



# Adler Graduate School Newsletter

*Practical psychology, inspiring change.*

Volume 2, Issue 9

September, 2005

## The Adler Graduate School

Offers:

**Master of Arts  
in Adlerian  
Counseling  
&  
Psychotherapy**

**Certificate:  
Professional Life  
Coaching**

**Certificate:  
Coaching  
and Consulting  
in  
Organizations**

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

## President's Corner

by Dennis Rislove, Ph.D.

### Fall Enrollment is Up

Fall enrollment is very strong thanks to our students and faculty who have offered such encouraging words to their friends and colleagues about the Adler program.

It looks like we will have as many as 40 new students this fall which is more than 30 % above the number of new students who normally enroll at this time of year. Students may start the program four times a year, but the fall group is usually the largest.

A significant number of people are interested in the new Professional Life Coaching series and Paula Hemming,

the coordinator of the program, may be adding daytime classes starting in January.

In addition, if we receive final approval from the Board of Teaching for the School Counselor Program, Adler will be bursting at the seams by the spring of 2006.

It is a pleasure to see the children of AGS graduates, as well as the brothers and sisters of our alumni, showing up to enroll in our degree program. The faculty and the students have created and continue to maintain a community atmosphere at this school with which new students easily connect.

Word of mouth is one of the

best advertisements we have. We appreciate your continued support of the school and its new emphases and tracks.

Faculty, staff and students are extremely encouraged when so many people show an interest in attending the Adler Graduate School.

Because of our need for additional classroom space caused by the increasing enrollment, the search for a new building continues.

Next month I hope to be able to report to you on the progress made on finding a permanent home for the Adler Graduate School.

Dennis Rislove, President  
Adler Graduate School

## New Art Therapy Program Director

Craig Balfany, MPS, ATR, has been hired as the new Art Therapy Program Director at the Adler Graduate School (AGS).

In addition, Craig will be teaching the Foundations of Art Therapy Theory and Applications courses and will

supervise Directed Study students at AGS.

Craig also supervises professionally trained art therapists and offers community education courses about understanding children's art at Normandale and Anoka-Ramsey Community

Colleges.

After earning his B.S. in Art Therapy from the University of Wisconsin-Superior, Craig went on to earn an M.P.S. (Masters of Professional Studies) in Art Therapy and Creativity Development from (continued on Page 2)

## Newly Licensed

The Adler Graduate School congratulates the following graduates for obtaining their L.A.M.F.T. or L.M.F.T. licenses: Ruth Dahle, Chad Hayenga, Lois Fischer, Brenda Mann, Timothy Kuss, Deborah Luther, Stephanie Carlson, Mary Graske, Rick Graske, Peggy Hanson and Jennifer Skogsbergh Urena.

Contratulations also to the following AGS alumni for achieving their LPC licensure: Cindy Anderson and Sherri Willis-Dybdahl.

***“Courage,  
an optimistic  
attitude,  
common sense,  
and a feeling of  
being home  
upon the crust  
of the earth will  
enable us to  
face advantages  
and  
disadvantages  
with equal  
firmness.”***

***Alfred Adler***

## Art Therapy Program Director

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the Pratt Institute in Brooklyn, NY. He has also studied at the Institute for Expressive Analysis in New York City.

For over eight years, Craig has worked at the University of Minnesota Medical Center Children's Hospital (Fairview) in the Adolescent Day Therapy Program.

He is also the past president and current treasurer for the Minnesota Art Therapy

Association and holds an ATR from the Art Therapy Credentialing Board. He is also a member of the American Art Therapy Association.

Of his association with AGS, Craig says, “I am very excited to be a part of the Adler Graduate School - especially during this time of growth and change. It has always been my intention to spread the ‘gospel’ of art therapy here in the Upper Midwest where there are

no training programs.”

Craig is in the process of exploring AGS' options for expanding the Art Therapy program. “I ideally would like to see AGS offer an accredited masters’ track,” he says, “that would involve art therapy.”

Craig is also an artist who enjoys being creative with pottery, mask making, photography and gardening.

## No- Cost Life Coaching Seminar

Life coaching is currently one of the fastest-growing professions in the field of personal support.

At the Adler Graduate School (AGS), students learn coaching skills and tools within the framework of Adlerian Psychology.

Many AGS students and alumni have found that life coach training is a great addition to the professional skills they already possess.

You're invited to find out what life coaching is all about at a no-cost seminar which is held the second Wednesday of every month.

You'll hear about AGS' Professional Life Coaching Certificate series and you will observe a demonstration of one-to-one coaching.

The next two opportunities to participate in the Life Coaching Seminar will be on October 12th and on

November 9th from 6:00 – 7:30 p.m. To register for the seminar call Evelyn Haas at: 952-988-4327.

The seminar is held at the Adler Graduate School, 1001 W. Hwy. 7 in Hopkins, Minnesota.

For questions regarding the coaching program email Paula Hemming, the Life Coaching Coordinator, at: [coachpaula@earthlink.net](mailto:coachpaula@earthlink.net)

## An Invitation to Prospective Students

Have you been seriously tossing around the idea of returning to school?

Do you want a welcoming, encouraging place to pursue your graduate education?

The Adler Graduate School may be just what you are looking for.

On the first Wednesday of every month, the Adler Graduate School holds an open house for prospective

students from 6:00- 7:30 p.m. to which you are invited.

This is an opportunity for you to meet faculty members and students who will talk about our Master's Degree in Adlerian Counseling and Psychotherapy.

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

There will also be time for any questions you may have.

Please come to one of the next two open houses which will be held on October 5th and November 2nd.

The Adler Graduate School is located at 1001 Highway 7, in Hopkins, Minnesota.

Please call 952-988-4327 for directions.

## Adler around the World: Zivit Abramson of Israel by Kate Moore

Zivit Abramson earned her B.A. in psychology and philosophy and then decided she wanted to become an actress. "It didn't come naturally," she remembers.

To sort things out she began going to therapy where her therapist said, "I'm not going to tell you what to do, but I've had many patients in my career and you are a star. I think you'd make a very good psychologist."

Zivit began observing the work Adlerian psychologist, Achi Yotam, was doing with families. "I was fascinated," says Zivit. "Sometimes I thought the families he worked with onstage needed additional work and at that time there was no parent and child clinic."

She told Yotam, "I will go back to university, get my master's, become a psychologist and come back to be the psychologist of the parent education department." And that's what she did.

Yotam founded the parent education department that uses a two-stage model at the Alfred Adler Institute of Israel. The first stage consists of parent education groups which are led by Adlerian semi-professionals to help people who are having trouble with their children and who want to be better parents. The second stage is for those who need to be seen by professional therapists.

As a member of the Alfred Adler Institute of Israel for 25 years, Zivit fulfilled her

promise to Achi Yotam by spending 12 years there as director of its parent education department and as its head supervisor. The institute trains parenting group leaders as well as couples education group leaders for whom Zivit developed the curriculum. The other part of the institute, for which a master's degree is required, educates people to become Adlerian therapists. A Child and Family Clinic was also established by the institute where Zivit then served for 12 years as its head.

Zivit has always been attracted to adult education as well as to therapy. "I strongly believe that one must not first get sick and then be informed of what medicine has to offer," she says. "It is the same thing (continued on back page)

*"Psychology...  
should not be a  
secret just for  
psychologists."  
Zivit Abramson*

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

**Zivit Abramson (continued from Page 3)**

with the knowledge of psychology. It should not be a secret just for psychologists."

General psychological rules, she says, should be used in an educational setting for lay people. She believes education is cheaper and quicker than an office visit to a therapist. "If preventing does not help," she says, "then curing is next."

For many years Zivit wrote columns for several newspapers in which people wrote to her about the struggles they were experiencing in their relationships. In her responses, Zivit always offered three possible solu-

tions to the presenting problem.

Her newest book (published in January of 2005) uses examples from her columns to discuss what it means to be a couple and how to be a couple from an Adlerian point of view. She writes about how a couple is created, how a relationship becomes difficult and how differences can be solved. The book also covers sexuality, extra-marital affairs and how couples separate.

Besides her work as a psychologist, parent educator and writer, Zivit has been teaching Orthodox rabbis about family and cou-

ples therapy. "It is extremely interesting to communicate with them and to hear from them how they are taking it in," she says. "They've compared things from the Torah to Adlerian theory and found a lot of common ground."

**Zivit Abramson, M.A.**, is a psychologist in private practice who lives in Tel Aviv, Israel. She is also a certified sex therapist, the author of three books in Hebrew and is a supervisor for therapists at the Adler clinic.

Thanks to  
Dennis Rislove,  
Craig Balfany,  
Zivit Abramson  
and Evelyn Haas  
for their  
contributions to  
this month's  
newsletter.