

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.*

Wednesdays, May 10 – June 14

Ximena Grollmus, Presenter

Positive Discipline ~ Raising Our Children with Love and Firmness

Ximena Grollmus, a school counselor and a mother, will offer a six-week course for parents in Lynnwood, co-sponsored by the Puget Sound Adlerian Society and the Snohomish County YWCA Counseling Center. The course is grant-funded and free, and a light supper and childcare are included. Ximena has been teaching presenters and parents in Chili, the US, and elsewhere. To register, call the Y at 425-387-1271, or Ximena, 206-579-7066.

Friday, June 2, 2017

7:30 – 9:30 p.m.

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).

Ron Sterling, MD, Presenter

What's Sensory Sensitivity Got to Do With It?

Part 2 of

Roads, Bridges, Closets, Amplifiers, Enhancers and Tuners ~

Demystifying the Neuroscience of ADHD

Ron Sterling, a psychiatrist, specializes in adult ADD and practices in Bellevue. For the June 2, 2017, free First Friday Forum, we have invited him back to continue with discussion of his May 5 presentation.

Dr. Sterling published the first edition of his book *Adult ADD Factbook* in late 2011, and in mid-2013 he updated it to reflect new learning, findings, and improved language for understanding the neuroscience of the upside and downside of the ADHD brain. His next book is currently in draft and carries the title *The Dopamine Paradox*.

Among several awards Dr. Sterling has received are a Writer's Award for his "Mind Matters" column written for the monthly Seattle magazine *Northwest Prime Time*, and an Exemplary Psychiatrist Award from the National Alliance for the Mentally Ill.

From his Web site: "Dr. Sterling is a strong believer in life-long learning and inner-life development. His Web sites and his focus on "always getting better" are manifestations of his own commitment to taking the next step in personal growth."

Save these First Friday Forum dates:

July 7

(No August Forum)

September 8 (second Friday)