

PSAS Events

For parents, educators, mental-health professionals, students, and other people interested in human relationships and human well-being.

Please see the schedule on the following page.

The science of the mind can only have for its proper goal the understanding of human nature by every human being . . . and peace for every human soul.

Alfred Adler, MD

In this spirit, PSAS offers free **First Friday Forums**, free, grant- or donation-funded **Positive Discipline** and **Disciplina Positiva** parenting courses, and other educational events for everyone who is intrigued with human relationships and well-being. We are delighted to report that the Horizons Foundation has again funded a year-long series of our parenting courses.

At our **First Friday Forums**, various presenters address subjects of interest to mental-health professionals, educators, parents, and others interested in human relationships and well-being.

At quarterly forums, **Stephen A. Maybell, PhD** (Director of the Student Counseling Center and Professor of Marriage and Family Therapy at Seattle Pacific University) has presented **Clinical Conversations**. He is taking time off to deal with health concerns, and we hope that he'll return for more forum presentations later on.

We are sad to say that our **Professional Development Seminars** for mental-health professionals and graduate students have been suspended because of the passing of **Robert L. Powers**, one of our presenters, and the decision by his wife and co-presenter **Jane Griffith** to move back East.

With the retirement of **Stephanie Cross**, **Sanity Circus** (our parenting course for 30 years) morphed into **Positive Discipline** and **Disciplina Positiva** courses---still Adlerian, still grant funded and free, and still co-sponsored and hosted by various other nonprofit organizations. We are delighted that **Anita Garcia Morales** and **Ximena Grollmus** are now the presenters for these courses. (Both are also PSAS Board members.) We also hope to be offering the course **Active Parenting of Teens** shortly.

With **Sound Discipline** and the **Positive Discipline Association**, we co-sponsor **Teaching Parenting the Positive Discipline Way** and **Positive Discipline in the Classroom**. With **Sound Discipline**, we also co-sponsor the course **Positive Discipline in the Early Childhood Classroom**.

CE hours for licensed mental-health professionals are available at PSAS events. The CE fee is \$10 per hour for PSAS members, and \$15 per hour for others.

To join the PSAS "Friends" email list for event notices, or for further information, please call or email us, 206-527-2566, psas@att.net. To become a PSAS member, please see www.pasadler.org/membership.pdf. Annual dues are \$30.00. To suggest a topic or presenter for a **First Friday Forum**, please email or call us.

*Our mission is to nurture dignity for all
by encouraging democratic relationships and a sense of belonging.*

Positive Discipline Parenting Classes

Who ~ Anita Garcia Morales

What ~ A grant-funded course to help parents who want more cooperative, respectful, and warm relationships with their children

Where ~ North Seattle Family Resource Center, Lake City, co-sponsored with the Puget Sound Adlerian Society

Why ~ A happier family, CE hours for mental-health professionals, and STARS credit for caregivers

When ~ 7 Tuesdays, **Jan. 23 – Mar. 6**, 5:30 – 7:30 p.m.

How much ~ Free, free childcare for kids ages 1 and up (donations to the Pay-It-Forward Fund encouraged)

Information/Register ~ Call 206-364-7930

Positive Discipline Raising Our Children with Love and Firmness

WHO ~ Ximena Grollmus, MEd

What ~ A grant-funded course to help parents who want more cooperative, respectful, and warm relationships with their children

Where ~ The Snohomish Boys & Girls Club, co-sponsored by the Puget Sound Adlerian Society

Why ~ A happier family, CE hours for mental-health professionals, and STARS credit for caregivers

When ~ 6 Tuesdays, **Feb. 20 - Mar. 27**, 6:00 – 8:15 p.m.

How much ~ Free, free childcare, free snacks (donations to the Pay-It-Forward Fund encouraged)

Information and registration ~ Call Ximena, 206-579-7066.

PSAS Board Meeting

Friday, Mar. 2, 6:15 – 7:15 p.m. PSAS members are welcome to visit.

First Friday Forum

Friday, Mar. 2, 7:30 – 9:30 p.m. Everyone is welcome.

Who ~ Doug McClosky, LMFT, a therapist in private practice and a member of the PSAS Board

What ~ **Anxiety and Hope in 2018**, a presentation and discussion about what Adlerians have to say about answering anxiety-provoking times

Where ~ 8249 38th Ave. N.E., Seattle 98115

Why ~ Information, CE hours, and Gemeinschaftsgefühl (Adler's "social interest," or "community feeling," or simply because we care about each other) (treats, too, of course)

When ~ 7:30 - 9:30 p.m. (The Board meets until about 7:15—please time your arrival accordingly.)

How much ~ The forum is free. CE hours are available for mental-health professionals (\$10/hr. for members, \$15/hr. for others). Donations are always welcome. (Annual dues are \$30.)

RSVP ~ Space is limited. Please email psas@att.net or call 206-527-2566 if you plan to come.

Learning objectives ~

Participants will have the opportunity to reflect on their own response to anxiety.

Participants will share strategies to help adults, children, and teens with anxiety.

Participants will learn how an Adlerian perspective can help transform anxiety.

Mar. 10 ~ PSAS Annual Meeting (more information coming)
Save these First Friday Forum dates: April 6, May 4, June 1, July 6