

Adler Graduate School

Practical psychology, inspiring change

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Adler Graduate School

offers the **Master of Arts in Adlerian Studies** with tracks in:

Marriage & Family Therapy, School Counseling, & Management Consulting & Organizational Leadership

Certificates in Professional Life Coaching & Coaching and Consulting in Organizations

President's Corner

Keeping Healthy During the Holidays and Winter Months

The American Heart Association says deaths from heart attacks increase significantly starting with Thanksgiving, continuing through Christmas and usually peaking on New Year's Day.

People may delay getting medical help if they have signs of a heart attack during this time of year, so it's important to call 911 immediately if you or someone you know has signs of a heart attack such as chest pain, dizziness, nausea, pain in the back or pain in the left arm or jaw.

To beat the "winter blahs" the National Mental Health Association suggests spending 15 – 30 minutes outdoors between 10 a.m. and 2 p.m. each day even if the sky's cloudy.

Other things you can do

to help you deal with mood changes that might result from shortened daylight hours: open the blinds, sit near or facing the window and, if possible, remove obstacles that might block out light in your home.

If you experience severe depression during the winter, talk to your doctor. You may have SAD (Seasonal Affective Disorder). Light therapy and other treatments are available to help you.

Psychologist Laura Kastner suggests ways to discuss food, overeating and body image with kids during the holidays:

- Avoid constantly talking about diets and your own body weight or your child's weight
- Focus on balanced meals, portion con-

trol and physical activities that you can enjoy as a family instead of stressing appearance and weight loss

- Praise your children for good grades, participating in sports or extracurricular activities, playing an instrument, helping someone in need and for just being who they are

Have a great holiday season and a very prosperous new year!

Best wishes,

President Rislove and the AGS faculty & staff



Photo by Kate Moore © 2004

“... the therapist should be able to educate the client about this complex neurological concition.”

What To Do When You Suspect a Client Has AD/HD

Third in a series by Susan Pye Brokaw, M.A., LMFT, LICSW

The first step to take when a client is suspected of having AD/HD is to do a brief screening.

A screening checklist can be found in “The AD/HD Take Home Testing Manual” (available at pyebrokaw.com). This list is based on the symptoms checklist from the DSM-IV which was developed for children. Three or more symptoms found are often, or very often, significant for adults. You may also use screenings available from those who sell testing materials.

If the therapist is not trained, the client should be referred to someone who is trained as an AD/HD specialist to determine if a complete assessment is necessary.

To get a quality assessment, children must go to a licensed psychologist who does full testing, including testing for problems of executive function and other possible learning disabilities.

Adults must be tested by a psychologist, and an AD/HD specialist or a psychiatrist. Therapists

who have compassion for this type of client might consider making this a specialty area for their practice given that 7-10% of the population is living with AD/HD.

Though the above resources are preferable, if the client does not have insurance and can't afford the testing, the therapist should use the aforementioned “The Take Home Testing Manual” to assess the client for AD/HD.

Before testing is completed, the well-trained therapist can be helpful to the client by providing strategies for the problems mentioned or for those found in the screening.

First, the therapist should be able to educate the client about this complex neurological condition. Then adults, youth or parents of a child should be strongly encouraged to learn about AD/HD.

There are many excellent books and videos available. Therapists can also order the AD/HD catalog by calling 1-800-ADD-WARE (The AD/HD Warehouse).

It is very important to assure clients that they are capable and that, with help, they will do much better.

Clients tend to be very discouraged and need one person in their life who believes in them despite all of their problems. Knowing that the therapist really understands what it is like to walk in their shoes is vitally important to the client.

Family members must be educated and must learn strategies to help their loved ones, so that they will know the difference between AD/HD problems and what might be misbehavior or a lack of cooperation.

There are AD/HD workshops and support groups for individuals, parents, spouses and youth.

You may contact LDA of Minnesota at 952-922-8374 for that information where you will also receive help with referrals for needed services.

Susan Pye Brokaw
AD/HD Specialist
pyebrokaw.com

Adler Graduate School

1550 East 78th Street
Richfield, Minnesota 55423

Phone:
612-861-7554

Fax:
612-861-7559

On the Web: www.alfredadler.edu

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If you want a welcoming, encouraging place to pursue your graduate education please come to one of our open houses.

We will have the admissions director, faculty members and current students on hand to answer any and all questions you may have about our master's program with tracks

in Marriage and Family Therapy, School Counseling and Management Consulting and Organizational Leadership.

You will also learn about our two certificate series in Professional Life Coaching and Coaching and Consulting in Organizations.

Please join us on
January 3rd
or
February 7th
6:00 – 7:30 p.m.

Adler Graduate School
1550 East 78th Street
Richfield, Minnesota

Please call **612-861-7554** for directions.

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See a live coaching demonstration and ask questions of a graduate of the Adler Graduate School's Professional Life Coaching series.

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want to add coaching to your set of professional skills.

January 10th & February 14th
6:00 – 7:30 p.m.

Adler Graduate School
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To register call 612-861-7554, Extension 103

For questions regarding the life coaching program call Paula Hemming at 612-861-7554, Ext. 112, or email her at coachpaula@earthlink.net

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Adler Graduate School Upcoming Workshops

January 19

Effective Conflict Resolution Strategies: Helping Couples, Families, and Organizations

Workshop Presenter: **John Reardon, MA**

February 9

Parent Coaching: Empowering Parents and Other Caregivers to Address the Challenging Behavior of Children

Workshop Presenter: **Tina Feigal, MS**

February 16

Counseling the Blended Family: Accepting Limitations and Maximizing Gifts

Workshop Presenter: **Tom Wright, M.Th., LMFT**

March 2

The Basics of Developing and Maintaining Your Private Practice: Legalities, Management, and Marketing

Workshop presenter: **Kelly Beggin, MA, LMFT**

March 16

Counseling New Immigrants and Immigrant Families

Workshop Presenter: **Marina Bluvshstein, MA, LMFT, LPC, PhD**

April 13

Integrative Psychotherapy: Where Body and Soul Transform the Mind

Workshop Presenter: **Jean Chagnon, PhD, LP**

April 20

Cooling Off the Hot Seat: Case Notes, Courtrooms and Testimony

Workshop presenter: **Rhonda Simpson Brown, JD**

May 4

The Use of Early Recollections: A Powerful Therapeutic Technique

Workshop Presenter: **Catherine Hedberg, MA, LP**

May 18

Cultivating, Organizing, and Leading Parent Education Groups

Workshop presenter: **Gladys Folkers, MA, LMFT**

June 2

Incorporating Complementary Spiritual Healing Techniques into Psychotherapy

Workshop Presenter: **Jere Truer, MA, LICSW**

June 16

What's Beyond the Words?

Workshop Presenters: **Mary Cayan, MSW, CPCC, and Bev Lutz, MBA, MCC**

Go to “workshops” at: www.alfredadler.edu