

# ADLER CANDOR

Volume 8, Issue 6

March 2011

## The Adler School Launches a Center for LGBTQ Mental Health

The Adler School - Chicago Campus is proud to announce the establishment of the Center for LGBTQ Mental Health beginning in Fall of 2011. The Center will consolidate existing strengths and identify new opportunities to prepare students who are competent in delivering accessible and relevant health services, especially mental health, for the LGBTQ community. The Center will lead to the development of new coursework, certificate programs, and degree programs. It is also expected to become a resource to the Adler School and to the public regarding LGBTQ health services and health through an emerging advocacy and research agenda.

The search for a founding Director will begin soon. This individual will be a core and administrative faculty member responsible for the development of the new Center. The Director will work closely with faculty to develop plans and programs for the education and training for students. He or she will build local and national partnerships toward advocacy and research endeavors. The Director will have a one-third core faculty teaching load and will spend approximately one third of the time developing curricula and another third engaging community partners.



### Upcoming Events - Chicago Campus

All are welcome to attend!

#### Navigating Job Transition:

#### Getting Grounded, Gaining Ground

Wednesday, March 2

4:00-5:30 p.m.

Community Hall A&B

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#### Lunch with the Leadership Team

Thursday, March 10

12:15-1:00 p.m.

Community Hall A&B

RSVP to [studentservices@adler.edu](mailto:studentservices@adler.edu)

Lunch will be provided

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#### Military Psychology Group and Traumatic Stress Psychology Student Association: EMDR Event

Thursday, March 10

6:00-8:00 p.m.

Community Hall A&B

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#### Forensic Neuropsychology Presentation

Tuesday, March 15

4:00-6:00 p.m.

Room 16-118

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#### Student Lunch with the President

Wednesday, March 23

12:15-1:00 p.m.

Board Room - 16th Floor

RSVP to [studentservices@adler.edu](mailto:studentservices@adler.edu)

Lunch will be Provided

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#### Dinner for Five

#### Student/Alumni Mentoring Program

Wednesday, March 23

4:00-5:00pm

RSVP to [studentservices@adler.edu](mailto:studentservices@adler.edu)

Dinner will be Provided

## The Adler School Welcomes New Staff

We are pleased to welcome new staff to the Adler School this month.

Shannon Ingleby joins the Office of Admissions as the Admissions Assistant. Shannon graduated with her Bachelor of Arts in Psychology in 2004. Upon graduation, she worked as the Director of Children and Family Ministry for almost three years before relocating to Tianjin, China to teach English for three years.

Andria Morse joins the Office of Financial Aid as the new Financial Aid Counselor. Andria has ten years of experience working in higher education and has a master's degree in Intercultural Relations. Recently she has worked as a photographer and as the Associate Director of the Office of International Services at the University of Illinois at Chicago.

## Meet the Team Behind Adler Online

### Adler Online

Adler Online provides an exceptional approach to learning for individuals through a variety of online and hybrid programs that build upon abilities and experiences, add knowledge, and develop skills to promote the personal and professional development of our community.

At Adler Online, we have a fantastic selection of online courses primarily to promote social justice. These courses are offered with a unique program structure to fit your schedule, so if you are looking to expand your skills, update your expertise or get a competitive edge on that job you are after, Adler Online can assist you.

The courses at Adler Online are offered through Moodle, which is an Open Source Course Management System (CMS), also known as a Learning Management System (LMS) or a Virtual Learning Environment (VLE). It has become very popular among educators around the world as a tool for creating online dynamic web sites for their students.

Moodle can be accessed through the Global Login page, or by going to this website directly: <http://adler.mrooms.org>

### Meet the staff:

If you have any questions, please feel free to contact us.

<p>Zoab Mirza Director, Adler Online Room 15-223 312-662-4233 <a href="mailto:zmirza@adler.edu">zmirza@adler.edu</a></p>	<p>Sarah Fornero Instructional Design and Multimedia Consultant, Adler Online Room 15- 222 312-662-4234 <a href="mailto:sfornero@adler.edu">sfornero@adler.edu</a></p>
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## Chicago Campus Student Spotlight: Megan Scheible

**Professional Affiliations:** Secretary on the executive board of the Illinois Psychological Association for Graduate Students; Steering Committee member on the Adler School Higher Learning Commission self study; Student Representative on the Adler Alumni Association Leadership Board; Student Affiliate, APA; Student Member, IPA; Member, Psi Chi.



**Why I Do What I Do:** I am passionate about helping others to discover their best selves. My curiosity about the human mind and spirit makes psychology the perfect place for me to continue my own growth and exploration, while helping others and making a difference in communities. I have learned that when working with diverse populations, mutual respect is the key to a strong therapeutic alliance. To gain trust and build rapport I start with a mutual understanding that we will be learning from one another. To help clients feel purposeful they describe their lives and culture and I treat them as an equal. Advocating for clients, consulting with their family members, teaching the client to become their own self-advocate, and case management are interventions I find successful on a daily basis and gives me purpose in my life.

**Career Goals:** Right now my focus is my doctoral internship as I look forward to soaking up as much knowledge, experience, and therapeutic intervention skills, as possible. My long-term goals are still vast and include working with incredibly diverse populations. I plan to continue my involvement in IPA and APA as my career progresses and find networking to be a fun and beneficial aspect of this field.

**Accomplishments:** Maintaining the various aspects of the graduate school process with pride and dignity. Remaining true to self, my loved ones, and my faith has been an ongoing accomplishment.

**Biggest Achievement:** I am thrilled to have placed at an APA accredited pre-doctoral internship with Adler Community Health Services, where I look forward to fantastic training and opportunities.

**Biggest Disappointment:** Any disappointment I have faced, I know, happens for a reason and will be followed shortly thereafter with a triumph if I maintain an optimistic attitude. I have never been one to be knocked down by disappointment.

**Influential People:** My parents. They have instilled an incredible work ethic, a devotion to faith and family, and the importance of love into my life in countless ways. With their support I have had the confidence and courage to chase dreams and try new things. I am forever thankful for their support and wisdom.

**Biggest Challenge:** Going through the 7-month deployment of my partner to Afghanistan while working on dissertation, taking my licensing exam, and applying for internship. He came back safe and I matched...looking forward to future challenges! God bless our Troops!

**Advice I Would Give:** Don't allow yourself to be overcome by other people's stress. Have confidence in yourself, your abilities, and what you can handle! Try new things. I actively integrate homeopathy as a way to gain a better sense of wellbeing, energy, and balance. I find that being outside and by the water contributes to my happiness and inner peace, which is essential for success.

### **How you promote the mission of the Adler School in your personal and professional life:**

The experience that fueled my passion for socially responsible work and advocating for those who feel their voices cannot be heard was through my work with children in Lansing, Michigan. I now know that building self-confidence and using encouragement is helpful with all people in all types of settings. Additionally, not only in my professional life, but in my personal life too, I have a greater interest, appreciation, and understanding for the importance of culture. The Adler School has given me the opportunity to spend four years truly living and learning what it means to be socially responsible.

## Vancouver Campus Student Spotlight: Nelson Szeto

**Professional Affiliations:** Canadian Psychological Association (CPA) Campus Representative & Student Member; International Society for Traumatic Stress Studies Student Member

**Why I Do What I Do:** I do what I do because I love interacting with people. I am very extroverted and understanding of people - where they come from, what they've experienced, and their perceptions about their life - which allows me to connect with them at a deeper level that I would not otherwise be able to. The best conversations I've had were very insightful discussions and typically permeating across cognitive and emotional levels. I also have a profound appreciation for interpersonal relationships and the important role they play in our daily lives. Through the Master of Arts in Counselling Psychology program, I have gained a greater appreciation for intrapersonal reflections. I believe that everyone is entitled to and capable of having fulfilling relationships, with themselves and others, at the intellectual, emotional, spiritual, and community levels.



**Career Goals:** To work in multiple settings, offering holistic health and healing to individuals from all walks of life. I hope to be able to offer free workshops on various aspects of health, including physical health, mental health, personal growth and fulfillment.

**Accomplishments:** Surviving my first year of graduate school, while also taking on responsibilities of Adler Student Association Treasurer and CPA Campus Rep!

**Biggest Achievement:** Qualified for the first Canadian Traditional Kung Fu Team in 2004.

**Biggest Disappointment:** Changing academic programs after spending 4 years studying a different program and not finishing that program.

**Influential People:** My girlfriend, my instructors, my colleagues, and my family.

**Biggest Challenge:** Undertaking the thesis portion of the program and working on it continuously in a timely manner that satisfies my own inner critic as well as my perception of my supervisor's expectations of me.

**Best Advice Received:** When working with clients – “Just by being present, listening, and not judging is the greatest gift you can give to your clients”. And “have compassion for yourself”.

**Advice I Would Give:** Be flexible with yourself and your time, and take care of yourself.

**Toughest Obstacle I Overcame:** The fear and anxiety of co-facilitating the STEP program to a room of 20 plus parents, all of whom are immigrants from China and barely spoke a word of English. At one point, I was leading a sub-group of parents with adolescent children, and we came to the section about sexual health. I read the information through in English, and felt that it was too silent with a lot of thoughts going on, so I probed and found that they were not completely certain about what I was saying. So I spoke to them in Mandarin, a language that I took courses in many years ago, about sexual health. I was unsure of the terminologies, my accents, my grammar, and was generally concerned that they would not understand what I was saying, or I would accidentally say something offensive to them. Fortunately, they understood me enough and began to converse about their experiences and expectations around their children and sexuality. It was one of the best sessions and experiences in the STEP program for me.

**What I Like Best About Adler School:** Diversity, social justice, staff and faculty, and especially the quality students!

**Biggest Accomplishment while at Adler School:** Doing an Early Recollection with a client and utilizing it to help the client gain some insight into his relationship with his father.

**How you promote the mission of the Adler School in your personal and professional life:** The Adler School is deeply embedded into my identity ever since I was accepted. I have been proud to introduce the School to other professionals as well as my friends. I share with others about Adler's social interest, holism, and encouragement and try to live by these three principles; recognizing others' strengths has become second nature during interactions, in and out of sessions. In my volunteer setting, I interact with primarily children, youths, and young adults, and I offer them not only my time, but my complete attention and encouragement to try, to push through obstacles, and to learn from mistakes, accomplishing each without judgment or self-defeating language.

## Skills for Mindful Living Series - Vancouver Campus

The Skills for Mindful Living series is a British Columbia Association of Clinical Counsellors (BCACC) community service initiative (Public Presentation Project), developed in collaboration with the Adler School of Professional Psychology. The project is designed to provide opportunities to the Vancouver community to develop healthy strategies for living, and skills to enhance family relationships.

BCACC Registered Clinical Counsellors will provide educational workshops that help attendants address daily life issues such as stress reduction, parenting techniques, family and couple relationships, conflict resolution, addiction issues, anger management and mindfulness.

Workshops will be held at the Adler School of Professional Psychology, Vancouver campus. Presentations are open to 60 registrants and, while there is no fee for participation, donations are welcome. Pre-registration is strongly encouraged. Proceeds from the workshops will be invested in the Youth series of Skills for Mindful Living.

**March 8, 2011**

**What's Wrong with Anger Management and How to Make it Better**

**Presented by: Dale Trimble**

**Registration is available online at [www.bc-counsellors.org/](http://www.bc-counsellors.org/)**

**Feedback and suggestions are welcome:**

Lida Izadi, R.C.C.

Chair, Member Services, BCACC

(604)786-5432

[lidaizadi@hotmail.com](mailto:lidaizadi@hotmail.com)

## Style of Life Assessment - Vancouver Campus

### Adlerian Psychology Association of British Columbia (APABC)

#### Style of Life Assessment – I (Life-Style)

- A Workshop Facilitated by **Deb Bailey, MA, RCC** -

This is an introductory course to the Adlerian "Life Style" assessment process. The course will cover theory, methods of data collection and analysis.

**Saturday & Sunday May 7th & 8th 2011, 9AM - 4:00 PM**

Venue: The Adler Centre

Suite 230 - 1818 W. Broadway (at Burrard), Vancouver, BC.

Continuing Education Workshop Fees:

APABC Members \$300.00

Non Members \$375.00

Students \$150.00

#### **Deb Bailey, MA, RCC**

Deb Bailey is an Adjunct Faculty member of the Adler School of Professional Psychology and is also the school's Community Service Practicum Coordinator. For many years she served on the Board for the Adlerian Psychology Association of British Columbia (APABC) and is also the Secretary for The North American Society for Adlerian Psychology (NASAP). She is a former School and District Counsellor for the Langley School District and the co-author of the book *Conversation Peace* dealing with restorative justice and mediation. She is also an Adlerian therapist in private practice.

**To register, please contact *The Adler Centre*:**

**604-742-1818**

**[www.adlercentre.ca](http://www.adlercentre.ca) • [apabc@adler.bc.ca](mailto:apabc@adler.bc.ca)**

*The Alfred Adler Institute is Registered with the Private Career Training Institute Agency of British Columbia (PCTIA)*

## Sign Our Petition for the Doctor of Clinical Psychology Program Vancouver Campus

The Adler School Vancouver Campus is pursuing the opportunity to open a Psy.D. (Doctor of Clinical Psychology) Program. In order to offer this program, consent must be obtained from the Government of British Columbia and its Degree Quality Assessment Board. Demonstrating professional and public interest in and support for this program is an important part of the application process.

### A Vancouver-based Psy.D. program will:

- (a) significantly enhance access to clinical psychology training opportunities in British Columbia and Canada,
- (b) enable expanded mental health service delivery to individuals in need through practica and internships,
- (c) increase the number of well-trained and socially responsible Psychologists in the years to come, and
- (d) contribute to efforts aimed at advancing community health and social justice.

We are inviting you to support our application for consent to offer a Psy.D. program in Vancouver by clicking on the weblink below and signing our online petition:

<http://www.gopetition.com/petition/42471.html>

If you have any questions about this program or petition, please contact the Vancouver Campus Dean, Dr. Larry Axelrod at [laxelrod@adler.edu](mailto:laxelrod@adler.edu).

North American Society  
for Adlerian Psychology



59TH ANNUAL  
CONFERENCE

THE SOCIAL BRAIN:

WIRED  
TO  
BELONG

Therapeutic Strategies  
and Tactics for Today

VICTORIA, BC  
MAY 11-15, 2011

*Adler Is Everywhere*

### NASAP- NOT TO BE MISSED!

**Dr. Bob Powers**, this year's Ansbacher lecturer, will reflect back on the psychology of Alfred Adler. He will illuminate opportunities in the form of challenges that the future may present. Directly after this lecture is the always elegant **Beecher Reception** provided at no cost to conference attendees through the generosity of the Beecher Foundation.

Register for the conference at [www.alfredadler.org](http://www.alfredadler.org)

#### **NASAP in Victoria B.C.**

Victoria is a world-class destination and is on the southern tip of Vancouver Island. Seattle and Port Angeles, Washington are close coastal neighbors. Nick-named the "City of Gardens", Victoria is known for its mild coastal weather, lush gardens, and European atmosphere.

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 SUBMISSIONS CAN BE SENT TO: CANDOR@ADLER.EDU



**ADLER**  
 SCHOOL of Professional  
 Psychology

### STRESS MANAGEMENT: SELF-CARE TECHNIQUES

*This brochure was shared at <http://www.ucc.vt.edu/stdysk/stresmgmt.html>*

*by Virginia Polytechnic Institute and State University*

**TO RELAX.** Throughout the day, take "mini-breaks". Sit down and get comfortable. Slowly take in a deep breath; hold it; and then exhale very slowly. At the same time, let your shoulder muscles droop, smile, and say something positive like, "I am r-e-l-a-x-e-d." Be sure to get sufficient rest at night.

**PRACTICE ACCEPTANCE.** Many people get distressed over things they won't let themselves accept. Often, these are things that can't be changed, for example someone else's feelings or beliefs. If something unjust bothers you, that is different. If you act in a responsible way, the chances are you will manage that stress effectively.

**GET ORGANIZED.** Develop a realistic schedule of daily activities that includes time for work, sleep, relationships, and recreation. Use a daily "thing to do" list. Improve your physical surroundings by cleaning your house and straightening up your office. Use your time and energy efficiently.

**EXERCISE.** Physical activity has always provided relief from stress. In the past, daily work was largely physical. Now that physical exertion is no longer a requirement for earning a living, we don't get rid of stress so easily. It accumulates very quickly. We need to develop a regular exercise program to reduce the effects of stress before it becomes distress. Try aerobics, walking, jogging, dancing, or swimming.

**QUIET TIME.** Balance your family, social, and work demands with special private times. Hobbies are good antidotes for daily pressures. Unwind by taking a quiet stroll, soaking in a hot bath, watching a sunset, or listening to calming music.

**WATCH YOUR HABITS.** Eat sensibly -- a balanced diet will provide all the necessary energy you will need during the day. Avoid nonprescription drugs and avoid alcohol use -- you need to be mentally and physically alert to deal with stress. Be mindful of the effects of excessive caffeine and sugar on nervousness.

**TALK TO FRIENDS.** Friends can be good medicine. Daily doses of conversation, regular social engagements, and occasional sharing of deep feelings and thoughts can reduce stress quite nicely.

#### Did you know?

**Did you know** that Adler School faculty, staff, and students are eligible for discount parking near the Adler School Chicago campus. Please ask the reception desk on the 15th floor for a parking validation card and they will provide it for you.

Wabash Randolph Self Park  
 20 E. Randolph (.45 miles away)  
 (312) 656-4713

Daily \$10 to park up to 12 hours; After 3pm and all day on weekends \$10; Monthly \$200 which allows unlimited in and out privileges and the garage is accessible 24/7.

Parking validation card must be used to receive discount.

Lake and Wells Self Park  
 177 N. Wells (.65 miles away)  
 (312) 656-4713

Daily \$8 up to 12 hours; Monthly \$165 which allows unlimited in and out privileges and the garage is accessible 24/7.

Parking validation card must be used to receive discount.