



ADLERIAN society

Florida Adlerian Society
Newsletter

Spring/Summer 2007
Double Issue

2007 Florida Adlerian Conference



Board Member Geri Carter presents Kathy Fountain with the Social Interest Award on Saturday, February 10th 2007

On February 8th-10th, our 12th annual conference, **The Relationship Solution**, offered some of the most innovative and helpful topics to date.

Conference participants had the opportunity to attend full or half day workshops Thursday including: *Good Grief: An Adlerian Approach to Loss and Healing*; *Understanding Conjunctive and Disjunctive Emotions in Everyday Life*; *Ethics from the Inside Out*; and *Adlerian Psychology: An Introduction to Understanding Yourself and Others*. These workshops provided individuals interested in Individual Psychology with a more in-depth experience than typical conference breakout sessions.

Friday's seminar *Four Therapists and Three Demonstrations* illustrated Adlerian strategies in real time, with real people. Dem-

onstrations were highlighted by notable counselors: **Dr. Frank Walton, Dr. Tim Evans, Geri Carter, and Dr. Daniel Eckstein**. A panel discussion following the demonstrations allowed for direct audience participation.

On Saturday, the conference day opened with the presentation of the **Social Interest Award**. Every year we strive to recognize those individuals who have provided contributions consistent with the tenants of Individual Psychology. We were honored to present this year's award to **Kathy Fountain**, Fox News Anchor, who also gave our keynote presentation: *Mental Health and the Media* providing insight into how the media impacts client perspective and how mental health professionals can better utilize the media in getting accurate information to the general public. She also conducted a breakout session

Saturday titled: *Managing Clients with Infertility: A Mind-Body Approach*. Many people do not know that in addition to working for Fox, Kathy Fountain is a licensed mental health counselor specializing in the mental health aspects associated with infertility. This year also featured an exciting new full day workshop for teachers and parents, *Cooperative Learning in Our Schools— Utilizing Democratic Methods*, presented by **Matt Welch, Kara McComesky, Geri Carter, Tim Evans**, and special guest, **Michael Mastroianni**.

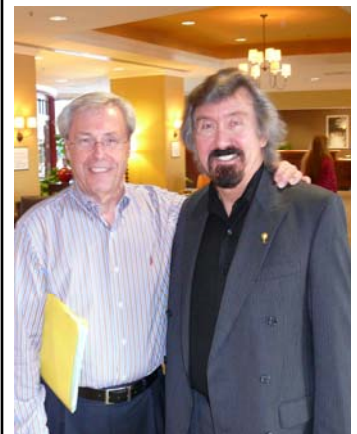
A variety of mini-workshops offered on Saturday, presented by local and national leaders in the field, rounded out this year's offerings at the 12th annual FAS Conference. The Sheraton Riverwalk Hotel in Downtown Tampa located conveniently near a variety of restaurants, shops, nightlife, and other attractions made the Downtown, and nearby Channelside District, a culturally vibrant and entertaining setting for our conference.

In addition to the many educational opportunities available this year, a variety of social events including: the **Improv Comedy Club** in Ybor City, our annual **bookstore reception**, a **rooftop party** at the Meridian in Channelside, and a trolley ride to the **Gasparilla Sant 'Yago Knight Parade** allowed all participants the chance to spend time with each other, our presenters, and the community. See photos online at www.adlerflorida.org

Florida Adlerian Society 2006-2007 Board of Directors

Past President: Randall Gainforth
President: Nicola Haddak
Vice-President: Matt Welch
Treasurer: Charla Conroy
Secretary: Lisa Runyon
Executive Director: Tim Evans
Director: Pam Adler
Director: Geri Carter
Director: Lolita Grohmann
Director: Amanda Keating
Director: Becky Razaire
Director: Lori DeCosmo
Director: Lisa Butts
Director: Ashley Lippincott
Director: Mary Ann T. Stockstill
Director: Jeremy Wojtkun

"Whoever alters a person's expectations changes his behavior"
~Rudolf Dreikurs



PARENTING TODAY'S TEENAGER:



A Guide to Fostering Democracy,
Cooperation, and Teamwork in Your Home

GERI CARTER, M.A.

FAS Board Member, Geri Carter's book, *Parenting Today's Teenager: A Guide to Fostering Democracy, Cooperation, and Teamwork in Your Home* is now available.

“The emotional bond was more important than the amount of activities teens did with their parents.”

Carter and Evans Marriage and Family Therapy



**Individuals, Couples, Family,
Divorce, & Parent Education**

2111 W. Swann Ave,
Suite #104
Tampa, FL 33606

Mondays with Kelly: The Relationship Solution

By: Geri Carter, M.A. and Timothy Evans, Ph.D.

Every Monday morning I break the rules, and allow my 13-year-old daughter to miss her first period class, and have breakfast with me, her mom. Kelly and I value education. In fact, Kelly made straight A's on her last report card. However, I also value my relationship with my daughter. My time is limited. I am a single parent and work full time. Consequently, it is difficult to find one-on-one time. We are competing with school, extracurricular activities, church, social life, shared parenting, and everyday tasks. I wanted to better maximize the time we had together, and that time just happens to be Monday mornings.

A study published by the Journal of the American Medical Association, concluded that feeling loved, understood, and paid attention to by parents help teenagers avoid high-risk activities regardless of whether a child comes from a one or two-parent household. It is also more important than the amount of time parents spend at home. While, the amount of time spent with parents had a positive effect on reducing emotional distress, feeling connected to parents was five times more powerful. This emotional bond was about six times more important than was the amount of activities that teenagers did with their parents. I guess you could say our morning ritual is a form of vaccinations against the challenges of life that Kelly faces, every day.

There are two sides of life from which we can choose: a useful side where happiness is sought through relationships with others and a useless side where pleasure is sought without relationships. The useless side may include drugs, sex without love, and/or power. Experts' advice the single deciding factor that will safeguard young people from choosing to live on the useless side of life is a satisfying relationship with an encouraging adult.

Thus, this breakfast is no ordinary breakfast. It is purposeful and consists of the seven connecting habits: caring, trusting, listening, supporting, negotiating, befriending and encouraging. Parents who practice these caring habits seldom have teenagers who lie to them because there is no need for lying. It is amazing how a breakfast can be totally connecting, and I'll spell out the seven connecting habits below.

1. Caring: My daughter knows I am putting her above all other things in life at that moment.
2. Trusting: I am trusting Kelly that she will complete her missed work.
3. Listening: I make a point of taking an interest in her, as a person. This gives her a sense of belonging and connectedness to me. I do not judge, or give advice.
4. Supporting: When she tells me what she is going through I don't try to fix her problems. Sometimes she wants my

opinion, but usually I just listen. There are times she wants to know what I think and I provide guidance, while conveying faith in her abilities.

5. Negotiating with respect: We always talk about upcoming events, schedules, etc, and coordinate our time.

6. Befriending: I want Kelly to know that I am in her corner. This can be counter cultural, but it is preferable to be friends with your sons and daughters. Teenagers will more likely stay away from the useless side when they know that someone at home values and respects them.

7. Encouraging: Perhaps this is the greatest connecting habit! I convey to my daughter that she is a worth while human being. She has intrinsic value even when things go poorly.

If you are having a challenging time with a teen, instead of nagging or grounding, you may choose to invest time in building a quality relationship. If you need assistance, then a qualified counselor may help. To give time and yourself, the emotional bond, provides security for your developing teen.

Geri Carter, M.A., and Timothy D. Evans, Ph. D., are marriage and family therapists in private practice at Carter and Evans, 2111 W. Swann Ave, Tampa, FL

Email:
Geri@cartertherapy.com or
Tim@evanstherapy.com, 813-251-8484.

Birth Order Among the U.S. Presidents: Historians and Adlerians Converge

By: Constantinos E. Scaros, J.D.

My first real exposure to Adlerian thought took place about ten months ago -- in early September 2006, to be exact. I was sitting outdoors at the International Plaza in Tampa having ice cream with my good friend and dedicated Adlerian, Amanda Keating. At the moment, I had been thoroughly enjoying my good-sized portion of chocolate ice cream, hoping that it would not interfere with the scrumptious steak dinner that was about to follow. Fortunately, as it turned out, we had ample time to digest our pre-dinner dessert, and that was when I

broached the subject: "So, what exactly is the Adler school of thought all about?" I inquired. By the way, I know next to nothing about psychology (history, law, and political science are my bag), though that doesn't prevent me from playing amateur psychologist whenever the opportunity avails itself. When I think of psychology, Freud comes to mind, sort of like the pyramids come to mind when I think of Egypt. So when Amanda began to explain that Adler did not ascribe to Freudian theory, the contrarian in me was intrigued. I wanted to find out

more about this Adler fellow, who apparently went against the grain.

Amanda gave me a general overview about Adler, and I remember emphasis on an individual's *birth order*. She relayed how a person's birth order is directly correlated to his or her personality and, in turn, accomplishments in life. Appealing to my affinity for presidential history, she mentioned that a sizeable number of U.S. presidents were the first-born or only children in their families (which underscores Adler's notion that first-borns have strong leader-

Constantinos "Dino" Scaros is Dean of Criminal Justice at the Katharine Gibbs School in Manhattan, and teaches history, political science, and law at New York University. He earned a B.A. in Political Science from Fordham University and a Juris Doctorate from New York Law School, and is currently pursuing a graduate degree in American History at the American Military University. He is also the author of four books: Learning about the Law, All about Torts, Learning about Immigration Law, and Welcome to College.

Highlights from the annual FAS Conference: The Relationship Solution



Birth Order Among the U.S. Presidents Cont'

ship characteristics). Amanda's information is correct though a basic Google search tends to distort the data: namely, numerous reports suggest that a majority of U.S. presidents were only children. This is simply not true, though there are some interesting patterns between presidents and birth order:

Of the 42 U.S. presidents, only 13 were the first born, which is roughly 30 percent. But another nine were the first-born males. Moreover, another five were the oldest of the children living at home. Accordingly, 27 presidents (about 64 percent) did not grow up with any older male siblings, and 18 (about 43 percent, not quite a majority, but close) did not grow up with any older siblings at all. None of these data provide jaw-dropping statistics that would emphatically underscore Adler's theory about the leadership traits of first-born children. But upon taking a closer look, the plot thickens.

About seven years ago, shortly before the 2000 election, the Federalist Society and *The Wall Street Journal* assembled a prestigious group of ideologically balanced historians, political scientists, and legal scholars, to rank the presidents. This study is increasingly considered to be the gold standard of presidential rankings. The group determined that George Washing-

ton, Abraham Lincoln, and Franklin Roosevelt were the greatest presidents of all time, in ranking order. Of the three, none grew up with an older brother, and only one (Lincoln), grew up with an older sibling at all. The next eight presidents were classified as "near great." Five of the eight were the oldest males in the household. And even among the seven beyond those, considered "above average," four (a slight majority) were the oldest males.

Turning to modern times, and focusing solely on the past ten presidents (Eisenhower to George W. Bush), five were the oldest child in the family and five were not (a clear deviation from the birth order statistics of their predecessors). And none had older sisters yet no older brothers. In fact, the last president to have been the oldest son, but not the oldest child, was Woodrow Wilson (and that was close to 100 years ago!).

Although this is neither an exhaustive research of various patterns that pertain to the correlation between Adler's birth order theory and the presidents nor a scientific analysis that completely isolates all other variables, there are enough trends to influence me, a self-proclaimed Adler-

ian newbie, to draw some conclusions: First, that a formidable majority of the presidents widely considered to be above average to great did not grow up with any older brothers. Second, that over the past 100 years or so, not a single president grew up with older siblings that were only female (as opposed to seven such presidents over the 100 years before that point).

Finally, the most interesting conclusion of all: Adler's theory regarding the leadership traits of the oldest children as reflected in U.S. presidents was most prevalent, by a very wide margin, during his own lifetime (1870-1937), when 11 of the 14 presidents (a staggering 79 percent) were the oldest male children of the household. Of the presidents preceding Adler's birth, only 10 of 17 (59 percent) were the oldest males at home. As for the presidents following his death, an even less impressive six of 11 (55%) were the first-born males in the home.

Adler's lifetime spanned exactly one third of all the presidents: 14, to be exact. And at no other point in American history were such a high number of 14 consecutive presidents comprised of the eldest sons. This could be an amusing coincidence, or a partial explanation of the influence of

Adler's theory; a phenomenon notable enough to shape his theory of birth order as it relates to leadership. As for the significance of oldest son versus oldest child, I leave that to far more seasoned Adlerians than myself to ponder.

Speaking of Adlerians, I attended the Florida Adlerian Society's (FAS) annual conference in early February of this year. Truthfully, my main reasons for attending were to see a presentation Amanda gave, and to join her and her entourage at a post-conference rooftop party. Learning more about Adlerian thought was a distant third. In my defense, I was on vacation, after all! But I did buy a t-shirt featuring what I call the Adlerian universe (I'm sure there's another name for it). Judging from the enthusiastic group of Adlerians that I encountered at the conference, I'm sure that the organization will continue to grow and flourish. Who knows – maybe on one of my forthcoming trips to the Tampa area, I'll be sitting at the bar seaside, sporting my FAS tee, when some alluring Adlerian woman will make her way over to me, wink, smile, and say: "So, where are you in the birth order?"

1. Although our current president, George W. Bush, is the 43rd president of the United States, there were only 42 individuals who became president; Grover Cleveland, the only president to serve nonconsecutive terms, is our 22nd and 24th president.
2. At least one of their parents had children previously, either out of wedlock or as part of a previous marriage.
3. A prominent political think tank.
4. The current president Bush, who had not yet taken office, and William Harrison and James Garfield, both of whose presidencies were extremely short due to death in office, were excluded from the rankings.
5. During the past 100 years, all of the presidents have been either the oldest child, had older brothers only, or had both older brothers and older sisters. None were the oldest sons who had older sisters.

Call for Proposals for the 13th Annual Florida Adlerian Society Conference: The Relationship Solution

Proposed Dates: February 7 - February 9, 2008: Full Day, Half-Day, or 75 Minute presentations

Proposal Guidelines:

Proposals are invited for one day workshops; half-day workshops and for 75 minute presentations to be offered for February 7th - February 9th, 2006. The process of granting Continuing Education Units (CEU's) is essential for the success of the conference, and necessitates the extensive accounting of your presentation (state requirement).

Please type/write guidelines below:

1. Title of Program:
2. Proposal description (60 Words or less). This will appear in the Conference Program:
3. Goal of workshop (One or Two Sentences):
4. Professional Learning Objectives. List three to five learning objectives stated in behavioral terms, such as, "participants will be able to...":
5. Give name(s), highest degree, and work setting for each presenter:
6. Briefly state your experiences for doing this workshop, such as other workshops you have conducted or work experiences.
7. Attach a professional vita for each presenter.
8. Please give the Name, Mailing Address, day and evening phone number of main presenter or contact person.
9. List your Audio Visual Requirements.

Send your proposal to: Florida Adlerian Society, Attn: Tim Evans, 9122 Rockrose Dr., Tampa, FL 33647.
For further information contact Tim Evans at (813) 251-8484, or e-mail: tim@evanstherapy.com

FAS Happenings Around the World



Above: A group of individuals celebrate their experience and training with Tim Evans in Latvia.



Above: Amanda Keating provides training and education for the newly formed Jamaican Autism Support Association in Kingston.

**Florida Adlerian Society
Newsletter**

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 SOCIAL EVENTS

- Sept. 28 -30, 2007 South Carolina Conference of Adlerian Psychology
Springmaid Beach, Myrtle Beach, SC
Contact: Dr. Frank Walton at (803) 798-0300
- October 27th, 2007 FAS Halloween Party, Meridian rooftop, 1212 E.
Whiting St, Tampa, FL
Contact Geri Carter at geri@cartertherapy.com
- December 8th, 2007 FAS Christmas Party
Contact: Lisa Butts at lisabutts@gmail.com
- February, 2008 FAS 13th Annual Conference
- March 29th, 2008 FAS Community Egg Hunt! Contact:
Amanda Keating at AKeating@fmhi.usf.edu

Florida Adlerian Society
Provider # BAP 170 - 3/2007



Florida Adlerian Society
2111 W. Swann Avenue, Suite #104
Tampa, FL 33606

NON-PROFIT ORG.
U.S. POSTAGE PAID
TAMPA, FL
PERMIT NO. 3328

Check us out on the web: www.adlerflorida.org