

Welcome to PSAS!

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

What We Do

“The science of human nature . . . cannot be pursued with the sole purpose of developing occasional experts. Only the understanding of human nature by every human being can be its proper goal.” Alfred Adler

Since 1975, PSAS has offered resources and support particularly to parents, parent educators, teachers, counselors, school counselors, therapists, and psychologists, but we welcome everyone interested in human well-being. We help people create mutually respectful, cooperative relationships in families, classrooms, workplaces, and anywhere else.

Adlerian Psychology, developed in Vienna in the early 1900's by Alfred Adler, MD, is the foundation of our work. **Adler's term *gemeinschaftsgefühl*-- “community feeling” or “social interest”-- describes the state of social connectedness and interest in the well-being of others that he believed characterizes psychological health.**

We Invite You to Participate

Everyone is welcome to our free grant-funded parenting courses and our free monthly First Friday Forums.

Parent education has been a major focus for PSAS, as it was for Adler. We help parents choose attitudes and actions of respect for their children and for themselves, choices that strengthen a child's sense of belonging, improve family relationships, and better prepare children for living well. We offer **the parenting courses Positive Discipline and Disciplina Positiva** in cooperation with other nonprofit groups, particularly schools, PTAs, and family centers.

The First Friday Forums are informal presentations and discussions on parenting, counseling, and other related subjects, with get-acquainted time as well. Maybe you would like to suggest a forum topic or present one?

For more information, please call or email us, 206-527-2566, psas@att.net.

(Adlerian) Psychology instructs in self-understanding, the understanding of others, independence, and encouragement. . . . Its foremost task is to establish among the broad masses of the people a firm basis for a sound, optimistic view and conduct of life, promoting the welfare of all. Alfred Adler, MD