



ADLERIAN society

Florida Adlerian
Society Newsletter

WINTER 2007-2008

BUILDING INSPIRING RELATIONSHIPS

RUDY!

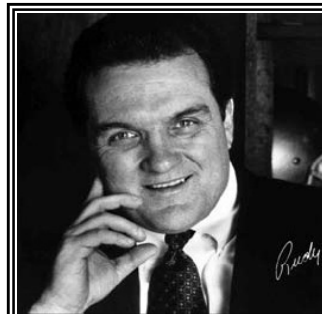
Rudy Ruettiger



Rudy Ruettiger's life, which was made into the movie Rudy, is an inspiration to all. Rudy grew up in a middle class household, the third of fourteen children. He attended Joliet Catholic High School and played football, leading his team in tackles his junior and senior years. After graduation Rudy served in the United States Navy and worked in a power plant. He struggled at Holy Cross Junior College where he found out he had dyslexia. He applied to Notre Dame to finish his studies and was rejected three times.

One of Rudy's insights is to "Never underestimate the power of a dream" He was finally accepted to Notre Dame in the Fall of 1974 and earned a place on the Notre Dame practice squad helping the varsity team practice for games. He was often injured, but was kept on the scout team for his perseverance and heart for the game of football. His struggle to become a member of the varsity team inspired the other players. Finally in the final play of Rudy's senior season with the Fighting Irish, the players and students chanted "Rudy! Rudy! Rudy!" Coach Dan Devine relented, put him in and he sacked the quarter-

back. Rudy was carried off the field by his teammates following the game, and remains to date the last Notre Dame player to be accorded that honor.



Rudy Ruettiger Coming to Tampa February 2008!

Rudy is a world renowned motivational speaker, the author of four books, has been honored with a Doctorate from Our Lady of the Holy Cross College, has earned the Distinguished American Award, and has been recognized by President George W. Bush at the White House. We invite you to take part in continuing the inspiration as Rudy addresses some basic truths about building inspiring relationships at our 13th annual Conference.

This year's keynote speaker, Rudy Ruettiger, will be introduced by our very own Tampa Bay Buccaneer Chris Simms. Chris is a gifted southpaw quarterback. As starting quarterback,

during his fifth season in the league the 2006 season prematurely ended when he suffered a rupture spleen against Carolina and subsequently he had to undergo a splenectomy.

Chris had set a team post-season record with 25 completions and 38 pass attempts in a NFC Wild Card game against Washington Redskins. In addition he did not throw an interception over a stretch of 122 pass attempts. Chris is currently on the injured reserve lists, he can return back to the NFL. ■

For further information and to register for this special event visit us at our websites
<http://www.rudyintampa.com>
and
<http://www.adlerflorida.org>.



Tampa Bay Buccaneer Chris Simms to introduce Rudy Ruettiger at FAS 13th Annual

Florida Adlerian Society
2007-2008
Board of Directors

- Past President: Nicola Haddak**
- President: Geri Carter**
- Vice-President: Randall Gainforth**
- Treasurer: Charla Conroy**
- Secretary: Becky Razaire**
- Executive Board: Tim Evans**
- Board: Matt Welch**
- Board: Pam Adler**
- Board: Lolita Grohmann**
- Board: Amanda Keating**
- Board: Lisa Runyon**
- Board: Lori DeCosmo**
- Board: Lisa Butts**
- Board: Dan Kane**
- Director: Jeremy Wojtkun**
- Assistant: Denise Johnson**

INSIDE THIS ISSUE:

Equality ² in Marriage

Home Schooling: Yes or No? ²

Scenes from the FAS Annual Christmas Party ³

Florida's Very First Adlerian Elementary Public Charter School ³

Carter and Evans
Marriage and Family
Therapy



Individuals, Couples, Family, Divorce, & Parent Education

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



“Each person has his own uniqueness, which is to be treasured and valued”

~Timothy D. Evans



FAS Annual Christmas Party 2007

Equality in Marriage

By Timothy D. Evans, Ph.D.

One of the underlying issues in unsatisfying marriages involves the issue of equality. Inequality means somebody is feeling “less-than” in the relationship. Consequently, the “together experience” has ceased and replaced with an emotional distant relationship. It is a one-sided relationship with the dominant partner calling all the shots and often leaving one partner feeling angry or depressed.

Equality does not simply mean sameness. It means respect and dignity for our inherent differences. Each person has his own uniqueness, which is to be treasured and valued. To convey acceptance, that you only want more of the same from your partner.

Unfortunately, many of us have learned how to make unhappy choices. We are experts at putting each other down. When this happens, we chip away at marital satisfaction and move ourselves further from mental health. If we continually engaged in one-upsmanship (criticism or blame), on a daily

basis, the marriage is in jeopardy.

One day, the signs become clear. The marriage is floundering, and one person is so unhappy, something has to change. It is only then, in their desperation that the couple considers outside help. However, once the decision is made that therapy is needed, it is difficult for the couple to define the problem. The only thing they know is feeling hurt, and the tendency is to blame the other person.

Disturbances in equality fall in three categories: the issue of status, control, or fairness. When status is the concern, someone's prestige is being questioned. One's feelings of significance or need for belonging is being challenged. When control is the issue the right to decide is being lost. The person's opinion or judgment is not being considered and there is no shared decision making. Finally, the most difficult is fairness. This creates an atmosphere of retaliation or even revenge in the relationship.

To alleviate inequality requires a willingness to work on your together experience, to be open to change and learn how to make wiser choices that improve the quality of your relationship. To improve one must stay out of self-blame and give yourself credit for having a desire to change your own behavior. The first steps may be faltering and scary. Yet, have the courage to stumble and work on creating a meaningful marriage based on equality. We are all in the same boat learning how to relate as dignified human beings. ■

Timothy D. Evans, Ph.D., is a licensed marriage and family therapist in South Tampa counseling individuals, couples, families, and substance abuse evaluations. He is in practice with Carter and Evans and serves as the Executive Director of the Florida Adlerian Society. Email: Tim@evanstherapy.com.

This article was also featured in The Sandspur Magazine, Fall 2004.

Home Schooling: Yes or No?

By Lori DeCosmo, Owner/Director of Learning Adventures

I have never been a proponent of home schooling. I've always felt that the social interactions and the group dynamics one experiences in a classroom setting are invaluable.

Alex went to a small private elementary school that emphasized self-reliance and a warm community. His first day in public middle school, he couldn't find one of his classes. He asked an

adult walking by and she replied: “what are you doing out here, don't you now you're not supposed to be outside of class after the bell rings, you could get a referral for walking around cam-

Home Schooling: Yes or No?

Continued

pus.”

The next day he had his lunch stolen, and things for Alex that year never seem to improve. The second year went better! Alex being really good at fitting in, made several friends, got into a fight, learned how to undermine the adults who were disrespectful and like everyone else he learned to hate school.

During this second year of middle school, we were asked to meet with the assistant principal, the magnet school coordinator, and the guidance counselor. They wanted Alex to come and tell them the things he was telling us. He did so, eloquently and with great courage. Afterwards, I knew what I had known all along. I would not want to be in this school. Alex hated school and did not want to go there any more. We decided that home schooling was going to be our choice.

It was helpful for us to realize that home schooling is about going with the flow, and not worrying about getting it right. Some things we try to incorporate are:

- 1) Finding opportunities for Alex to contribute; he helps us out at work (our pre-school) and the kids love his positive energy and he loves them.
- 2) An opportunity to gain a sense of belonging. Through his music and acting he has met some really diverse, creative people.
- 3) Maintaining a friendly relationship: We have an ongoing dia-

logue and that allows us to help guide him in building respectful, satisfying relationships, something I'm not sure could have continued as well in the school he was attending.

4) Providing choices through problem solving and negotiating: Alex is looking into going back to a public high school possibly part time. Having some say in how his education will take place is empowering.

Home schooling is a lot like going to college. It's not for everyone. It works for us, mainly because Alex wants it to work. We give him his assignments or he follows a set curriculum for certain classes on the internet, and records what he does in his agenda. We review his work over the weekend to see if he has any questions or just to check up on things. He studies Italian for a second language, because we as a family want to learn to speak Italian. I chose a history book for him and we keep a portfolio. I have to read everything in advance and come up with the guidelines for his lessons. His dad works with him on math (College Algebra). He has various writing assignments and we usually all come up with them together.

The other day he wrote his acting resume. Science is online through "Florida Virtual" (which by the way offers all the classes that are taught at that grade level in public school.) He reads

things that are interesting. We believe that if you make school interesting, Alex will learn. We recently talked about the Holocaust and he asked me how it was that so many participated in the killings. I recommended reading "The Wave" and the "The Diary of Ann Frank".

It is a big commitment on the family to do home schooling. Alex has the motivation to study on his own. It can be lonely and hard at times, but there are the up times that make up for all the downs.

Home schooling may not be a choice for everyone but finding a way to give choices made all the difference in encouraging our child to continue with his education. ■

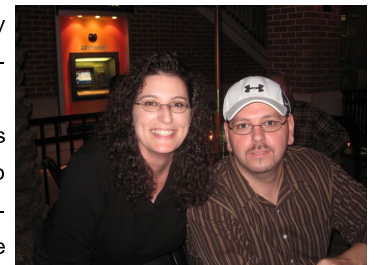
Exciting News is taking place In the Tampa Bay Area.

The Alfred Adler Elementary Charter School was approved at the televised, Pinellas County school board meeting, on January 9th 2008.

Adler spoke of it, Dreikurs spoke of it and many others who followed their path; liberate yourself from fear, and accept the challenge to move forward with resolution and courage. That is what we did with the help, encouragement and support of all those who believe in Democracy. As a result we now have an Adlerian Elementary Public Charter school (k-5) in St. Petersburg Florida.



“An opportunity to gain a sense of belonging”
~Lori DeCosmo



FAS Annual Christmas Party 2007

CALENDAR OF SOCIAL EVENTS

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.

Articles can be e-mailed to Tim Evans at Tim@evanstherapy.com.

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.

Feb. 14-16th, 2008

FAS 13th Annual Conference:

“Building Inspiring Relationships”

The Tampa City Center Hyatt Hotel, Tampa FL

Contact Geri Carter at Geri@cartertherapy.com

March 29th, 2008

FAS Community Egg Hunt!

Contact Amanda Keating at AKeating@fmhi.usf.edu

June 2008 TBA

FAS Board Members Annual Retreat

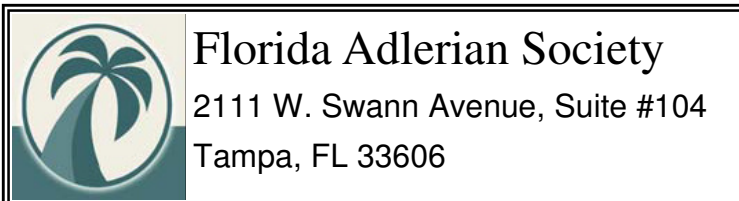
July 13-25th, 2008

ICASSI 2008: 41st Rudolf Dreikurs Summer Institute

Gyor, Hungary

For more information visit www.ICASSI.net

**Florida Adlerian Society
Provider # BAP 170 - 3/2009**



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