



## 2007 Florida Adlerian Conference

**The Relationship Solution**, our 12th annual conference offering up to 18 hours of continuing education credits, boasts some of the most innovative and helpful topics to date.

Conference participants will have 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*; *What Did the Adlerian Business Manager Say to the Social Entrepreneur? 'I Know How to Help Your Business Do Good and Do Well.'*; *Ethics from the Inside Out*; and *Adlerian Psychology: An Introduction to Understanding Yourself and Others*. These workshops provide individuals interested in Individual Psychology with a more in-depth experience than typical conference breakout sessions.

Friday's seminar *Four Therapists and Three Demonstrations* will illustrate Adlerian strategies in real time, with real people. A family counseling discussion and demonstration with **Dr. Frank Walton** will begin

the day, followed by a couple's counseling demonstration with **Dr. Tim Evans** and **Geri Carter**, and ending the day will be an individual counseling discussion and demonstration with **Dr. Daniel Eckstein**.

On Saturday, we will open the day with the presentation of the Social Interest Award. We are excited to recognize those individuals who have provided contributions consistent with the tenants of Individual Psychology. Our keynote presentation: *Mental Health and the Media* by Fox News Anchor, **Kathy Fountain**, will provide 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 will also be conducting 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 also a licensed mental health counselor specializing in mental health aspects associated with infertility. This year an exciting new full day workshop for teachers and parents,

*Cooperative Learning in Our Schools— Utilizing Democratic Methods*, will be 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, rounds out this year's offerings at the 12th annual FAS Conference. Our new conference location is at the Sheraton Riverwalk Hotel in Downtown Tampa. A variety of restaurants, shops, nightlife, and other attractions make 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 are planned 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**.

**Register Online Today!**  
[www.adlerflorida.org](http://www.adlerflorida.org)

## Choose Your Behavior Wisely

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

During the holidays it was tempting to observe others and be duped into believing everyone else is happy. It's a natural tendency but a discouraging habit to compare yourself to others. When we first meet some-

one during special occasions, we all tend to put on our "best face." If you find yourself struggling with a relationship, and think everyone else is happy and conflict free, take heart, you are not alone!

Successful relation-

ships are not defined by being conflict free. When you choose a long-term partner you inevitably choose a particular set of problems. Your ability to negotiate these differences in a way that feelings of hurt, frustration, and rejec-

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"A level of mental health is directly related to our sense of belonging."  
~Rudolf Dreikurs



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## 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.

*“During conflict, couples need to convey acceptance and avoid criticism, nagging, and judging.”*

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## Choose Your Behavior Wisely, Continued

tion do not become overwhelming is critical in maintaining a satisfying relationship.

During conflict, couples need to convey acceptance and avoid criticism, nagging, and judging. These behaviors only intensify the conflict. The overall goal in a marital conflict is to maintain respect and stay connected. This is more important than resolving differences. Respecting and accepting differences could be the solution to many of our conflicts. Keep in mind, some conflicts may never get resolved.

Conflict that contains criticism and contempt locks a couple into miserable and hurtful relationships. Both individuals believe they are “right”. There is no absolute truth in marital conflict, only two subjective viewpoints. The ability to negotiate differences, without displaying contemptuous facial expressions, like eye rolling, is crucial to resolving differences.

In the past, conflict in the family was settled by tradition and power. Men were accepted to lead (boss) so women and children were in a poor posi-

tion to fight and conflict was easily managed. However in the past 40 years women and children have learned they are of equal worth and value. Thus, they often fight back resenting being put down.

When inequality is a source of conflict, find a good counselor. A qualified counselor knows something about creating social equality, and will help resolve your immediate concerns.

Otherwise, the key to resolving conflict is what we do with our own behavior. The most useful and courageous choice is the decision not to fight. Consequently, we open the door for improvement.

There are several things you can do instead of fighting. First, you can insure that you maintain fondness and admiration for your partner. This means focusing on the good, and the courage to forgive the past.

The second choice is to do something different with your own behavior that is sat-

isfying, and has nothing to do with the conflict. If the conflict is too intense then back away. Make sure you do this in a friendly manner and provide a useful exit line, such as ‘lets talk later, and for now agree to disagree’. Then find something you have control over that depends on yourself, not your partner. Focus on something that is possible but is not part of the conflict. Meeting your own needs will give you some time and courage so later you can make a successful repair attempt.

Remember, resentment and contempt hurt relationships. Friendship, acceptance, and cooperation are the keys to creating relationships that free each other into becoming fully functioning human beings. You always have a choice to cooperate or fight. Its up to you!  
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## The Joys of Attending ICASSI

By: Nancy Keating, R.N. MPH

I attended ICASSI (International Committee of Adlerian Summer School and Institutes), in July, 2006, in Oberstaufen, Germany. Yearly, Adlerian followers attend an international summer school in a different country in Europe, Canada or the United States. Twenty three countries were represented at the school this year. There were many newcomers as well as many that regularly attend, year after year. All ages were represented, as well as married couples and singles. Many modern day psychologists follow the guidelines of Alfred Adler in their clinical practices. Space limitations do

not allow me to fully explain Adler's theory of human behavior; however, one particularly impressive concept was the belief that human beings, as social creatures, have a natural desire to contribute usefully for the good of humanity. Adler also supported the democratic concept of human equality and a belief that encouragement focuses on effort, strengths and opportunities for contribution and cooperation, and not on mistakes.

I attended classes on stress and wellness, death and dying, and a Leadership Institute. Other courses one

could take included: introductory psychology, psychology in the workplace, art therapy, intergenerational issues, interpersonal communication, early childhood education, the challenge of parenthood, couples enrichment, supervision using an Adlerian Model and spirituality. The classes were very much “relaxed” with an abundance of positive and encouraging messages from professors. Classes ranged from seminar type sessions with live, on-stage therapy demonstrations to smaller, more intimate classes. University students could receive college credit.

Everyday, international

# The Joys of ICASSI, Continued

classmates joined us for meals. All were extremely friendly and eager to share thoughts, ideas and cultures. Opportunities to make new friends arose at meals, evening social events, during the weekend tour of Austria and Switzerland and during classroom activities.

A gathering called the Adler Café, was held one evening with the theme: "Is World Peace Possible?" An international talent night was also held with funny impersonations by British attendees, of the royal

family and various other acts by representatives of all the countries. On a more serious note, an Irish poet read a gaelic love poem that he had composed. Attendees brought violins, guitars and other musical instruments to entertain. Bavarian locals provided music (beautiful yodeling) and introduced attendees to Bavarian dancing.

The healthy Bavarian people, including many elderly, could be seen hiking and biking in the mountains and throughout the city, everyday. We had

many opportunities to explore the city of Oberstaufen and to enjoy the beautiful scenery and Bavarian mountains. This has inspired me to become more active in my daily life.

The joy of meeting and making friends with many different people from all over the world was the most fascinating part of the whole two weeks for me. It truly was an experience of a lifetime that I will never forget. You can read more about ICASSI at [www.ICCASI.net](http://www.ICCASI.net)



Nancy Keating spends time with international participants at the closing ICASSI dinner.

# Gemeinschaftsgefuehl in Action: The FAS Halloween and Holiday Parties



Articles for inclusion in the newsletter are encouraged and requested. The deadline for quarterly publication is the 1<sup>st</sup> 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

- February 8-10th, 2007 Florida Adlerian Society 12<sup>th</sup> Annual Conference Sheraton Riverwalk Hotel, Tampa, Florida. For more information visit [www.adlerflorida.org](http://www.adlerflorida.org)
- May 24-27th, 2007 NASAP Conference. Vancouver, Canada. For more information visit <http://alfredadler.org>
- July 22-Aug. 3rd, 2007 International Adlerian Summer School (ICASSI) Elspeet, Netherlands. For more information visit [www.ICASSI.net](http://www.ICASSI.net) or contact Mike Balla at [mjballa@sympatico.ca](mailto:mjballa@sympatico.ca)

**It is always easier to fight for one's principles  
than to live up to them.**

~Alfred Adler

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