

## Robinsons on Parallel The Crucial C's Are Necessary to Mental Health

Feeling that we **connect**, that we are **capable**, that we **count** and have **courage** will go a long way to enhance a positive attitude about life and make it worth living. Dr. Betty Lou Bettner and Amy Lew took the very basics of the Individual Psychology of Alfred Adler as interpreted by Rudolph Dreikurs and simplified them into the **CRUCIAL C's** so that we all could remember and live by them.

If we ensure that our children feel connected, capable, courageous and that they count as precious human beings, they will take life on and make it work for them. If we ourselves take steps to connect, encourage each other and ourselves, life works for us. We handle what comes with energy and a positive attitude. If we make contributions of time and talent to others, we will experience the joys of mental health.

Dr. Bettner has traveled the world to share the Crucial C's with parents, teachers, counselors, and psychologists, over twenty countries including Turkey, Israel, India, and the UK. The simple logic of the Crucial C's is useful everywhere. Viewing the world from an encouraged, positive, confident place is the way to develop a team spirit of cooperation with those we meet. She provided valuable information and experiences at the International Summer Institute of Adlerian Psychology, known as ICASSI. It was held in Lithuania in July of 2012 and will be held in Holland in July of 2013. Teachers, therapists, parents, psychotherapists all come together and learn from each other in an accepting, caring environment. We all need to be reminded of the positive approaches to life.

Upon reading the **Robinsons on Parallel** article printed in the Twin City News, Thursday, November 15, 2012, Betty Lou Bettner added some references, books that folks could read if they wanted more information about parenting, the Crucial C's, and Adlerian Psychology. My very favorite of all times is Children: the Challenge by Rudolph Dreikurs. This book is full of ideas to help children develop into independent thinking decision makers who are willing to contribute to the welfare of others. In this easily read book for parents, Dreikurs says that encouragement to a child is like water is to a plant (paraphrased). Encouragement is a necessity for a mentally healthy human being, no matter what age.

Other books that folks can read for more information include: Raising Kids Who Can, A Parent's Guide to Understanding and Motivating Children, The Creative Force. To order these books, one can contact Connexions Press, 1 Old State Rd., Media PA 19063 or Betty's own web address: [BettyLouBettner.com](http://BettyLouBettner.com).

A venture into Betty's web site will provide some great information in addition to how to order books. For example, here are some TIPS FOR PARENTS:

- Courage is a very important trait to develop in little ones. A child cannot move forward without courage. Courage wins over handicaps.
- The most important tool you will ever develop is the power to encourage.
- Providing a child with a way to be of help is perhaps the most powerful encouraging experience in a child's development.
- Behavior isn't "caused" by anything; it is chosen to reach a goal.
- The behavior you observe as a parent or teacher is not the problem. It is the solution to a problem the child thinks he or she has.
- A child learns to listen by being listened to.
- Punishment doesn't teach a child to stop the behavior. It teaches the child to be more careful and not get caught.

#### TIPS FOR COUPLES

- Healthy relationships require mutual respect.
- We learn from childhood how to be intimate. Hopefully, we learn to cooperate, to be responsible, and to care for others.
- Ask yourself, which is more important: the relationship or the winning?
- When you are upset, you can ask yourself these questions:
  - ✓ What is happening at this moment that I don't **want** to handle?
  - ✓ What is happening at this moment that I don't think I **should have** to handle?
  - ✓ What is happening that I don't think I **can** handle?

Alfred Adler said in 1931, "The fundamental guarantee of marriage, the meaning of marital happiness, is the feeling that you are worthwhile, that you cannot be replaced, that your partner needs you, that you are acting well, and that you are a fellow human and a true friend."

More information may be found about Dr. Bettner, her other books and study guides, her credentials and international work on her web address. There is much to learn from this psychotherapist who provides counseling and teaching for understanding and growth.