I would observe how respectful she was of her other siblings who were all teenagers as well. She was so independent, considerate and patient with everyone in her family and they were of her. So one day I asked her "What is it with you guys?" She told me it was her mom, that her mom had been a parent educator for years at the Parent Encouragement Program. She went on to explain that her mom was a great mom and that she and her siblings really did get along very well.

So it was at those sessions that I knew that if I had kids one day that I would go to PEP and work to raise a family like the one I had been fortunate to observe. My husband and I have a 7 year old daughter and a 4 year old son. I have been teaching at the Parent Encouragement Program now for 3 years. I will also serve as the executive board president for the next two years.

I went to ICASSI last summer in order to further my Adlerian education and I am very much looking forward to attending NASAP this summer in Minneapolis. When I was at ICASSI, I was so thrilled at the wonderful programming offered for those two weeks. At the same time I was concerned with the very small class sizes. The same feeling comes up for me when I think of how valuable the parenting classes are and how few of my own groups of friends take them. Since joining NASAP and getting the Family Education newsletter, I have been encouraged by the support and furthering education it has provided. I hope that I am able to contribute to supporting those in family education as well as helping to reach those who are seeking it. This is the reason I am interested in running for the position for Secretary-Treasurer for the Family Education Section. ■

Thank you for your consideration,
Kerry Mayorga

Frank Walton "Contemporary Adlerian Profiles" Published In Bulgarian

In introductory remarks to this 2009 book published in Bulgaria in conjunction with his Trakia University lectures, Frank Walton wrote:

It was heartwarming to me to hear the recently elected president of the United States of America, Barack Obama, speak of the importance for the U.S. government to "extend a hand to," and "find common ground with," those with whom the U.S. has been experiencing difficult relations. The keys to cooperative relationships among nations are not so different from the keys to cooperative relationships within families and within classrooms.

Nearly one hundred years ago, ...Adler emphasized that the most im-

Dear Addy...continued from page 1

year. It is a good idea to be honest with your children so that they can contribute to the solution for the whole family.

This is a great topic for a family meeting—and a good way to start meetings if they are not already organized in your home. Come to the table with the amount that you can afford and let the children come up with some ideas within the budget. Make sure that each person is recognized for their idea and work together to come up with an alternative. Perhaps there are local places that they would like to visit? Or you may be able to share a house with another family for half the cost or plan a family camping trip.

It may take several meetings to organize but this can also set the stage for ways the family works together to economize and save for next summer. Perhaps you are the one who is the most disappointed? Allowing your family to rally together is something that will make you very proud. I'm sure it will brighten your spirits. ■

—Addy

Walton Published....concludes
portant role of the mother is to spread the interest of the child from the child, to mother, to father, to other members of the family and finally outside the home to other members of society...

The book's topics include: some suggestions for teachers; a theoretical overview and illustration of Adlerian counseling theory and technique; an article written for parents and therapists about understanding and treating kids who meet the criteria for the ADHD diagnoses; and an article written for parents and therapists about "Teenage Suicide Prevention: a Family Oriented Approach." ■

Family Ed Track Teasers...continued from page 1

Reaching Out. . .Working With Parents Of Out-of-Control Teens

by Terry Lowe

Reaching out...when teens are out-of-control is often a difficult thing to do. Parents are often feeling frustrated, angry, overwhelmed and at their wits' end. Teens are often angry, aggressive, hostile, and violent. Other children in the family often feel overlooked. Their homes often end up like battle grounds. Mutual respect has flown out the window long ago.

When parents are exhausted and overwhelmed, they may need to take a mental holiday for a week or so, together with some self care, so they can muster the strength they need to deal with the issues in their family.

Encouraging parents to reconnect with their teen in positive ways is vital in order for the parent to have some influence in the teen's life. This may be in the form of a shared fun activity but often it's starting with the basics like sending a loving note, especially when things are too volatile to have a respectful conversation.

Helping parents think about what they have control over and what they don't is important. So often parents hear advice like, "Just don't let him swear at you like that!" Yet, the reality is that they can't keep their teen from swearing but they can refuse to engage with their teen and walk away or hang up the phone if the teen chooses to be disrespectful.

In homes with out-of-control teens the parent has lost the authority in the home. Many of the parents are very permissive and/or pampering, while others try to tighten up control by being a dictator. Neither works to raise responsible, respectful, contributing, cooperative young adults. Helping parents gain authority in their homes, sets the stage for homes that are respectful, and have limits, guidelines, structure and boundaries.

There is no quick fix with families like these. However, with a combination of perseverance, love, and Adlerian principles, there is always hope for things to turn around.

To learn more about specific techniques, join me at the conference in Minneapolis on Friday, June 11 for the 1:30pm session *Reaching Out . . . Working With Parents Of Out-Of-Control Teens*. I'll look forward to seeing you there.

Terry Lowe is Co-Chair of the Family Education Section and has a practice in family counseling in Saskatoon, SK, Canada

The Courageous Parent

by Cindy Walton-McCawley and Kathleen Walton

In their new book, *The Courageous Parent*, mother-daughter Adlerians Kathleen Walton and Cindy Walton-McCawley address 51 common child rearing challenges with specific solutions for children ages birth through 11 years. What follows are four examples. Kathy will be presenting at NASAP on Friday, June 11 at 3:00pm.

ESTABLISHING A MORNING ROUTINE FOR PRESCHOOLERS

Many parents find getting to work on time is a challenge thanks to their

children. We recommend that parents explain the following: "You know sometimes we dress you or help you dress and we realize you can dress yourself. Starting tomorrow when we wake up, Mom and Dad will each get ourselves dressed while you get yourself dressed. We will leave the house at 8:15 (show on the clock). I'm sure you will be ready, but if not, you can finish dressing at school." Make sure you let the child's preschool teacher know that your child may arrive in their pajamas. If that happens, the teacher can have the child finish dressing in the bathroom. Do not respond to any crying or screaming from your child, simply take them into school with their clothes. Give them a hug and leave. Rarely does it happen that a child comes to school undressed after this practice is put in effect. It's important that Mom or Dad do not respond or lecture the child, and that the teacher is friendly and matter of fact about having the child come join the group as soon as they are dressed.

TATTLE TELLING

A child who tattles is trying to draw attention to himself by telling Mom or Dad that someone else is doing wrong. The best way to defuse tattling is to ask the child in a friendly way, "Are you tattle telling?" Be prepared to ask the question three, four, or five times the first time you use this technique. Just keep asking until your child gives up and walks away.

WALK TO THE WINDOW MOMENTS

"Walking to the window" helps parents avoid knee-jerk reactions to a child's misbehavior, and avoid calling upon their anger in order to defeat or punish a child. It is very important for a parent to walk away and return to the situation when the parent's goal is to help rather than to defeat or punish the child.

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Courageous Parent...cont from page 6

A DAY FOR JUST ME AND YOU

In families with more than one child, it can be very encouraging to plan an outing with one child. This is especially helpful to the child you notice who is somewhat discouraged. Set aside an hour for a trip to the library, or go to the local park to fly a kite or play ball. You are connecting with your child in a friendly setting. There is no competition from other siblings. The message you are giving is, "I love you and I like you." Single parents can arrange this with the help of other relatives or arrange with another single parent by having them assist you and then you assist them. The one-on-one outing is a common early childhood memory for many adults.

THE USER FRIENDLY KID'S BEDROOM

Achieving a clean and orderly bedroom is much simpler if it is set up to be done easily.

1. A bed with a comforter is easier to make.
2. Use open shelves for storage of toys rather than a toy box.
3. Small toy pieces are best stored in individual containers with a picture of what goes in the container on it.
4. Consider how many toys your child has and limit the number of containers on the shelves. Store extras in the closet which can be exchanged with the ones on the shelf periodically.
5. A clothes basket is a wonderful clothes hamper. On laundry day your child can help by bringing the clothes basket to the laundry room.

Kathy and Cindy are coordinators for Adlerian Child Care Centers, Inc. in South Carolina, with fifty years of combined experience of offering parenting classes and teacher and parent consultation. Kathy is a past President of NASAP.

and one more preview, next column

Convention Minneapolis, June 10-13, 2010

Our traditional best time is that spent at the annual NASAP convention. We look forward to seeing you in Minneapolis! In fact, we need you there!

The conference coordinators are trying some new things. Section meetings are being held at lunch on Friday from 12:45 to 1:30pm. You don't have to buy a meal ticket to attend. We would love to hear what new things you are trying in your classes and programs. We'd also like to know how you are managing in these financially challenging times. We are sure that everyone will benefit from hearing each other's strategies for survival when money is tight.

The coordinators have made another change which will have a positive impact on our finances. The cost of the banquet is a part of the registration fee! That makes it possible for everyone to attend. They've also decided to close the conference with a bang, by holding the banquet on Saturday night, instead of Friday night.

NASAP's budget is heavily dependent on the proceeds from the annual conference. It is a win-win situation when you attend—NASAP benefits from our registration fees and we benefit from the fascinating sessions that are offered this year. If you like to shop, add one more "win" to that list. The Mall of America is down the street from the hotel.

See you in Minneapolis-St. Paul! ■

Transforming the Challenging Child: The Nurtured Heart Approach

by Tina Feigal

Ever wonder why typical parenting, therapy, and teaching techniques are ineffective with some children? Learn ways to bring about real change with proven, positive, esteem-building techniques. The approach applies to all children, ages 2-18, but is especially helpful for children with ADHD, ODD, autism, or any child whose behavior does not improve with typical methods.

Arguments, tantrums, time-outs, bad language, trouble at school, problems with peers, refusal to cooperate, difficult mornings, challenging transitions...learn ways to resolve them all through powerful parenting techniques!

*Tina Feigal, M.S., Ed. is a Parent Coach and Trainer, and author of **The Pocket Teacher Coach**. Her web address is <http://www.nurturedheart.com>. Tina's presentation is scheduled for Friday, June 11 at 3:00pm.*

Earlier on Friday, from 11:45am to 12:45pm, Carol Mader, MEd, will be presenting on **Parenting From A Distance**, involving parents who are incarcerated. Carol promises an article for a future issue of *FAMILY!*

Be sure to join us in Minneapolis! ■

**Family Education Centers
Launched In San Diego**

The Positive Discipline (PD) Mentor Group of Southern California has carried on the tradition of Adler and Dreikurs by creating Family Education Centers (FEC) in the San Diego region. Hosted by two schools, the monthly “drop-in” meetings started in January, 2010 and offer parents, teachers and others the opportunity to learn authoritative leadership of children. Using experiential activities and role-playing, adults learn to “get into the child’s world” to help children develop long-term skills to think for themselves, feel capable, become more responsible and have a greater respect for themselves and others.

The FEC website: <http://www.familyeducationcenters.com>

provides information about the centers and enables participants to pre-pay for one or a discounted package of six sessions. As a teaching program, PD Mentor Group members take turns facilitating to hone their skills. CEUs are offered for therapists and nurses who wish to learn the methods. Both daytime and evening seminars are offered. Lois Ingber compiles participants’ feedback on challenges they sometimes encounter with their children. Jane Nelsen leads a “Teachers Helping Teachers” problem solving activity.

Note: the PD Mentor Group of Southern California is the host for the 2013 NASAP Convention in San Diego.

*Submitted by: Lois Ingber, LCSW
Certified Positive Discipline Trainer
loisingber@aol.com*

VOTE!

Tear off and mail to NASAP, 614 Old W Chocolate Ave, Hershey PA 17033 before June 5, 2010.

YES! I vote to elect Kerry Mayorga Secretary-Treasurer of FES

Member name and signature:

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

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**Think Friends!
Think
Minneapolis!
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2010**

