



A Princess and Her Garden: Author Bios



PATRICIA R. ADSON, PH.D., for her entire professional career, has been devoted to helping others discover their best selves. A former schoolteacher, Dr. Adson initially taught high school English, and social studies. While pursuing her Master's Degree in education, she began working with children with emotional and behavioral disorders. It was this experience that inspired her – at age 49 – to enter a Ph.D. program in Educational Psychology, where she also received training and licensure as a psychologist and psychotherapist, working with individuals, families, and groups.

Although she continued to be involved in the education of special education teachers and graduate students in psychology and counseling, Dr. Adson primarily began working as a psychotherapist after earning her degree. Hundreds of women sought her counsel, and while leading a therapy group Dr. Adson wrote the Princess story. Her goal was to help people examine neglected areas of their emotional lives, and learn to talk about self-care and self-responsibility. She used the story with her clients and graduate students for many years, and continued to use it with her clients when she made the transition from psychotherapist to coach.

With the help of her daughter, Jennifer Van Homer, herself a certified coach, Dr. Adson turned the story into a book with a journal that now gives each reader a chance to write their own story. Dr. Adson is currently a Certified Hudson Institute Coach with a private practice, and serves on the Leadership Team of the Hudson Institute of Santa Barbara. She is the author of *Finding Your Own True North & Helping Others Find Direction in Life* (1999), and *Depth Coaching: Discovering Archetypes for Empowerment, Growth, and Balance* (2004).



JENNIFER E. VAN HOMER, BS, MSC, CHIC, is a Master Certified Strozzi Institute Somatic Coach and Certified Hudson Institute Coach. In her 20 years of experience in leadership, team development and strategic planning, she has enabled individuals and corporations to uncover and articulate their intentions and formulate goals.

Van Homer is also the co-author of *The Relating Game: 96 Ways to Sustain Passion Over Time*, a deck of cards designed to stimulate conversation and emotional intimacy with your partner. She is currently based in Santa Barbara, where she works as an organizational consultant, coach, and trainer.

*To schedule an interview or receive more information,
contact Rob Rothschild at rob@capt.org or 800-777-2278.*

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