

Welcome to PSAS!

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

What We Do

A nonprofit educational organization founded in 1975, the Puget Sound Adlerian Society offers information, referrals, workshops, courses, and other resources and support to parents, parent educators, teachers, counselors, school counselors, therapists, psychologists, workplace managers, and other people who are interested in mutually respectful, cooperative relationships--*community-building*--in families, classrooms, workplaces, and everywhere else. Adlerian Psychology is the foundation of our work. (See [Adlerian Psychology 101](#).)

Parent education has been a major focus. We help parents choose attitudes and actions of respect for their children and for themselves, attitudes and actions that strengthen a child's sense of belonging, improve family relationships, and better prepare children for living well. ([The Parenting Calendar](#) lists many agencies' parenting courses including our **Sanity Circus** course.)

Continuing education for mental-health professionals and educators is also a major focus. We offer seminars, courses, workshops, and other events for mental-health professionals, educators, and anyone else concerned with improving human relationships. CE hours and clock hours are available. (See [PSAS Events](#).)

We Invite You to Participate

Everyone is welcome to our monthly **First Friday Forums**. The forums offer presentations and discussion on various topics including parenting and counseling. As Adler said, "The science of human nature . . . cannot be pursued with the sole purpose of developing occasional experts. Only the understanding of human nature can be its proper goal, and through its use, (it can) bring peace to every living soul." To join PSAS, please see our [Membership Form](#). Please call if you'd like to volunteer in the office or at events.

We Also Invite Your Financial Support

We need help for the **Sanity Circus Fund** and for our basic budget. Please call us or click on **Donation** (on the left).

Email: psas@att.net. Phone and Fax: 206-527-2566