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The understanding of human nature is an enormous problem, whose solution has been the goal of our culture since time immemorial. It is not a science that should be pursued by a few specialists only. Its proper objective must be the understanding of human nature by every human being."

Alfred Adler
from
"Understanding Human Nature"

Many thanks to the following for their contributions to this month's newsletter:

Carol L. Brown
Jeff Dye,
Heather Whatley,
Herb Laube,
Jill Marks,
Paula Hemming,
and Dennis Rislove.

Kate Moore, Editor

Adler Graduate School Newsletter

Practical Psychology, Inspiring Change

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Personal and Professional Life Coaching Series Celebrates Second Anniversary

*An Interview with
Paula Hemming,
Coordinator
of Personal and Professional
Coaching at
the Adler Graduate School*

How did the coaching series come to be a part of the Adler Graduate School?

I'd worked in the mental health field for a number of years when I met some therapists who were doing life coach training. I went to a workshop to see what coaching was and I was immediately hooked. I enrolled in and completed the life coach training and began offering one-day workshops in 2001 at Adler where I was already a faculty member. I

wanted to share some of the skills I'd learned and found that the students liked the workshop so well they requested a graduate course in coaching. I created a course and when that was offered, the students were so impressed, they wrote a petition for a whole coaching series and submitted it to the president of the school. AGS, being the responsive school that it is, replied and within 4 months, the coaching series was launched in 2003.

What is the fit between life coaching and Adlerian Psychology?

Adlerian psychology is the perfect foundation for life coaching. Coaching builds

on Adler's concepts of encouragement and the idea that it's not what people have in their life, it's what they do with what they have. Coaching really turns up the volume on that and acknowledges that your dreams are a blueprint for your life. You can create the life you want. You just need a way to walk past the fear; a way to use your own resourcefulness as well as other resources to make it happen.

Adler also talked about the fact that it's really important that we be in touch with our purpose and that the purpose of our behavior, if it leads to contributing to the well-being of all, will be satisfying and give us
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The Impact of Coaching

by Carol L. Brown, M.A.

Coaching has impacted my counseling profession in two significant ways.

The first is that coaching has taught me, both in theory and practice, how to encourage individuals in very tangible ways. As Adler would say, individuals come to counseling because they are discouraged, and encourage-

ment is what they need most. Coaching is a great tool for encouragement.

The second way coaching has impacted me is in my counseling profession as I help couples step outside their issues, for a time, to discover shared values which will give them a foundation on which to rebuild.

When I sometimes wonder where to go next with a counseling client, I read powerful questions from the coaching program which remind me of ways to get unstuck.

Carol L. Brown, M.A. is a graduate of the AGS masters program and holds a certificate from the AGS Personal and Professional Coaching Series.

We're on the Web:
alfredadler.edu

Reflections on Coaching

by Jeff Dye, M.A.

The AGS coaching series impacted my life in a number of ways.

Obviously, the first thing I learned was how to be a coach and how to use coaching tools.

Additionally, I became coachable, which is an incredibly important thing for a person who wants to grow personally and professionally. I hired a professional coach

and subsequently was offered a position (my "dream job") managing a new department with my current employer.

I really believe that learning about coaching and being coached catapulted me towards my new position and was incredibly beneficial during the transition.

In my new job I use coaching tools all the time and I also have some per-

sonal coaching clients.

One of the biggest changes that has occurred within me is that I now have the ability to more clearly see the incredible potential and value of people. I am able to affirm others in creative and effective ways.

Jeff Dye, M.A., is a graduate of the Adler Graduate School. He also holds a certificate from the AGS Personal and Professional Coaching Series.

The Power of Coaching

by Heather Whatley, M.A.

The life coaching series has had a powerful impact on my life and my career. It has given me a new perspective with which to view my life, my choices, how I spend my days, who I surround myself with, and a new sense of curiosity about humanity. I am much more focused, committed to my goals, and aware of how I honor my core values.

Professionally, the skills I learned through the coach-

ing course have led me to start my own life coaching private practice called *Inhale & Set Sail Life Coaching Services*. I specialize in coaching athletes and teams as well as gay and lesbian individuals and couples.

I feel privileged to enter into my clients' lives, have our relationship create a powerful impact, and to witness people taking actions they've been putting off for years.

Through my coaching edu-

cation, I discovered the value of consistently acknowledging others and that I do not have to live "small" just to make others comfortable.

The one thing I learned in the coaching program that has had the greatest impact on my life is how to ask for help to achieve my dreams.

Heather Whatley, M.A., an alumna of AGS, holds a certificate from the Personal and Professional Coaching Series.

Coaching Second Anniversary

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a feeling of belonging in the world. Coaching just accentuates that. How will you live so you definitely know that your life has made a difference?

Given its Adlerian Foundation, is there anything else that sets this coaching series

apart from other programs?

This may be the only coaching program in the area that is situated in a traditionally accredited graduate school. Most coaching programs are stand-alone institutes that don't offer graduate credits for their courses.

Also, people who are working toward their Master's Degree in Adlerian Counseling and Psychotherapy will have an even richer tool bag if they add the coaching minor to their degree. The coaches training will set AGS graduates apart from their peers in that their
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President's Corner

Dennis Rislove, Ph.D.

Adlerian Conferences

The North American Society of Adlerian Psychology (NASAP) is holding its 53rd annual conference at the Hilton El Conquistador Resort in Tucson, Arizona from June 16-19, 2005.

Faculty members from the Adler Graduate School (AGS) who will be presenting include: Roger Ballou, Sue Pye Brokaw, Jeff Lupient, Mary Jamin Maguire, and Wes Wingett. Several other AGS faculty and staff members will also attend

along with a large contingent of AGS students. The Adler Graduate School encourages faculty members, students, and alumni to participate in this conference.

You can get more information from the NASAP website at: www.alfredadler.org.

The International Committee of Adlerian Summer Schools and Institutes (ICASSI) is holding its 38th annual session at the Corinthia Jerma Palace Hotel in Marsascala, Malta

from July 17-30, 2005.

Six AGS students will be attending and will be accompanied by faculty member Paula Hemming who will act as the official Adler Graduate School instructor for the students. Several additional faculty members have indicated they will also travel to Malta for the conference.

If you are interested in attending please check out the ICASSI website at:

www.icassi.net.

Adler Alumna Receives Award

Jill Marks, M.A., L.P, was one of twenty Minnesotans awarded the Blue Cross Blue Shield Champions of Health Award in 2004 for making a healthy difference in her community through the work she's done to prevent teenage suicide.

Jill created the Jami Alanna Marks Tikkun Olam Fund to honor the memory of her daughter Jami Marks who died of suicide at the age of 21. Tikkun Olan is Hebrew for "healing of the world". The fund will be used to champion projects and programs that prevent suicide, encourage healing in the world and bring an end to the shame and stigma associated with brain disorders. Jill has created a candle pin for the fund which features a heart within a flame, representing the light of heal-

ing, awareness and love. The candle pin, as described in the website at www.candlespin.info, "was created to bring the light of awareness to the darkness of depression and brain disorders and to help 'light the way' to support, healing and hope." This same website provides fifty hot links to organizations and resources for those who need to learn more about brain disorders, grief and suicide.

Marks, a former board member of Suicide Awareness/Voices of Education (SA/VE), is now a speaker through the SA/VE speaker's bureau. The Hazelden Foundation's video entitled "Suicide Awareness and Prevention" includes several scenes in which Jill Marks is shown speaking to students. "Fierce Goodbye...Living in

The Shadow of Suicide", a documentary about families who have lost members to suicide, also includes Marks (www.FierceGoodbye.com).

Marks has a private practice as a Holistic Psychologist and Life Skills Coach in which she teaches tools and techniques to her clients who, in turn, learn how to deal with a variety of emotions and life situations. Marks also works with her clients to bring balance and a sense of wholeness to their lives. Her plans for the future include teaching a number of innovative therapies to graduate level clinicians.

Jill Marks is a graduate of the Adler Graduate School and is a Licensed Psychologist. If you'd like to know more about Jill, please go to her website at healingthroughtheheart.info

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**A no-cost
Life Coaching
Seminar**
is offered
the second Wednesday
of every month at the
Adler Graduate School.

The next two
opportunities are
April 13th & May 11th
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

**Adler Open
House**
for prospective
students

April 6th & May 4th
6:00-7:30 p.m.

Adler Graduate School
1001 Highway 7,
Hopkins, MN

Call 952-988-4327 for
directions.

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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.

Coaching Second Anniversary

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work will be really dynamic and action-oriented.

What is so appealing to you about teaching coaching?

Coaching is a tremendously positive agent of change in the world and I am thrilled to be a part of that. I get to help a lot of people learn many really great skills as well as watch them go out into the world and make a bigger impact than I could ever make on my own. I am able to coach and teach individuals and groups, which I love. Offering these courses in a graduate school setting allows me to keep evolving the richness and the depth of the coaching series. I take away as much from the classes as I bring to them. That's very satisfying. It keeps my work fresh, it keeps me challenged and it allows me to offer challenges to the students. It keeps the body of coaching skills alive and evolving for me and the students involved in the program.

How do your students benefit from being trained as coaches?

I notice that students undergo profound personal and professional transformations. While they're learning the skills and impacting other people's lives, which is surprising and fun for

them, their own lives are being impacted because all the coaching we do in class is real. It's not role-playing. Life's too short to role-play.

As the coaching series enters its third year, what is your vision for the future?

I'd like to run the series four times a year instead of two. That would enable even more people to take advantage of the courses. I'd also like the courses to be co-led by two instructors. That would model for students how to co-lead a group and would provide examples of different styles of coaching. It would also add more opportunities for feedback and individual skill building.

Why do you think coaching works?

It's wonderful to have coaching available so that people can get support and learn and be motivated in a context without pathology. Coaching is strength- and future-based, not pathology-based. When you really build up your strength and your vision, many problems just go away or are handled easily because you feel so ready to just solve them.

What I love about coaching is that it is customized for every client. Each person

creates their own context for the coaching. What each person brings, how that person wants to be coached, and what works specifically for that person is used in the coaching. The client is really considered to be the expert on their life as well as a partner and a major resource in the coaching process.

The synergy of the coaching relationship is what really has the power. Two heads coming together in a creative way produce a higher result than one person trying to solve something alone. As the coach helps clients explore aspects of their lives that they may never have explored before, they really discover their own greatness, their talents and their humanity at a level they may never have previously encountered. The process is very rich and fulfilling; it will definitely change your life. It's a real privilege to do this work. It's so meaningful and joy-filled that I have to pinch myself every time I coach.

Paula Hemming, M.A., PCC, is an associate faculty member at the Adler Graduate School and is a member of the Minnesota Coaches Association and the International Coach Federation (ICF). She has earned the Professional Certified Coach (PCC) designation from the ICF.