



**Alfred Adler**

**Founder of Individual Psychology**

**Inside this issue:**

Welcome	1
Faculty Focus	
President's Corner	2
Adler USA	
Announcements	
Monthly Orientation	3
Around the World	
Moving Along	
Mission statement	
Contact Information	4

**Editor:** Kate Moore  
Send newsletter ideas and queries to: [wrotekate-moore@earthlink.net](mailto:wrotekate-moore@earthlink.net)

# Adler Graduate School

Hopkins, Minnesota

**Volume I, Issue I**

**February, 2004**

## Welcome to the new AGS Newsletter

The Adler Graduate School newsletter has a fresh, new look. You will find fascinating articles about faculty, students and alumni in the AGS community. You'll also find information on classes, workshops and what's on the horizon for the Adler Graduate School.

The President's Corner, Adlerians Around the World and Alumni News are just some of the regular features that will be included in the newsletter. "A View from the Classroom" will feature short articles submitted by current students. Adler U.S.A. will spotlight Adlerians from the United States.

Feedback and ideas from the entire AGS community are encouraged.

The Editor

Do you have an idea for the newsletter? Email Kate: [wrotekate-moore@earthlink.net](mailto:wrotekate-moore@earthlink.net)

## Faculty Focus: Bob Bartholow

Ask Bob Bartholow how he is and he's likely to answer, "Good enough."

Bartholow approaches life with optimism and a commitment to his evolution as a human being.

He has lived a life steeped in Adlerian principles though he hasn't always known his philosophy had a name.

When he was a graduate student in the University of Minnesota's Social Work program, Bartholow's classes were grounded in Freudian theory. He said he could never quite grasp that model of human nature.

When he was required to write summaries of his internship clients, Bartholow wrote in what he calls "common sense" terms, not in Freudian language.

His supervisor was aghast at his paper and, when she questioned Bartholow's take on his work with clients, he told her he just didn't see the sense of Freud.

Wasting no time, the supervisor told him if he wanted to

graduate he'd have to rewrite his work to fit the Freudian model.

Bartholow did so and characterizes his rewritten paper as his first foray into "science fiction".

Bartholow's initial connection with a theory that made sense to him was his encounter with Virginia Satir.

Speaking at the U of M, Satir talked about systems psychology and the process of how people do things.

Bartholow was thrilled to hear Satir putting the "will" into human nature and stating that because we make choices, we can be helped to make even better ones.

Bartholow's learning was deepened when Rudolph Dreikurs came to Minneapolis to speak about Adlerian Psychology.

Dreikurs combined a lecture with actual therapeutic demonstrations using married couples.

Bartholow recalls his experience with Dreikurs as the "double frosting on the cake".

Bartholow was particularly entranced with the fact that Adler and Dreikurs had articulated a growth model of psychology, not a disease model.

Says Bartholow, "I loved the idea of Social Interest, of contribution and cooperation." "First," he says, "I began looking at my own nutty-nonsense."

He goes on to say, "I had to deal with my self-centeredness and begin walking a path to becoming a better human. I needed to be concerned about the impact of my attitudes and behavior on others."

Bartholow and others formed an Adlerian Society and met often with Dreikurs.

"We lapped up everything he had to say," says Bartholow

By 1969 Dreikurs was pushing for the Minnesota Adlerians to form an institute.

(continued on page 2)

# Adler Graduate School

## President's Corner

Dennis Rislove, Ph.D.

### A Bright Future at Adler

The Adler board adopted a new set of goals and we are all very excited about the future of our school.

Together we are working with the Higher Learning Commission to secure full accreditation for the graduate school and with the Minnesota Board of Teaching to obtain formal approval of our new program to train and license school counselors.

We expect the first cohort

of students in the School Counseling program to start in October of 2004. This program, along with more students in our traditional program, will result in a substantial enrollment growth at Adler and a need for more space.

We are continuing our search for a permanent home. Although we were outbid by a condo developer for the Brookside property, there are now several other buildings we are researching.

We plan to continue our capitol campaign until a building is found and purchased.

The budget concerns are behind us and our financial condition continues to improve. We continue to strengthen our academic program by hiring highly qualified new faculty to serve our students.

This newsletter is another example of the new initiatives at Adler. We hope it helps keep you, the friends of Adler, informed and involved in our efforts.

Please let us know your thoughts and ideas about the future of the Adler Graduate School.

### Bob Bartholow (continued from page 1)

Bartholow recalls, "We told him we didn't know that much." Dreikurs told them it didn't matter. They'd learn. "And we did," adds Bartholow.

Today the Adler Graduate School is exactly what

Bartholow envisioned it would be and more.

"Now besides an M.A. in Psychology we have the H.O.D. certificate and the

Coaching program which is all very exciting," he says.

He notes that he also looks forward to art therapy and student guidance counselor programs being added.

Bartholow, now in his eighties, is a teacher and a therapist. He teaches at AGS and maintains a small therapy practice because, he says, "I'm semi-retired."

Bartholow doesn't rest on his

laurels.

He's a work-in-progress who remains committed to the idea that we can always become more caring and genuine human beings.

"It makes sense," he says of striving to do and be better.

"It enhances humanity and helps us all get more out of living."

## Adler U.S.A.

Judy Sutherland, Ph.D., ATR-BC, LCPC

Twenty years after beginning her work in art therapy, Judy Sutherland still brings passion and a sense of awe to her work.

"I continue to be amazed that a person can draw a picture and see in their artwork a way to transform their life. That is the power of art," she says.

An art major in college, Sutherland did not pursue art, but instead worked as a preschool

teacher for many years.

She began her life's work when she took an art therapy course while she was a student at the Adler School of Professional Psychology in Chicago.

"I was studying for my M.A. in Counseling Psychology when I took a course in art therapy from Tee Dreikurs," says Sutherland. She was hooked. "I wanted to work with Tee so I offered to be her assistant in

teaching the course." Dreikurs, then in her eighties, accepted.

When Dreikurs could no longer teach, Sutherland was asked to continue as the instructor. She accepted the teaching position and also went on to get the training she needed to become a Registered Art Therapist (ATR).

(continued on back page)

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

"You never know what you can do until you do it."

Dr. Rudolf Dreikurs

"We create the world we live in. Making art is a form of prayer and it puts us in charge of our lives."

### H.O.D. Certificate Director Appointed

The Adler Graduate School has appointed William Premo, Ph.D. to be the Certificate Director of the school's Human and Organizational Development program.

Dr. Premo will advise the Program Director and the Academic Vice President about course content and will assist them in the recruitment and selection of faculty

for the H.O.D. certificate program.

Dr. Premo will assist the Student Services Director in the recruitment of students and the promotion of the certificate program.

The program is open to people who have a Bachelor's Degree and who are interested in becoming strong and cooperative leaders.

### Monthly Open House

An Open House is held monthly at the Adler Graduate School for prospective students.

Admissions policies, financial aid and course information are presented by the faculty and staff.

**When: First Wednesday of every month.**

**Where: 1001W. Hwy. 7, Suite 311 Hopkins, MN**

**Time: 6 p.m.**

### Free Life Coaching Seminar

Find out what Life Coaching is all about. You'll hear about AGS' 6-month Life Coach training program and witness a live demonstration of one-to-one coaching.

This seminar will appeal to those who want to add coaching to their professional skill set, to those who want become a life coach, or to those who just want to know what all the buzz is about .

The seminar meets the second Wednesday of every month from 6:00 - 7:30 p.m. at the Adler Graduate School. 1001W. Hwy. 7, Suite 311 Hopkins, MN

To register call Ev or leave a message at: 952-988-4327.

For questions regarding the coaching program email Paula Psick at: coachpaula@earthlink.net

## Adler Around the World

### Ireland

The International Committee for Adlerian Summer Schools and Institutes (ICASSI) will hold the 37th Annual Summer School from July 25th to August 7th, 2004 in Cork, Ireland.

There's a lot to see and experience in and around the city during your stay.

The River Lee runs through the town in two channels where numerous bridges make navigating the city easy for visitors.

The City Gaol (City Jail) offers a fascinating tour of the restored 19th century prison complete with life-size recreations of the prisoners who once inhabited the jail. Individual audio tours are available in six

languages.

Located five miles from Cork City is Blarney Castle home of the famous Blarney Stone. It is said that those who kiss the stone will be given the gift of eloquence.

For more information about the conference and Cork City go to:

<http://www.icassi.net/>

## Moving Along ...

### AGS Alumni

**Mark D'Ambrosio, M.A.** is a graduate of AGS and is now a professional life coach specializing in coaching new and expectant fathers.

D'Ambrosio, a father of three, recently brought his education in psychology, coach's training and experience as a parent together in a workshop for new dads

which was sponsored by the Youth and Family Services of Old Saybrook, CT.

D'Ambrosio challenges fathers to identify and live by their most deeply held values. Workshop participants are also asked to become examples of courage to their children.

If you'd like to connect with Mark D'Ambrosio you may email him at:

[mark@terravitacoaching.com](mailto:mark@terravitacoaching.com)

**Let's hear from you.**

If you'd like to share your news, please send a short summary to: [writekatemoore@earthlink.net](mailto:writekatemoore@earthlink.net)  
Subject: Moving Along

**"Even if you're on the right track, you'll get run over if you just sit there."**

**Will Rogers**

## Judy Sutherland (continued from page 2)

In 1992, the Adler school proposed that Sutherland develop an M.A. degree in Art Therapy and was told that if she wanted to become the director of the program she needed a Ph.D.

Sutherland spent the next three and a half years at the Union Institute in Cincinnati, and at the same time created the Master of Arts in Counseling Psychology: Art Therapy for the Chicago school. The program is now in its eleventh year and has been approved by the American Art Therapy Association as well as the State of Illinois. A post-master's certificate is also offered in art therapy.

She says, "That time didn't feel like work at all. I loved it because I was able to teach and create all the time."

Sutherland has structured her art therapy program and her work within an Adlerian framework. Optimism and hope are the hallmarks of the process she uses as a therapist and in her teaching noting, "Doing this kind of therapy opens up the idea that each of us can change. It also encourages spontaneity and creativity in the client."

She credits the power art has to integrate inner and outer reality. She notes that a self-created work of art symbolizes what we experience in life as well as our perception of it. She says, "I totally trust the process."

Judy Sutherland loves what she does and describes her work as the place "where I belong".

Citing the transformational aspect of art therapy Sutherland concludes, "We create the world we live in. Making art is a form of prayer and it puts us in charge of our lives. Through the images and metaphors in our artwork we learn to take responsibility for the way we create meaning in our lives. The art encourages us to change our attitudes and behavior so we can live our lives in more socially useful ways."

**Adler Graduate School**  
1001W. Hwy. 7, Suite 311  
Hopkins, MN 55305

**Phone: 952.988.4170**  
**Fax: 952.988.4171**  
**Email us at:**  
**admin@alfredadler.edu**

*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.*