

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 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.*

Friday, December 1, 2017

PSAS Board Meeting, 6:15 – 7:15 p.m. PSAS members are welcome to visit.

First Friday Forum, 7:30 – 9:30 p.m. Free. Everyone is welcome. RSVP (space is limited).

WHO --- Ximena Grollmus is a PSAS Board member, a school counselor, and a Positive Discipline trainer. She has been teaching parenting classes since 2008 and training parenting educators and teachers in the Positive Discipline program in the Seattle area, in Chile (where she was born), and in other South American countries. She also teaches at Seattle Central Community College in the Parenting Education Program.

WHAT --- “The Courage to be Imperfect,” an open discussion of the Adlerian principle that mistakes are opportunities to learn—in this case in the context of parenting.

WHERE --- 8249 38th Ave. N.E., Seattle 98115

WHEN --- 7:30 – 9:30 p.m., Friday, Dec. 1

WHY --- Gemeinschaftsgefühl (Adler’s “social interest,” or “community feeling,” or simply because we care about each other)

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.

LEARNING OBJECTIVES (for CE hours)

- Participants will discuss their own perceptions about mistakes and how mistakes have impacted their relationships with their children or other people.
- Participants will experience some of the Positive Discipline activities that help parents or adults replace negative beliefs about mistakes with positive responses—turning lemons into lemonade.
- Participants will have the opportunity to discover and reflect on the impact our own behavior has on others.

“To be human does not mean to be right, does not mean to be perfect. To be human means to be useful, to make contributions – not for oneself, but for others – to take what there is and to make the best of it”
Rudolf Dreikurs, M.D.

Save these First Friday Forum dates:

January 5, 2018 - Beyond Viet Nam (Martin Luther King, Jr., CD)

February 2 - Anita Morales, Trauma-Informed Teaching

March 2

April 6

May 4

June 1

July 6