



Adler Graduate School Newsletter

Practical Psychology. Inspiring Change.

Volume 2, Issue 3

March, 2005

What can you do with a Master's Degree in Counseling and Psychotherapy?

In this month's issue you will meet John Reed and Jonathan Bundt, two AGS alumni who have incorporated their Adlerian education into the fascinating and demanding world of law enforcement.

Congratulations!

Adler graduate Peter Grunnet has passed the National Marriage and Family Therapy exam. Grunnet works as a counselor at Mille Lacs Academy in Onamia, Minnesota.

A Reminder:

Registrations are now due for the April, May, June Quarter.

If you have questions, please call Evelyn Hass at 952-988-4327

Moving Along ...

AGS Alumnus Jonathan Bundt, M.A., LMFT

by Kate Moore

Jonathan Bundt grew up in the Twin Cities but left the United States for Israel after high school and eventually became a member of the Israeli National Police Force. Bundt, who has dual American and Israeli citizenship, was initially part of the Israeli National Anti-Terrorism Hostage and Rescue Team. He then became part of a unit which was responsible for training all Israeli police officers and some of the military in anti-terrorism tactics. His interest in the behavioral science aspect of law enforcement eventually led him to become the assistant to the head of Behavioral Science and Psychology unit for the Israeli Border Police where he participated in the selection of personnel for anti-

terrorism specialty units.

Wanting to further his education, Bundt decided to pursue graduate work in behavioral science so he took a leave of absence from his job and returned to the Twin Cities. He looked into a number of graduate programs around Minnesota, but it was a meeting at the Adler Graduate School (AGS) that decided his path. "I had an experience in my initial Adler interview which was very profound," says Bundt. During his meeting with the admissions director and the president of the school, they spoke to him about basic Adlerian concepts such as Social Interest, client-centered therapy and equality. Bundt thought, "Wow, that's how I understand and

see the world." Adlerian psychology was articulated to him in a way that made a lot of sense. "This is the place I must go," he decided.

Now a marriage and family therapist, Bundt has a private, general practice in Edina, Minnesota where he serves individuals, couples and some families. He covers a range of issues in his practice and specializes in working with people who are dealing with traumatic events in their lives such as accidents and violence.

He also works as a training and management consultant to business on the subjects

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Alumnus John Reed, M.A.

by Kate Moore

John Reed began his career in law enforcement in 1969 working as a crime scene investigator for the Hennepin County Sheriff's Department. Thirteen years later he became a detective investigating crimes ranging from identity theft to homicide. During that time Reed was

one of two primary investigators involved in cases dealing with incest, abuse and kidnapping.

Reed, an ordained Catholic deacon, also worked with couples who were preparing for marriage. "It was a combination of being a detective

and an ordained minister," says Reed, "that led me to Adler." As a deacon Reed began to receive requests for help from people with troubled marriages and families. Though he tried to refer them to therapists or counselors, the parishioners

Jonathan Bundt (continued from page 1)

of workplace violence, critical incident crisis management, stress management, communication and drug and alcohol addiction in the workplace. He provides organizational assessments and interventions in dealing with conflict in the workplace.

Bundt is well-known in law enforcement circles as a trainer and provides training to many police departments in Minnesota and throughout the Upper Midwest. He works with the Minneapolis and Hennepin County Sheriff's SWAT team where he specializes in training crisis and hostage negotiators. "I not only train and work with them," says Bundt, "I also respond to their calls and am the technical advisor in crisis situations."

Often, the police must deal with an armed and barricaded individual who is a threat to the public.

Bundt's profiling ability and psychological strategies aid the police commander in deciding what will be the most effective way of getting the individual to de-escalate and how to bring a peaceful end to the confrontation. Bundt says, "It is a very high-stress situation where your ideas and opinions can literally affect the life and death of people." Bundt credits his profiling success to his Adlerian training which, he says, allows for a great amount of accuracy in predicting behavior.

Because of his anti-terrorism work in Israel, Bundt also teaches and trains people in this country about issues related to terrorism such as emergency management and how to respond to terrorist acts from a behavioral health point of view. He teaches who the terrorists are, how they think, what they do, how they plan their attacks and how to intervene.

Bundt is currently working on creating a larger network of behavioral health specialists in Minnesota who will be prepared to respond to a large-scale terrorist event. He teaches about the psychological impact of a terrorist event on First Responders and on the general public. Because there are physical, cognitive and emotional aspects to how these events impact an individual or community, Bundt also works with people to develop effective resilience strategies.

Bundt balances the high stress of his work life by ending his work day at 5 p.m. unless a crisis arises. "I protect my evenings and weekends and keep a tight structure about when I work," he says. "My family life is extremely important to me and my involvement

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John Reed (continued from page 1)

wanted to visit with Reed, their minister. "I went to Adler to increase my abilities to work with couples as a minister in the church," says Reed. "I liked the Adlerian program because it jibed with my own beliefs and it made sense." What really clinched his decision to enroll at Adler he says was, "the idea that it doesn't matter so much what life

gives you, it's what you choose to do with it."

After he received his M.A. from the Adler Institute, Reed began using what he calls his "bag of Adlerian tools" in both his law enforcement and ministerial work. Reed notes that by being able to recognize biased apperception in crisis situations, a concept he

learned at Adler, he has been able to help people by asking, "How could this be different, how can this change and how are we going to move forward from where we're at?"

Because of Reed's detective work on cases involving children, the National Center for Missing and Exploited Children (NCMEC)

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President's Corner

Dennis Rislove, Ph.D.

Comings and Goings

The Adler Board of Directors extends its gratitude to long-time members Bill Rush and Robie Wayne upon their retirement from the board.

Bill served for five years and, as Chairman of the Board, his experience and input proved invaluable during some challenging times in the growth of the school.

Robie served a total of six years on the board and provided excellent service in the development of a professional and effective capital campaign.

We, at the Adler Graduate School, deeply appreciate

the dedicated service of these gentlemen and thank them for their exemplary demonstrations of Social Interest. We wish them both the best in their professional careers and in all of their endeavors.

Mr. Dion Crushshon has been appointed as a new member to the Adler Board. He has a degree in Economics and Psychology from Northwestern University and a Master's degree from Adler. He is currently working as a school counselor at Blake High School.

Dion's background and expertise in school counseling will be valuable to the Adler Graduate School as it seeks

approval from the Minnesota Board of Teaching for the new School Counselor Program which is tentatively scheduled to begin in October. We are very pleased to welcome Dion to the Adler Board.

The Board of Directors continues to seek out individuals who bring unique expertise and experience to the table. We have indeed been fortunate to have so many dedicated and committed people willing to serve on our Board.

Dennis Rislove, Ph.D.
President,
Adler Graduate School

John Reed (continued from page 2)

began to call him when it needed information or follow-up in the Twin Cities. In 1999, when Reed informed NCMC that he was retiring from the sheriff's department, the national center asked him to become a part of Project ALERT (America's Law Enforcement Retirement Team), which consists of hundreds of retired experts (FBI agents, postal inspectors and police officers) from around the country who are called to consult on cases involving missing and exploited children. The team members are sent to areas where their expertise and assistance is needed. Reed

has been a member of Project ALERT since 2000.

Team Adam, which was started with twenty Project ALERT members, is a Rapid Response System that is put into place when a child is kidnapped. Reed and other Team Adam members act as consultants bringing all the resources from the national center to local police agencies. Reed usually works as an advocate for the family of the missing child and helps them understand what's going on in the investigation. "I tend to be assigned to that role because I am a minister," says Reed. "I have my master's degree in coun-

seling so I've got the background and tools that are needed in these situations, as well as my many years of experience in law enforcement."

Reed is able to rapidly form a close relationship with the family because of his experience and helps them deal with the information as it is received. He also acts as a liaison between the family and law enforcement. Though it is difficult when he must deliver a message that a child has been murdered he says, "It's nothing I will turn or walk away from."
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Adler Open House

When:
March 2nd & April 6th

Where:
Adler Graduate School
1001 Highway 7,
Hopkins, MN

Time:
6:00-7:30 p.m.

Find out about our
M.A. in Counseling and
Psychotherapy
and our two
certificate series,
Personal and
Professional Life
Coaching
and Coaching and
Consulting in
Organizations.

Call 952-988-4327 for
directions.

We're on the Web:
www.alfredadler.edu

Life Coaching Seminar

Paula Hemming, M.A., PCC, Coordinator of Personal and Professional Life Coaching Education, offers a no-cost Life Coaching Seminar the second Wednesday of every month at the Adler Graduate School.

The next two opportunities are
March 9th & April 13th
from 6:00 - 7:30 p.m.

Observe a live, one-to-one coaching demonstration and find out what life coaching is all about.

To sign up for either workshop, call Ev at 952-988-4327 or email her at ev@alfredadler.edu

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Kate Moore, Editor

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Adler Graduate School

Adler Graduate School Mission Statement

The mission of the Adler Graduate School is to educate ethical, reflective, highly competent, comprehensively informed, continually learning, Adlerian-based professionals who are prepared to improve the interactions and conditions of the people, organizations, and/or communities they serve.

John Reed (continued from page 3)

He credits his Adlerian education for being able to help people in such trying situations. "All of a sudden you remember what you learned," he says. "It all comes back when you need it."

Reed is also part of a Cold Case Review Team for

NCMEC which consists of twenty to thirty experts who meet with investigators to take a fresh look at evidence in cases that have gone unsolved.

In addition to his on-going work with NCMEC, Reed is also the Chief of Police in Emily, Minnesota, the lead

chaplain at a retirement and assisted-living center and is involved in educating children about personal safety.

The National Center for Missing and Exploited Children is a federally mandated national clearinghouse for missing and exploited children. For more information go to: missingkids.com

Next Coaches Training Begins April 8th

Sign up today by calling 952-988-4327
See a live coaching demonstration March 9th,
6:00- 7:30 p.m. at the Adler Graduate School.

Jonathan Bundt (continued from page 2)

in my children's lives is essential."

Masa Consulting, Bundt's company, takes its name from the Hebrew word "masa" meaning "journey"; one that carries great physical, emotional, psychological and spiritual distress. "What's wonderful about the journey," says Bundt "is that when you are on it, you may not recognize that there will be benefits from it." He adds that, at some point, we come to understand the journey in a different way. "I help people with their life journey," he says. "You can have an enlightened journey or a burdened journey. You do have the power of choice."

Jonathan Bundt values that very thing about Adlerian Psychology, which also speaks to the choices that are always available to us. "What you can do with your education from Adler is really limited by your beliefs about what you think you can and cannot do," says Bundt. "Adler helped me understand that and created a sense of confidence in me about going after what I want." He adds that it doesn't happen overnight and that it takes time. "Be patient and know that there are lots of possibilities."

Jonathan Bundt was one of the founding directors of the Human and Organizational Development program at the Adler Graduate School. He now provides internship supervision at AGS. Jonathan will be teaching *Trauma and Critical Incident Management* to Chicago police officers at the Adler School of Professional Psychology in Chicago as part of its Masters in Police Psychology program beginning this spring.

Visit Jonathan's website at: www.masaconsulting.com