

# 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](mailto:psas@att.net). To become a PSAS member, please see [www.pasadler.org/membership.pdf](http://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, January 5, 2018**

**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).

**Ethics CE hours available.**

WHO ~ Martin Luther King, Jr., with an assist from Richard Meeks. Richard is a therapist in private practice and president of the PSAS Board. (King's birthday is Jan. 15).

WHAT ~ Our first First Friday Forum for 2018, "**Beyond Vietnam.**" We'll listen to a recording of this well-known speech of King's that we see as highly relevant now. Says Richard:

"When Martin Luther King Jr. spoke out in opposition to the Vietnam War, he identified the "three evils of society" as being inextricably related. The three evils are racism, materialism, and militarism. They are so related that one cannot adequately address any one without addressing all three. However, there is a fourth evil equally related to racism, materialism, and militarism which King did not discuss but that Alfred Adler and Rudolf Dreikurs explicitly did: sexism. Adler and Dreikurs viewed the unequal social status between women and men as being at the root of all other instances of inequality, including racial and economic inequalities. It is these inequalities that inevitably give rise to militarism, violence, and war."

Richard will present a brief account of the Adlerian insights about sexism that extends King's thesis before King made his thesis. Also Richard will re-acquaint us with the direct role Adlerian Psychology played in the civil rights movement itself.

WHERE --- 8249 38<sup>th</sup> Ave. N.E., Seattle 98115

WHEN --- 7:30 – 9:30 p.m., Friday, January 5

WHY --- Gemeinschaftsgefühl (Adler's "social interest," or "community feeling," or simply because we care about each other) (treats, too, of course)

HOW MUCH – The forum is free. CE hours (ethics) are available for mental-health professionals (\$10/hr. for members, \$15/hr. for others). Donations are always welcome.

**Save these First Friday Forum dates:**

February 2 - Anita Morales, Trauma-Informed Teaching

March 2

April 6

May 4

June 1

July 6