



Adler Graduate School Newsletter

Practical psychology, inspiring change

Volume 3, Issue 8

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Adler Graduate School

offers
the

Master of Arts in Adlerian Studies

with tracks in:

Marriage and Family
Therapy,
School Counseling,
&

Management
Consulting and
Organizational
Leadership

Certificates

in

Professional
Life Coaching

and

Coaching and
Consulting
in
Organizations

Adler Alumna: Susan Zimmerman, M.A., L.M.F.T. by Kate Moore

Making the Most Out of Life

Susan Zimmerman is in the regret-prevention business. She helps people become aware, not only about where they are in their lives, but where they want to go and helps them clarify what they are willing to modify in order to make sure that happens. "So that you aren't looking back on your life," she says, "and having an 'a-ha' when it's virtually too late."

She knows of what she speaks.

In 1997, Zimmerman spent time with her father as he was dying. He said three words to her that opened a new dimension in their rela-

tionship and in her work. Her father said, "I have regrets."

Zimmerman began to understand from her father the terrible remorse he felt about the kind of parent he'd been. He also told her it was hard for him to forgive himself.

"What I learned in Adlerian psychology," she says, "helped me talk to my father and to my other family members," and because of the dialogue she opened with her father, she says, "He was able to come to forgiveness for himself before he died."

Zimmerman has, over the years, worked consistently to help people achieve satis-

factory outcomes in their lives.

A Chartered Financial Consultant (ChFC), she also attended the Adler Graduate School. "All through my education, I was applying Adlerian principles to my financial lifestyle and thoughts." She began to figure out how such an approach could help people adjust or change their financial outlooks and steer them in positive directions. "It was really good," she says. "I did a lot of research papers along the way and my thesis was on American financial problems and the need for therapeutic interventions."

"I ended up writing a book
continued on page 2

Professional Development Workshops

Introduction to Parent Coaching: Empowering Parents to Address the Challenging Behavior of Children

Presenter: Tina Feigal, MS
Friday, September 15th

At times, parents need education and coaching about

effective parenting techniques.

How to coach parents using the "Present Moment Parenting Program" featuring the nurtured heart approach.

These techniques can be applied to children with ADHD, ODD, autism, or any child, ages 2-18, whose

behavior does not respond to typical parenting approaches.

**Children as Clients:
Consent & Confidentiality**
Presenter: Rhonda Simpson
Brown, JD
Friday, October 6th

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Adler Alumna Susan Zimmerman *continued from page 1*

about money personalities," she says of *The Power in Your Money Personality: 8 Ways to Balance Your Urge to Splurge with Your Craving for Savings*, published in 2002.

In money personality consultations she says, "I do the Adlerian version of 'where did your historic style preference about money come from?'" "What I do one-on-one is all about strengthen-

ing their human assets and helping them recognize what they already have and to grow that."

Zimmerman's most recent book was borne of a tragedy in her son's life when his twenty-four-year-old girlfriend died suddenly of an undiagnosed blood clot.

The young woman's father said his surviving daughter needed something to read

to help her deal with the multiple dimensions of emotion and mourning she was experiencing.

It was time for a gift book, Zimmerman decided, which would be, "...beautiful all the way through and that offered someone in deep grief some significant, helpful tools."

That book, *Rays of Hope in Times of Loss: Courage and* *continued on page 3*

Workshops *continued from page 1*

This workshop is designed for social workers, health care providers, mental health professionals, and others who provide services to and/or maintain records about children.

Participants will receive comprehensive and practical instruction about the following: Health Insurance Portability and Accountabil-

ity Act (HIPAA) Privacy Rule, Minnesota's Data Practices Act, mandated reporting, Tennessee notice and minor consent issues.

This workshop is participatory and provides clear and concise answers to such questions as: Whose consent is needed to provide treatment to a child? What records are accessible, to

whom and how? What constitutes a valid authorization for release of information? When can a minor consent to his/her own treatment?

It will also teach you how to answer the question, "If I tell you, do you have to tell my parents?"

Call the Adler Graduate School to register.

For Prospective Students

If you want a welcoming, encouraging place to pursue your graduate education please come to one of our open houses. Perhaps need to have more information before you decide to enroll.

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.

The next two open houses will be held on September 6th and October 4th 6:00 – 7:30 p.m.

The open house is held at the Adler Graduate School, which is located at **1550 East 78th Street in Richfield, Minnesota.**

Please call 612-861-7554 for directions.

President's Corner

Dennis Rislove, Ph.D.

The Next Challenge

We are now settled in at our location in Richfield where students, staff and faculty all seem very happy with the new facility and all the extra space we have.

Our facility costs are, of course, greater than they were in the old location, but we now have room for the growth we are currently experiencing and for the

growth we expect in the future. We have new programs in School Counseling, Coaching, and Management Consulting and Organizational Leadership and are actively recruiting students for those programs. We expect growth in our regular master's program as well.

We are a tuition-based program so the vast majority of

our organizational revenue comes from tuition. With increased student enrollment we increase the funding we need to continue improving and augmenting our programs.

This is an area where all of you who are members of the greater Adler Graduate School (AGS) community can help.

Our research has shown
continued on back page

Adler Alumna Susan Zimmerman *continued from page 2*

Comfort for Grieving Hearts, employs nature photography, poetry and therapeutic narrative to validate the many dimensions and layers of grief a mourning person experiences.

The book relieves the giver of having to speak expertly and is, says Zimmerman, "an obvious gift of love, care and comfort."

Susan Zimmerman is an alumna of Adler Graduate School, and an author, speaker and consultant whose work is about making the most of life.

Susan speaks at personal growth conferences on the topic, *A Celebration of Hope: Making the Most of Life and Challenging Changes*. She also speaks about behavioral

finance and money personalities at financial conferences.

Susan can be reached at susan@raysofhope.us or 952-432-4666.

Website:
www.raysofhope.us

An Invitation to Women Musicians

Adler Alumna Susan Zimmerman is the President-Elect of Awesome Women, an organization whose purpose it is to help women find their voices and to express themselves.

Susan is the speaking and music coordinator for this year's programs and invites AGS and other women musicians to consider per-

forming at an Awesome Women meeting.

Any instrument will be considered. Each musician must submit a CD recording of her music (does not need to be professional grade) to be considered for a performance opportunity.

For more information, please contact Susan Zimmerman at 952-432-4666.

Adler Graduate School

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We're on the Web
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The Adler Graduate School Newsletter

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Life Coaching Seminars

Free life coaching seminars will be held at the Adler Graduate School on September 13th and October 11th. You'll see a live coaching demonstration and will be invited to ask questions of a graduate of the Adler Graduate School's Professional Life Coaching series.

There will be an overview of the program which will help you decide if you want to add coaching to your set of professional skills.

The Adler Graduate School is located at 1550 East 78th Street, Richfield, Minnesota.

For questions regarding the life coaching program call Life Coaching Certificate Series Coordinator Paula Hemming at 612-861-7554, Ext. 112, or email her at

coachpaula@earthlink.net

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that the most common way our students hear about AGS is by word of mouth.

When someone who went to school here (or who knows about our school) tells a prospective student about our school, that person usually investigates further, attends an open

house and often ends up enrolling.

Thanks to friends and alumni of our school our future continues to be very bright! When you encourage prospective students to attend our school and our open houses, AGS enrollment keeps growing.

Our strategic goal is to double AGS' enrollment over the next five years and I am confident this goal can be achieved.

Keep up the good work.

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

Adler Café

Craig Balfany will present "A Taste of Art Therapy" at the next Adler Café, scheduled for Saturday, September 16th at the Backyard Grill next to the Adler Graduate School.

Participants will be able to order from the menu from 11:30 am to 12 noon at which time, Craig's presentation will begin.

All students, faculty, alumni and friends of AGS are welcome.