The great basketball coach John Wooden once said it all: “Discipline yourself, and others won’t need to.” Eager faces and bright regulatory minds filled the room as ASWB studied the complex subject of Discipline at its Spring Education Meeting in St. Louis on May 8-11—and it was a great time together! It struck me that regulators face discipline on two dimensions: external discipline and internal discipline.

**External Discipline.** Regulators impose discipline on licensees by crafting rules and policies that help guide professional behavior. Regulators, furthermore, must know and honor the law and rules as they consider cases of alleged misconduct by licensees. It is the regulators’ role to make what are often tough calls about the appropriate discipline to mete out to licensees who violate the law and the rules.

- Discipline may be corrective in nature, to help return the licensee to fitness for practice.
- It may be protective in nature, to spare the public further exposure to licensees who behave badly.

**Internal Discipline.** Regulators must discipline themselves—never an easy task—to keep current on the law, control their responses, and focus on their mission of public protection.

- They must set aside their assumptions and personal preferences, delaying judgment until they know and consider the facts.
- Regulators must be fair, even-handed, and objective. They must know the dividing line between discipline and meanness, or even cruelty.
- They must be both cautious and courageous. Above all, regulators must be wise.

Viewing these dimensions together, we see that discipline is the Gift That Keeps on Giving. It builds mental toughness and discernment; it makes us more civil and fair toward each other; it shapes high standards; it protects us from the debilitating fear that keeps us from acting courageously. Discussing discipline—knowing what you need to do and doing it the best you can—inspired me to continue...
striving for discipline in both my professional and my personal life.

Congratulations to all the planners, presenters, and participants for creating a thought-provoking, engaging program on discipline—even though we usually kiss discipline good-bye during our food breaks! Next spring we will also be in for a treat, as the ASWB 2015 Education Meeting unfolds in beautiful Seattle! It will be guided by the Regulatory Education and Leadership (REAL) Committee.

So, you may ask, what’s up with this REAL Committee? The REAL Committee is the new incarnation of the traditional Program and Education Committee. In keeping with its new name, this group takes another step toward ensuring that ASWB will achieve its 2014-2018 Strategic Plan to educate the profession and the public about the mission and work of ASWB—starting with our own members. The REAL Committee will consider how best to use our meetings and training efforts to reveal what I think is the best-kept secret in the social work profession: ASWB! Many social workers are unaware of what ASWB does and the world of information and insight ASWB has to offer—and REAL wants to help broadcast our wonderful little secret! So, as we did in St. Louis, we will invite Seattle area educators to a session, because we really want to reach out to educators and inform them about licensure.

The REAL Committee will ensure that participants have several opportunities to break out of larger sessions to participate in conversations and respond to the presentation topics. An exciting addition to the Spring Education Meeting is the formation of a Regulatory Board Member Forum. This forum will be a companion to the ASWB Administrators Forum. The 2015 Spring Education Meeting will end on Saturday evening, so that folks can return home and begin work on Monday in a more relaxed frame of mind.

Eventually, REAL will likely become more involved with all of ASWB’s educational efforts, such as New Board Member Training. The Board of Directors is discussing how ASWB can create a terrific ASWB Leadership Academy that will do regulatory training on a number of topics, such as Advanced Regulatory Board Member Training. Our Spring Education Meeting is the cornerstone of that larger effort.

These are exciting opportunities for our regulatory community! Please welcome the members of the 2014-15 Regulatory Education and Leadership Committee, led by Fran Franklin of Delaware, and including Nick Smiar, Wisconsin; Glenda McDonald, Ontario; Deanna Morrow, North Carolina; and Anna Lynn Whitt, Mississippi. They are already “pumped” about developing a thought-provoking, fun meeting in Seattle. You don’t have to wait until next spring, however, to benefit from the camaraderie of ASWB—we will be rockin’ out next to the Rocky Mountains in Boise, Idaho, when we celebrate our 35th Anniversary!

I hope to see all of you, along with your horses, elk, boats, covered wagons, and keys to the Old Idaho Penitentiary in November. Yee-haw!