



**Florida Adlerian Society
2005-2006
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2006 Florida Adlerian Conference Recap

The 11th Annual Florida Adlerian Society Conference, Institute, and Workshops was held on February 9-11, 2006. This year, the conference location moved from the University of South Florida's main campus to the Downtown Training Center, Port Authority Building near Tampa's Channelside district and Ybor City. The Gasparilla festivities also proved to be a draw for conference participants.

Thursday's all day workshops, *Cooperation Between the Sexes; Adaptive Emotions and Individual Psychology; Lifestyle Assessment; and In the Style of Alfred Adler*, were attended by a variety of individuals including parents, mental health professionals, students, and community members.

Friday's one day experience with Robert Whitaker, Pulitzer Prize finalist and author of *Mad in America*, proved to be one of the most innovative and provocative conference lectures to date. His presentation provided a unique

opportunity to consider the influence medical and mental health research has on the way mental health is perceived and addressed by professionals. Robert has since been invited to speak at the South Carolina Conference of Adlerian Psychology in Myrtle Beach.

Friday's events also included a panel discussion and a live demonstration with Frank Walton. Robert Whitaker was joined by Tim Evans, Roy Kern, Frank Walton and Daniel Eckstein for a panel discussion on the current research paradigm and the need to address mental health as a public health concern by providing alternatives to the "medical model."

Frank Walton's open demonstration with a family following the panel discussion allowed conference participants to view a professional working within the Adlerian style.

On Saturday, the Social Interest Award was presented to **Betty and Cameron Meredith** for their many contributions to

friends, family, professionals, and the field of Adlerian psychology. Although Betty passed in 1994, her presence and contributions continue to be felt by a multitude of individuals.

Saturday's keynote presentation: *The Structure and Process of E-Groups* by Al Milliren and Wes Wingett provided an impressive example of utilizing strengths in groups derived from an integration of equality, empathy, encouragement and education while encouraging group participants to identify their private logic.

The mini-workshops provided Saturday presented conference participants with a variety of topics to choose from. Our special thanks goes out to the all conference presenters. As we plan for the 2007 conference, we continue to build on the theme that treats mental health as a public health concern stressing the importance of cooperation and relationships. Save the date,

February 8-10, 2007.

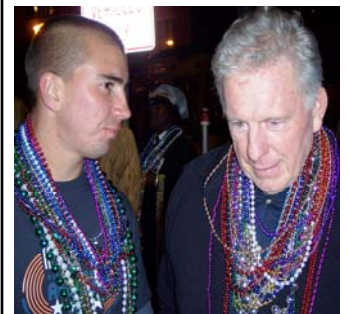
Restorative Justice By: Dr. Gerald Iwerks

Something is wrong with our judicial system. The victims are re-victimized by the courts as lawyers cross-examine them. Seldom is restitution made for loss. The offenders are often punished but then often go on to commit

other crimes. The courts are backed up, the jails and prisons are full. Crimes are seen as offenses against the state instead of offenses against people. People are not satisfied with the outcomes. Einstein said, "Insanity is doing the same

thing over and over again and expecting different results." It is time to take a new look at our judicial system and find a new paradigm. Our punitive system is a failure.

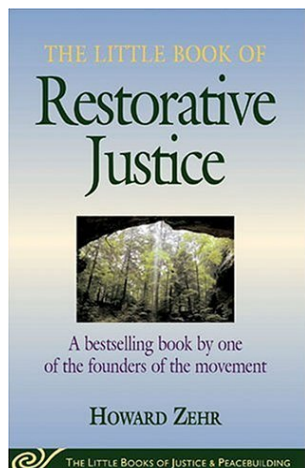
Restorative justice (R) is a process where a



Frank Walton counsels locals on the streets of Ybor City during the Gasparilla Pirate Festival's "Knight Parade"

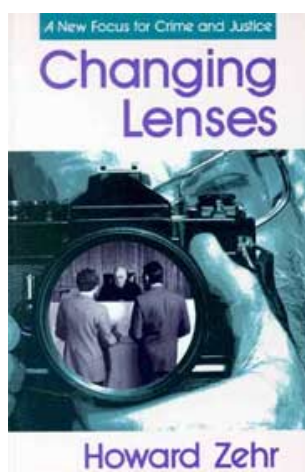


Elli Planta and Kathy Walton show off their beads.



The Little Book of Restorative Justice by Howard Zehr.

“Mediated dialogue helps create a catharsis which can be a healing experience for both victim and offender.”



Changing Lenses: A New Focus for Crime and Justice by Howard Zehr

Restorative Justice, Continued

skilled leader mediates a dialogue between offender, victim and sometimes the wider community that is also violated by crime. In RJ, the attempt is to try to directly address the harms and needs of the parties. In RJ, it is believed that a crime creates an obligation to make things right. The RJ process is to help parties engage each other in a safe way for the victim to work out a just resolution. In this process the facilitator tries to assure that all parties will be respected. There is the belief that crime is an offense against the victim and community, not the state.

Let me give an example from our retributive judicial system. A young teenage boy from an affluent family causes an automobile accident, doing major damage to the vehicle of a single mother with three children who is stressed and in financial crisis. The accident disables her car and for three weeks she is only able to get to work by bus but the schedule doesn't allow her to get her children off to school before leaving. She also couldn't get her children to the doctor and dentist appointments. She missed work, which caused her pay to be docked in pay and she fell behind in her bills. Her utilities were cut off. The school sent a social worker to confront her because they learned the children were left alone. The body shop would not release her car until the insurance company paid the

costs which took two months. There was a major crisis in this family. The teen knew nothing of the pain he had caused. His parents paid his fine and he had another accident six months later. The young mother is resentful and the teen continues to be irresponsible.

In the restorative justice model there is a different outcome. Three weeks after the accident the teen and young mother meet with a skilled mediator. Each person is given a chance to tell the story. The teen hears about the incredible pain he has caused the young mother and children. He feels some responsibility and is concerned about them. He tells his story about being in a hurry because he was late for a date. He had had trouble in school with math and had flunked a test, concerned about how his parents would respond. Each party now saw the other person as a human being and they were led by the facilitator to consider how this bad situation could be addressed. The teen takes responsibility for his actions. He agrees to borrow money from his father to rent a car for the family and to pay the deductible cost of their collision insurance. He apologizes and offers to loan his car to them until the rental can be arranged. The young mother no longer feels victimized and resentful. The young man has decided to not only take responsibility but to drive safely in the

future. There is a transformative outcome.

Restorative Justice is not a fantasy. It is the operational legal system for youth offenders and victims in New Zealand. There are many restorative justice centers in Canada, there are 460 restorative justice centers in Germany. Restorative justice is used in Columbia, Mexico, Japan, Ireland, Israel and in several African Countries. The Truth and Reconciliation Commission in South Africa was based on restorative justice.

Restorative justice is being used in Texas to bring people together at the request of the victim of serious crime. The mediated dialogue helps create a catharsis which can be a healing experience for both victim and offender. There are 400 cases in backlog of people who wish to use restorative justice.

There are many articles and books on the subject. Two recommendations are [Changing Lenses](#) and [The Little Book of Restorative Justice](#) by Howard Zehr. Mark Umbreit of the University of Minnesota heads the Center for Restorative Justice and Peacemaking and is the author of several books as well as many articles.

Dr. Gerald Iwerks is a professional mediator, therapist and interim pastor. He is member of the Restorative Justice Council on Sexual Misbehavior in Faith Communities.

The Sin of Jealous Competition

By: Timothy D. Evans, Ph. D., & Cameron W. Meredith, Ph.D

In attempting to reduce conflict in the family, the most persistent question parents ask is; why do children fight? This is not a new problem. We all remember the Bible story of Cain and Abel and the deadly result. Jealous competition and sibling rivalry have been with us for centuries.

By far, the most common explanation is that fighting is human nature. People have believed for centuries that human beings, especially men, are aggressive and belligerent and little can be done except subdue their anger and hope little harm is done.

Parents are often puzzled by a child's misbehavior and wonder if they are to blame. There are "blame the parents" laws from coast to coast. Parents need help, not blaming. In contrast, newer ideas in psychology state that children choose to fight for a purpose. This is called purposive behavior or choice theory. Granted, parents can add fuel to the conflict by how they react but seldom are they to blame. Blaming, always adds to the discouragement. In such a situation everyone, including the parents, need encouragement. The problem is we do not know what to do about a child's misbehavior beside using fear, power, and the threat of punishment.

Children may fight for a variety of purposes.

One of the most common is to get one or both parents involved. Its amazing how little fighting may occur when the parents are not available. Yet tattling is often used to involve the parents after the fact, or at a later date.

The fighting is most intense in a two or three-child family, where the children are close in age, usually two to four years apart. Although an only child can choose to fight with father to get mother to come, and thus creates a two-child family.

In a typical fight, the younger sibling starts the fight directly or indirectly and screams for help while the older sibling is finishing the fight. When a parent comes to the rescue of the younger sibling, and lectures the older sibling because he or she should know better, the younger one will sneak a smile as the older one is getting into trouble. Consequently, the oldest views the parents as unfair. The stage is set for another fight, that will involve the parent, as the purposes continue to be met.

Parents are advised to become aware of jealous competition and at least not add to the **comparing** and **competition** that prevents children from developing their own uniqueness and self-reliance. Remembering that all behavior is chosen for a purpose, they can extricate themselves from fights and

instead trust the children to settle their disagreement. Parents, by choosing not to move towards the fight, will disrupt the mistaken goals of their children. By so doing, parents can teach children how to reach agreements without fighting, that cooperation is in their favor, and families are made to order for helping each other.

Regular family meetings, mealtimes, fun times, cooperative activities, mutual respect and trust, and the spirit of encouragement can offset jealous competition in this imperfect world. These attributes will educate family members for a society of freedom, cooperation, and democracy. The emotionally self-reliant person is someone who finds meaning by being help and not a burden. An overall goal of parenting is to work your self out of a job by raising children who are self-reliant and demonstrate social interest.

Timothy D. Evans, Ph.D., is a licensed marriage and family therapist in South Tampa, Carter & Evans Family Therapy, counseling individual, couples, teens, and families. Tim teaches for the Adler Institute in Riga, Latvia. Cameron W. Meredith, Ph.D., is Professor Emeritus, Southern Illinois University, and maintains a private practice in Alton, Illinois. Email: Tim@evanstherapy.com

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www.adlerflorida.org

"Perfection never exists in reality, but only in our dreams"

Rudolf Dreikurs



FAS Board Member, Geri Carter presenting the Social Interest Award to Cameron Meredith for contributions made by Cameron and his wife, Betty, at the 2006 Conference

Articles for inclusion in the newsletter are encouraged and requested. The deadline for quarterly publication is the 1st of March, June, September and December for publication the following month.

Advertising rates for 4 issues, based on page size of 8 1/2 x 11 inches, with 1/2 inch margins on all four sides. All ads must be copy-ready, black and white.

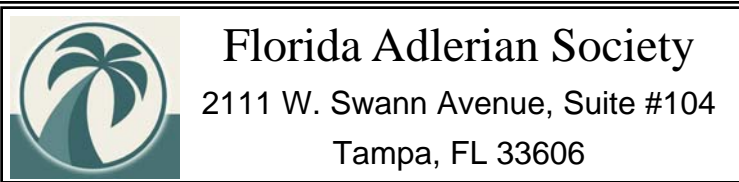
Full page - \$100
Three-Quarter page - \$75
One-Half page - \$50
One-Quarter page - \$25
One-Third page - \$38
Business Card - \$15

Membership in the Florida Adlerian Society is open to all people interested in the Adlerian concepts. Membership is based on a year that runs from February to January, for an annual fee of \$20 per person.

CALENDAR OF UPCOMING EVENTS

- July 16-29th, 2006 International Adlerian Summer School (ICASSI) Oberstaufen, Germany. For more information visit www.ICASSI.net or contact Mike Balla at mjballa@sympatico.ca
- Sept. 29– Oct. 1, 2006 South Carolina Conference of Adlerian Psychology; Springmaid Beach, Myrtle Beach, SC Contact: Frank Walton at (803) 798-0300
- February 8-10, 2007 Florida Adlerian Society 12th Annual Conference Tampa, Florida. For more information visit www.adlerflorida.org

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