

MARCH, 1975

OF GENERAL INTEREST

THE STRESS OF HOPE

Walter O'Connell submits the following article entitled "Is despair a defense against the ultimate stress of hope?", reprinted from the Roche Report: Frontiers of Psychiatry, Vol. 4, No. 19, 1974, p. 11:

"Contrary to conventional assumptions, Roderic Gorney, M.D. suggests that 'most of us have a tendency to comfort ourselves with despair. Despair gives one permission to give up, to relax. Hope demands that you get going, try again. Like Hermann Goering with his cyanide-filled tooth, we roll upon our tongues a secret mental ampoule of lethal concentrated despair to be crushed and swallowed as a blessed escape from responsibility if ever the stresses of life become unbearable. To this bridge of despair that we mutually cherish, I must set the torch and, in burning it behind us, simultaneously forge the chain that will shackle us to the ultimate stress: hope.'

"Dr. Gorney is director of the Program on Psychosocial Adaptation and the Future and adjunct associate professor of psychiatry at the University of California School of Medicine, Los Angeles. He summarized his opinions at a symposium on stress, sponsored by the American Academy of Stress Disorders.

"He deplored the 'current revival of the long-discredited view of the Social Darwinists that human competition and exploitation, and even war, are simply the workings in our species of biological instincts, passed on to us by animal forebears, and expressed in such principles as survival of the fittest. (Darwin himself knew better and clearly stated that, in our species, often, as in war, it is the fittest who perish.) Such erroneous theories are widely embraced as justifications for despair about ever raising all human lives to humane levels, and they lead to rationalization of the depravities of whatever happens to be the status quo.'

"Dr. Gorney also rejected the idea that competitiveness is instinctual in the human species. Cooperation, not competition, is 'the basic law of all life between members of the same species,' he explained. 'Where competition occurs in nature, it is much more common between members of different species.' The spirit of human cooperation stemmed not from the saintliness of early humans but from the challenge of surviving stone-age scarcity.'

"The 'enormous alienation, exploitativeness and competitiveness of human beings that we observe today,' Dr. Gorney contends, are behavior patterns that have been learned by our species 'in flight from scarcity, and as a side effect of civilization, only in the last one-half of one percent of our existence on earth. Because they are not instinctual, they can, as scarcity disappears, be unlearned.'"

HOW TO FACE PERSONAL GRIEF AND TRAGEDY

Peggy Smyly, of the Florida Adlerian Society, passes on the following essay written by a 10th grade student at the school where she works. Is the young author writing from personal experience? His remarkable insight suggests that he is, and perhaps we see here an Adlerian in the making.

"Sooner or later in life, everyone is going to have some sort of personal tragedy. Whether it is loss of a cherished friend or relative by disease, accident, or murder, loss of one or more of your own senses or abilities, job loss, betrayal, rejection or other things, it comes as a great and crippling blow, and seemingly the end of the world.

"Someone has said that, upon reaching the end of your rope, you should tie a knot in the end and hang on. In other words, life must be lived, no matter how torturous the way may become. Morally and socially, you must keep the bonds between you and the rest of society. To retreat into a shell is a common response to misfortune. But the more one retreats, the more he diminishes himself. If one becomes totally pre-occupied with one's own self, one becomes nothing. He becomes his own worst enemy, for he keeps any form of happiness or sanity from entering his life. Immediately after the loss, this is the reaction, for there is nothing one can do but stand still and hurt, caring about nothing, feeling nothing. The senses have been numbed to the outside world. Your nerve and aggressiveness have totally vanished, and you are weak.

"After the initial shock has worn off, you must try to regain confidence so you can carry on your normal function in society. Remember that your problem is not unique and yours is not the first. Many others share it with you, right at that very moment. Misfortune is one of the few things common to all men. One way to help push tragedy and grief out the window is to bring concern in the door. When you are concerned about someone else's misfortune, your own pain becomes easier to bear. It can never be entirely eliminated, but it can be propped to one side. Life around you will fall into place the moment you turn your back, not on memory, but on despair. Forget about the matter and manner of death, and start thinking about the matter and manner of life, and the tide of emotional sickness will be turned from you. Shore up your spirits with each new little triumph or discovery, and let the day's small accidents pass by and be forgotten.

"Since personal tragedy often involves loss of a cherished friend or loved one, try to remember the fun, the good times, and the personalities of him or her. Memories can help bring happiness back into your life. On the other hand, if memories are painful, move from the sights and surroundings which keep them alive. If they keep you awake at nights, a radio playing soft music at a low volume will relax your mind and lull you to sleep. When you move to a new community, the excitement and the meeting of new people are a great help in putting you back on the social track, and the new faces, sights, sounds, smells, demands and problems may have an affirmative and healing effect.

"You are building a new life, and it is very important that you keep busy, giving your best to your work and friendships, and to keep expanding your acquaintances. The point is that you are making new foundations after the old foundations of your existence have crumbled. And always remember, as was mentioned before, to forget each day's blunders as soon as you can, that is, finish each day and be done with it. Start fresh each morning, and you will stay in that state of mind throughout the day."

OF GENERAL INTEREST (Cont.)

ARE SHRINKS, AT \$40 AN HOUR, ON THE WAY OUT?

(The following by Dr. E. Fuller Torrey, a Washington psychiatrist, in a recent issue of the Philadelphia Inquirer, is taken from the Family Education Center of Delaware Newsletter, as is the "Editor's Note.")

"Many people still fill the waiting rooms of private psychiatrists. Psychiatrists continue to hold prestigious positions in the community. Our literature, television programs, and college courses have not stopped portraying the psychiatrist as an indispensable figure in our culture. In short, reality has not yet caught up with our illusions.

"Psychiatry is a very dispensible profession. It is indeed in the process of being dispensed with, and this is all to the good. The psychiatric profession has been eroded chiefly by two forces. First has been an onslaught by psychologists, specially trained social workers, nurses and others into territory which psychiatrists had long considered their exclusive preserve. These non-medical practitioners have been helping people solve problems of unpleasant or unwanted behavior. Research indicates that they get just as good results as psychiatrists in "treating" those "patients" who merely have problems in living - foundering marriages, trouble raising children, difficulty finding meaning in life, problems getting along with others and with themselves.

"This should not cause great surprise. These were never psychiatric problems to begin with; psychiatrists have long found it convenient to lump them together with true brain diseases and treat them both under the mantle of medicine. There is not a shred of evidence that most problems we now call "mental illness" have anything to do with medicine in general or brain disease in particular. Phenomena that we have given such names as "anxiety neurosis," "hypochondriasis," "hysterical or antisocial personality," "alcoholism," "drug addiction," and "adjustment reaction of adolescence" are simply examples of unwanted behavior (or at least unwanted by most people), and nothing more.

"People exhibiting such behavior certainly may have severe problems, and they may need help in solving them; but there is nothing wrong with their minds. They have no illness. They are like the rest of us with problems, only theirs may be bigger and more difficult to cope with. The nonmedical therapists, many of whom have now opened practices of their own, are helping them as well as anyone can.

"The other inroad into psychiatric territory has been made by pharmacologists and general medical practitioners using drugs to treat patients who do have true brain diseases such as schizophrenia and manic-depressive psychosis. It is not clear at all that psychotherapy has any effect on these brain diseases other than to help a patient find a job or a place to live. Since such drugs can be administered by general practitioners or internists, the psychiatrist has become expendable. He is left standing between the people who have problems of living and those who have brain disease, holding an empty medical bag."

"EDITOR'S NOTE - Dr. Torrey's article is too long to be completely included in this Newsletter... The remainder of the article deals with matters of general interest... Dr. Torrey's article began with a quotation from Sigmund Freud, with which this article will end: 'The internal development of psychoanalysis is everywhere proceeding, contrary to my intentions, away from lay analysis and becoming a pure medical specialty, and I regard this as fateful for the future of analysis.'" Any comments?

OF GENERAL INTEREST (Cont.)

A REPORT FROM HER TRAVELS

Tee Deikurs reports by letter on her visit to the Rudolf Dreikurs Institute in Zintersbach, Germany - "A most fitting and beautiful tribute to Rudolf." The Institute is located on a hilltop of the small ancient village, with a view of the valley and a nearby mountain. The two-story building was designed and built for the Schoenakers who opened it last April. "Rudolf's photograph hangs on the walls of three of the main rooms too," they said, "the participants can see who is influencing their lives." The Institute is open mornings, afternoons, and evenings and is filled to capacity. And they have a waiting list! Tee gave four art therapy sessions while there.

In Israel, Tee gave twenty sessions to two groups, one the staff of the Institute, and the other a select group of professionals. "The friends here are loving and attentive; the work they are doing is truly a living memorial to Rudolf." A special luncheon was held on Feb. 8 to commemorate Dr. Deikurs' birthday and to welcome Tee and to express appreciation of both of them as an inseparable unit and as individuals, each with a unique contribution of his and her own.

HELP NEEDED

ASAP will again sponsor an information booth at the American Personnel and Guidance Association 1975 Convention in New York City, March 23-26. The booth will feature audio-visual displays on Individual Psychology and will distribute information to the 3,000 plus counselors who attend this convention.

The booth will be located in the New York Hilton. If you plan to attend the convention and would like to help with the planning of the display or with helping to run the booth, please contact Bill McKelvie. His address is 510 Leighton Av., Silver Spring, Maryland 20901.

ANOTHER REMINDER!!

MAY 24 AND 25 - ASAP ANNUAL CONVENTION IN NEW YORK CITY, BARBIZON PLAZA HOTEL

MAY 23 - REGISTRATION

MAY 26 AND 27 - POST-CONVENTION WORKSHOPS

DRINK, DRANK, DRUNK

On Oct. 21, a nationwide broadcast of "Drink, Drank, Drunk" was seen on Educational TV. The Program included Carol Burnett, E.G. Marshall, Renee Taylor, Joe Balogna, Larry Blyden and Harold Mosak. After the show, the producer wrote Harold that, in New York alone, the station received 7,000 calls in the first half-hour asking where help was available. Alcoholics Anonymous in New York, which ordinarily receives an average of 30 calls a day, has been averaging 400 a day since the program. The program has been rebroadcast several times by local stations over the country and plans exist for future reruns.

JOB WANTED

Ruwaydah Kirdahi, a member of FAS and ASAP will be graduating this month with a Master's in counseling. She is job hunting and interested in working where there is an Adlerian movement. Ruwaydah would appreciate your cooperation in letting her know of openings in your area. Contact: 1303 Ocala Rd., Tallahassee, Fla. 32304. Thank you.

LETTERS

THE CHALLENGE OF FREEDOM

Chicago, Illinois. Feb. 18

This is a long overdue report about my one week's seminar which I conducted at the end of November, 1974 in Athens, Greece. Mornings I worked with parents for three hours, and evenings I worked with school personnel, mostly teachers and school counselors, for three hours. Both groups were very well attended. The hall was usually packed to capacity. I could not have wished for nor imagined a more enthusiastic audience, nor more willing and receptive students. Many of them applied what they learned immediately and with good results. It was most encouraging to the others, to me, and to the members of the Greek Adlerian Society who prepared this seminar.

Parents and teachers are eager to receive more training because the problems, both in the home and at school, are increasing, especially now with the newly gained freedom of all people. While university students have started to protest and demand more freedom while still under the old, dictatorial regime, paying with their lives or with imprisonment, the elementary and the high-school students did not become as bold and demanding until now. The first signs of rebellion of young children became apparent almost the day the new democratic government was established, especially noticeable in the big cities.

I was in Athens just at the time when the government changed. It is an unforgettable experience for me, watching history take place in front of my eyes. There were many all-day demonstrations of young and old. These demonstrations were very peaceful, except for the demonstrators' singing of freedom and loud demands that Greece be restored to its former democracy.

In regard to raising and teaching children, the Greeks are basically tradition-oriented. Children have to obey because the adults say so, and no questions asked. I, therefore, foresee great difficulties with the young people. It will take much training and re-training of parents and educators. Juliet Cavadas, Frosso Keni, and a number of other trained Adlerians are doing a splendid job teaching, lecturing, demonstrating, and conducting regular family counseling sessions, but they are just a handful of people, and their job is overwhelming. Next August, when ICASSI meets in Greece, almost all of the people who worked with me will come back for additional training. They and many others.

Bernice Grunwald

ADLERIAN WRITERS WANTED

Columbia, Missouri. Feb. 14

During the past three years, I have invested considerable time and energy designing and publishing parent education tools for parents and family counselors. There have been three basic characteristics of these tools: 1) they have been short, simple, and to the point; 2) they have been practical (meaning easily usable by both professionals and parents); and 3) they have been economical. Proof that these three characteristics add up to a highly saleable product is found in the fact that response (in the form of orders) has been truly remarkable from most parts of the USA and Canada.

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REGION 1 - FAR WEST

Arcata, California. The Northern California Society of Individual Psychology announces that its first workshop, "Adlerian Psychology in the 70's," featuring Bob Powers, was held on Feb. 28. Sponsored in conjunction with Student for IP, the Humboldt State Univ. Counseling Center, and the Humboldt State Univ. Psychology Dept., the students concentrated on such subjects as psychology and religion, community psychology, and the counseling of minority groups. After the day's activities, participants mingled at a cocktail party, followed by a banquet. The banquet speaker was Bob Powers.

William Aubry, President of NCSIP, has arranged with Humboldt State Univ. to conduct a workshop on family counseling for a school district in his area sometime this spring. One unit of credit will be offered through the University's extension office of workshop participants.

Bill will also work with Terry McCarthy in the Sacramento area on a workshop for parents sponsored by the State Department of Health. More details on the activities of NCSIP and its members can be requested from Olive Aubry, Editor, NCSIP Newsletter, 2022 Appaloosa Lane, Arcata, Cal. 95521.

Fresno, California. Richard Berrett of the Center for Counseling and Therapy and California State University, Fresno has been invited to participate in the Brigham Young University Education Days in Fresno. Part of his presentation will include how Adlerian parent-child relationship principles relate to the Christian ideals of the Church of Jesus Christ of Latter Day Saints (Mormons). Richard is also co-author of an article with Randall Kelley entitled "Discipline and the Hearing Impaired Child" which appears in the Feb. issue of The Volta Review, the journal of The Alexander Graham Bell Association for the Deaf.

Irvine, California. From the Family Study Group of Orange County Newsletter comes the following under "Spreading the Word": Betty Yamashiro spoke to the Costa Mesa Parents Without Partners about Dreikurs' parenting methods. Marti Malterre has been spreading the work at the Orange Coast College Van Traveling Pre-School in Westminster, Good Shepherd Methodist Church Pre-School, Trinity Baptist Pre-School and plans two programs for the Happy Child Pre-School in Costa Mesa and St. Olaf's Pre-School in Garden Grove at the end of Feb. and beginning of March.

Marti Malterre is teaching teachers for Educational Seminars. Her 12-week course "Behavior in the Classroom" can be taken for 3 units of upper division credit.

The California Adlerian Society held its annual meeting plus a mini-workshop on Feb. 22. The 2½ hours workshop on "New ideas on early recollections in life style analysis" was offered by Lucy Ackernecht.

Honolulu, Hawaii. The Family Education Centers of Hawaii (FECH), together with the College of Continuing Education, is organizing a Saturday morning program at an elementary school in Honolulu. The plan is for 5 or 6 activities which will run simultaneously: a family counseling center; a classroom lecture center manned by Harold Kozuma of the Univ. of Hawaii; a psychodrama center; a playroom with programmed activities designed according to concepts found in Adlerian Family Counseling; and a study group center. For more information, write: Dr. Harold Kozuma, c/o FECH Newsletter, 2950 Manoa Road, Honolulu, Hawaii 96822.

Ray Corsini conducted a marriage counseling course for couples only on Jan. 13 at FECH's Waiialae Center. The principles of Adlerian Marriage education were brought into focus by encouraging participants to apply problem-solving techniques to their own marriages.

NEWSNOTES, REGION I, Honolulu, Hawaii (cont.)

On Nov. 9, the second in a growing series of study group "Leaderships" was held at the Waialae Center. The subject was "The dynamics of group leadership." For openers, the question "What discourages and encourages you in your FECH study group?" was discussed. Participants were led in an analysis of the different types of members one might find in a group and how they can be most beneficial to the operation of the group. The final portion of the workshop was devoted to problem-solving by the leaders. This was a full morning, expertly handled by Mary Hayward and Jerry Bauknight.



the mountain institute for mankind

Boulder, Colorado. Word has come down from the mountains of a delightful Adlerian children's camp operated by the Mountain Institute for Mankind in a rustic lodge on a 300-acre ranch in the Rocky Mountains. The six-week summer program accomodates children from 9 to 18 years of age. Activities include

riding, training and caring for horses, mounted games, pack trips, swimming in the heated swimming pool, hiking, art and crafts, archery, sports, singing, attending a rodeo, rap sessions, and just having a good time. The staff uses Adlerian techniques to direct the activities. Special emphasis is placed on training the children to count on themselves, to work and play cooperatively, and to develop an understanding of their own behavior and that of their fellow campers. The camp is under the direction of professional Adlerians. In addition, all counselors will have participated in an intensive 3-week training program in Adlerian theory prior to the time camp opens on July 12.

"We have a great advantage," says the Director, "in understanding your child. In one pack trip we can often learn more about your child and how he deals with life than we could learn in several formal counseling sessions." Interested? Write: Mountain Institute for Mankind, Adlerian Summer Camp, Gold Hill, Boulder, Colorado 80302.

AND FOR THE PARENTS... Bob Powers and Bill Riedler will direct a workshop "How to Better Understand Yourself and Effectively Apply Your Understanding" at the Mountain Institute for Mankind on April 23-27. Just a few of the many interesting topics of study are: "How we use emotions," "How to use dreams to keep ourselves out of trouble," "How can we improve our self-concept," "How to use the understanding of our lifestyle to redirect our actions and avoid mistakes," and "How to catch ourselves when we are trying to fail." The workshop fee of \$260.00 or \$285.00 will include room, all meals, workshops and workshop materials, life-style interview, use of sauna, horses, and other facilities and transportation from airport, train or bus station to the Institute's beautiful lodge in the mountains and back again. For more information, write: Applied Understanding Workshop, Mountain Institute for Mankind, Gold Hill, Boulder, Colorado 80302 (please include your phone number and area code).

Corvallis, Oregon. The Oregon Society of Individual Psychology will sponsor a Spring Workshop April 25-26 with Mim Pew. Mim will explore the theme of community services for children and parents. The workshop will focus on identifying those services which are available state-wide and locally. Time will be devoted to discovering those family needs which are not yet recognized or covered by existing agencies and how other communities have dealt with these problems. Information about this workshop, as well as other activities of OSIP and its members, can be requested from Eva and Maurice Bullard, Co-Editors, OSIP Newsletter, 1320 N.W. 13th St., Corvallis, Oregon 97330.

Study groups began in Corvallis on Jan. 13. The groups include four beginning groups, a continuation group, and one for parents of teens.

NEWSNOTES, REGION I, Eugene-Springfield, Oregon.

Eugene-Springfield, Oregon. Eugene area parent study group leaders acted out on Dec. 14 at the Family Communications Experiential Theatre, developed by John Taylor and Marvin Clifford. Co-sponsored by the Central Lane YMCA and Eugene-Springfield Parents (ESP, Inc.), the all-day program featured the approaches of Virginia Satir and Rudolf Dreikurs, as modified and expanded by the two presenters, in a role-playing format. Over 30 role-playing situations and skits were conducted, emphasizing individual uniqueness, basic communication skills, the child's viewpoint, discouragement and encouragement, mistaken goals, stress positions for dishonest communication, and family interaction patterns. Among the absorbing experiences for the participants was a mock competitive situation which allowed them to experience the discouragement that accompanies competition. Many of the exercises are currently being employed by John Taylor in the Democratic Parenting Workshop program of Dreikursian parent study groups in Salem.

Salem, Oregon. Three years ago, the Marion County Community Mental Health Program held its first Adlerian Parent Study Group, co-led by Pat McReal and John Taylor, but, baby, look at it now! During these three years, Salem has developed a community-wide network of parent study groups, spearheaded by the "Democratic Parenting Workshop" program, co-sponsored by the Mental Health Program and the Salem Family YMCA, and led by John Taylor. During this period, a total of 57 Adlerian parent study groups were led by 39 persons. Students from Salem high schools, the University of Oregon Nursing School, and the Chemeketa Community College Mental Health Technology course are regular participants, along with the general public. Participants in the Salem area groups are also invited to the Family Picnic Seminar each summer where Adlerian principles are presented in a workshop format at the Salem Family YMCA's Camp Silver Creek. Write to the OSIP Newsletter (above) for times and locations.

Dreikursian ideas have been used by Anna Keller, religious education teacher at St. Edwards Parish in Salem, with her 8th grade class. These teen-agers have found special meaning and applicability in the notions of mutual respect, separating the deed from the doer, withdrawal as an active counter measure, doing the unexpected, encouragement, the mistaken goals, and the family constellation. Mrs. Keller, who has been a participant in two parent study groups, is delighted with the response of these adolescents to the Dreikursian approach to interpersonal relationships.

Bellingham, Washington. The first issue of the Region I Newsletter has arrived. Co-chairmen, Kendall and Millman Stambaugh, have devoted this first issue to "outlining our role as we understand it, briefly presenting our perceptions of the reasons for having a regional organization, its membership, and its manner of getting things done. This is not intended in any way to try to put our imprint on the organization, but to provoke discussion. It would be helpful to read in the spirit of Dr. Dreikurs' famous "'Could it be that?' - this is what you, the people of Region I want?" Various ideas are turned over in the next 3 pages to solicit responses from Region I members. Altogether, a thought-provoking publication that reconsiders the organization from the group up.

REGION 2 - MIDWEST

Chicago, Illinois. In Dec., the AAI of Chicago was informed of the accreditation of the Institute's Psychotherapy Program by the National Accreditation Assn., New York. This Association has been established to review and accredit psychological and psychiatric training institutes in the United States. AAI is one of twenty-one graduate and postgraduate institutes approved and accepted as charter members of the Association. One of the benefits of this accreditation is that the Institute's Psychotherapy graduates are eligible to apply for certification through the Association.

NEWSNOTES, REGION II, Chicago, Illinois (cont.)

The Institute faculty approved the appointment of Dewey Gilbert, M.D. and Otto Kroh, Ph.D. to the faculty. If you are interested in the possibility of full-time teaching and some supervision of candidates at AAI, please contact Eugene J. McClory at 110 S. Dearborn St., Suite 1400, Chicago, Ill. 60603 for criteria for faculty appointments.

1974 was a year of intense and productive activity for the AAI Student Association under the presidency of JoAnne Hahn. New co-presidents elected this month with a new slate of officers and Board of Working Members are Thomas Grace and Daniel Zenga.

AAISA has received contributions of approximately \$1800 for its Video Fund. The Fund will enable the Institute to purchase, within a few weeks, a videotape camera and projector for the use of students and faculty. Through the generosity of Sydney Roth and others, AAI has added many tapes of Dr. Dreikurs and others to its library and more will soon be available.

Spring classes at AAI include Clinical Assessment II, Professional Problems, School Counseling, Life Style Diagnosis, Group Didactic Therapeutic Experience, Group Leadership Training II, Continuing Case Seminar and Small Group Supervision.

The following workshops have been scheduled: April 5, "Family relationships: theoretical and practical issues" with Eva Ferguson; April 12 and 26, and May 10, "Art therapy laboratory" with Sadie Dreikurs; June 17-20, (303) "Psychodynamics of psychopathology" (The Psychoses) with Harold Mosak, Bernard Shulman, and staff; June 21, "Art therapy laboratory" with Sadie Dreikurs; June 22, "Psychodrama" with Adaline Starr; June 23-26, "Group didactic therapeutic experience" to be conducted by the staff; August 20-23, (334) "Advanced group counseling" to be conducted by the staff; August 25-28, (101) "Introduction to individual psychology I" with Heinz and Rowena Ansbacher; and August 29, "Adlerian psychotherapy" with Harold Mosak, Walter O'Connell and others. For details, please write: Alfred Adler Institute, 110 S. Dearborn St., Suite 1400, Chicago, Illinois 60603.

Bernice Grunwald will conduct four workshops in the United States and abroad this spring. March 6 she will be educating school personnel from the East Allen County School, Fort Wayne, Ind. on "Understanding the Misbehaving Child," with emphasis on the hyperkinetic child. April 4 and 5 Bernice will be in Kingston, Canada working with elementary school teachers on "Maintaining Sanity in the Classroom." On April 10, she will be back in Matteson, Ill. to conduct a workshop for Matteson School District #162 on "Communications between parent and child." Then, it's off to the continent and intensive work with school personnel in Delmenhorst, Germany on "Maintaining sanity in the classroom."

March 5 Harold Mosak will speak at the Illinois Institute of Technology on Adlerian Psychotherapy. On March 11, WHIO Radio, Dayton will interview Harold long-distance by telephone for an hour. After the interview, listeners in the Dayton area will have an opportunity to telephone the station and be connected with Dr. Mosak so that they can make comments and ask questions.

March 21 Harold will speak to the Psychiatric and Psychological staff at Hines V.A. Hospital on "Adlerian interview." March 22 he will give the third lecture in the course on Psychotherapy for the Alfred Adler Institute of Dayton. His topic will be "Interpretation in Adlerian Psychotherapy." March 25 Harold will conduct a one-day workshop for Brigham Young Univ. in Salt Lake City. His topic will be "Family and marriage counseling."

NEWSNOTES, REGION II, Maryland, Missouri.

Maryland, Missouri. Course 107, "Dynamics of family life," will be taught in two-parts on March 15-16 by Rick Curtner and on April 12-13 by Bina Rosenberg at the Ramada Inn, Page Av. and I-270. Discussions of the family system will be interspersed with opportunities to interview and counsel families. The understanding of family dynamics will be the main focus of the course. Flo Stephenson and Deloris Chestnut are the registrars and can be contacted c/o of MSIP Newsletter, P.O. Box 1205, Maryland Heights, Missouri 63043.

Eight study groups sponsored by the Midwest Society of Individual Psychology are in operation this winter. These are 5 beginning parent study groups, 2 advanced parent study groups and one equality study group. For information about MSIP activities write to the Newsletter at the address given above.

Minneapolis, Minnesota. Four new faculty members have had final approval by the faculty and Board of the Alfred Adler Institute of Minnesota. They are David Bailey, Judi Levie, Mike Steinberg and Janice Weiner.

In January, Robert Bartholow presented another successful series of his always-popular workshop "How to unlock the trap of neurosis." He also was the featured speaker at two programs in the Edina Schools dealing with "Childhood forerunners of neurosis in family and school."

Cecil Blaisdell, Dean of the faculty, conducted a morning of in-service training on Feb. 3. The topic was "Student control in the classroom." Participants were teachers in the Fridley school system.

Thomas Wright and Judi Levie presented a workshop on human relations for the staff of the Minnesota Department of Economic Development in St. Paul, sponsored by the department's affirmative action committee.

On Feb. 11, Robert Bartholow spoke to the treatment staff of the Chemical Dependency Unit at Northwestern Hospital in Minneapolis. He dealt with the dynamics of chemical dependency related to marriage systems as well as with treatment techniques.

Robert Willhite conducted a 4-session class on "Alcohol and chemical dependency" for Christ Presbyterian Church in Edina. Areas covered were awareness of the disease, pathology of the disease, and resources available for help - all of this in relationship to families.

Several radio and television appearances have been made in the last month advertising AAIM programs and workshops by Robert Bartholow, Cecil Blaisdell, Patrick Davis, Mary Shea, and Dwight Townes.

A one-day workshop called "Insight: divorce" was held Feb. 8 at the Hyatt House in Minneapolis. Board and faculty members who assisted in planning the workshop were Ardis Kysar, Emily Fruchtman, Mary Shea, and Janice Weiner. Designed for anyone contemplating, experiencing, and/or adjusting to the reality of divorce, the program offered choices among 15 hour-long workshops including "Developing as a single, independent person," "How did I choose that partner?" "Sexuality and divorce," and "Divorce, the law, and employment for women." The keynote speaker was Esther Oshiver Fisher, author of Divorce: The New Freedom. Workshop leaders included AAIM faculty members David Bailey, Robert Bartholow, Ardis Kysar, Judi Levie, Janice Weiner, Jean Willhite, and Robert Willhite.

Two workshop series are currently being sponsored by AAIM. "Illness, catastrophe, and sex" has been led by Dwight Townes, M.D. and James Pattee, M.D., an AAIM Board member. Guest lecturers have been John Brantner, M.D. and Elizabeth Jerome, M.D. "Building self esteem in children" has been led by Jean Ballou, Cecil Blaisdell, and Carol Danger.

NEWSNOTES, REGION II, Minneapolis, Minnesota (cont.)

Minneapolis, Minnesota. Mim and Bill Pew will conduct a Marriage Counseling Workshop in Tucson, Arizona on March 8 and 9 through the auspices of the University. Also in Tucson, Mim and Bill will present the number one priorities for the Grand Rounds, Department of Psychiatry, Arizona Medical Center on March 11.

March 19 Mim and Bill will speak to the Tri-Lakes Women's Club in the metropolitan area regarding parent-child relationships.

March 25 Mim Pew will appear on a panel entitled "Child Abuse Can Be Prevented" for the Minnesota Welfare Conference.

March 26, April 2 and April 9, Mim will teach a course for the Continuing Education and Extension division of the University of Minnesota on Social Group Work. This course will cover basic principles of group work, including group leadership styles and special issues of group work. Lecture and discussion will be followed by the opportunity for the students to try out ideas in a group setting.

St. Paul, Minnesota. "Dynamic directors key recent success of expanded centers" is the title of an article in the St. John's Hospital Communicator. And, of course, the directors referred to are none other than Mim and Bill Pew. An excerpt from the article reads, "Everything is going banana," according to Cheryl Belair, coordinator of St. John's Family and Marriage Education Centers, in describing the snowballing success of the centers. In the year that Dr. Bill and Mim Pew have been directing the centers, regular attendance has more than doubled over what it was during the first two years of its existence." Those who have been fortunate enough to see Bill and Mim at work will have no trouble understanding why. "What has been the reason for all these changes? According to Phyllis Figge, director of Community Relations, it's the Pews. 'The Pews are dynamic, wholesome and they have a sense of humor,' Figge said. 'Besides all of their qualifications, they've had their ups and downs with their own five kids. They truly believe and act upon the Adlerian principals that they espouse. Perhaps most importantly they communicate to people that change for the better is possible.'" Best wishes to the Pews and their staff for the future of their valuable work.

REGION 3 - SOUTH

Maxwell AFB, Alabama. Welcome to a new Adlerian group, the Alabama Society of Adlerian Psychology! We received their first Newsletter from President John Bradwell. The Newsletter reports the activities of "SOS" parent study groups at Maxwell AFB. A total of 167 wives of students attending the eleven-week Squadron Officer School went through the program in 1974, and the current enrollment totals 70.

A new addition to the faculty of Troy State University is Dr. Steve Hirschorn who just completed the doctoral program at Florida State University. Steve and his wife Brenda were both active in the Florida Adlerian Society.

Coral Springs, Florida. Don Dinkmeyer spoke to the Parental Involvement Program for Broward County, Florida on Jan. 8. He was also a presenter at the annual National Group Procedures Conference held at the Univ. of Georgia on Jan. 26-28. He presented a workshop on the new DUSO D-2 Program (Developing Understanding of Self and Others), available from American Guidance Service, Circle Pines, Minnesota.

Don was contracted by the Albuquerque, New Mexico public schools to develop a system-wide "Group consultation process with teachers." Jan. 29-31 he conducted workshops for school administrators, high school, junior high, and elementary school counselors.

NEWSNOTES, REGION III, Coral Springs, Florida.

Albuquerque has shown considerable interest in the "C" group process and Adlerian consultation. On Feb. 3, he visited Arlington, Texas for the third time this school year to work with the Arlington public schools. The school system has made a commitment to the implementation of Adlerian ideas in parent education and teacher groups.

Don is conducting a ten-week course on "Teacher and parent consultation" for the staff of Coconut Creek High School, Broward County, Florida. The high school has a student population over 5,000 and is planning to use counselors to work more effectively with parents and teachers in groups. He is also conducting a weekly in-service for teachers of the Pompano Beach, Florida elementary schools and will conduct a workshop in Tampa, Florida for the Hillsboro County elementary school counselors. This March 21st workshop will follow-up on previous training in teacher and parent group work.

Don Dinkmeyer and Jon Carlson are conducting a workshop in Orlando, Florida on March 3 focusing on specific training in parent education study group leadership.

Don Dinkmeyer, Gary McKay and Joyce McKay will present a program at the National American Personnel and Guidance Assn. Convention in New York City March 25. Topic is "Parent education groups: systematic training in effective parenting."

April 2 and 3 Don will be the featured speaker at the International Conference on Community Education in Juarez, Mexico and El Paso, Texas. The topic "Motivation modification." He will also conduct a training session for counselors on parent education groups.

April 11 Don will present a workshop for the counselors of the State of Alabama at the University of Alabama. The workshop will train counselors to lead parent education groups. What a schedule!

Tallahassee, Florida. Carl Mahler and Jackie Simpson have been conducting an eight-week course on divorce through the local mental health clinic for community members dissolving their marriage or adjusting to their new single roles.

The Florida Adlerian Society opened a Family Education Center on Jan. 7. The Center will be open every Tuesday evening from 7:30 - 10:00 p.m. Attendance has been around 25 people each week, and they are now bringing their friends! The American Red Cross is providing their facility for a minimal charge.

Columbia, South Carolina. Frank Walton will teach a six-week course entitled "Winning the cooperation of children" at the University of South Carolina, beginning Feb. 3. He will speak at Aynor, South Carolina Schools Feb. 11 and will provide a counseling demonstration with a parent, a teacher and a child Feb. 20 at Clinton, So. Car. and on Feb. 21 at Newberry.

Frank and Kathy Walton will conduct a two-day workshop for parents at Charleston on Feb. 22 and 23 at the Francis Marion Hotel.

Houston, Texas. Father Salisbury will give a five-week series of lectures during Lent at St. Paul's Church on Tuesday evenings and at St. Thomas More on either Wednesday or Thursday nights. Father Salisbury can be contacted at (713)747-9595 for more information.

Father Salisbury will attend, as a board member, the National Organization for the Continuing Education of the Roman Catholic Clergy, Inc. to be held in San Francisco Feb. 2-5.

NEWSNOTES, REGION III, Houston, Texas (cont.)

More study groups will soon be formed as a result of Father Salisbury's discussion "Reasons why children are unsuccessful in school and what parents should do in that situation." The discussion was held at St. Phillip's United Methodist Church on Jan. 14, and participants expressed a strong desire to start study groups of their own.

Walter O'Connell, Kenneth Lopel and Peter Girardin were guest speakers at the "Death and dying" workshop sponsored by Scott and White Memorial Hospital on Feb. 1. The registration circular described the program as follows: "The goal is to create an awareness of the problems of dying and death and to help personnel and clergy to become more open and sensitive resources to the terminal patient. The design of the program will be experiential; experiential in the sense of examining and attempting to confront our own feelings about our own death and that of others and how this may relate to the dying patient." The program format included a general session, small groups, panel discussion and role playing.

Walter O'Connell is co-director of the Glass Ark Drug Dependency Treatment Center, a Veterans' Administration outpatient treatment facility in Houston. The Center offers free panel presentations for parish groups.

Thanks to Walter for passing along the Jan. Newletter of the C.G. Jung Educational Center of Houston, Texas, of which he is a staff member. This very active education center offers fifteen 6-week courses during the spring semester, ranging from "Principles and Concepts of C.G. Jung" to "Fairy Tales." Also listed are 3 Sat. classes and 7 Sat. workshops, a Wed. afternoon lecture series and an evening open lecture series in which Walter will participate on April 11 with a talk on "Overcoming your energy crises." Looking at the work that goes on at the Center, it certainly seems that they have overcome theirs.

Pattye Kennedy reports an estimated enrollment of 52 students in the five courses offered through the Institute of Creative Community Living, Inc., including approximately 15 new students. The courses are: An Introduction to Individual Psychology I: Barbara Brightwell; Group Dynamics and the Study Group Leader: Walter O'Connell; Life Style I: Psychopathology: Walter O'Connell; Certification Seminar and Practicum: Pattye Kennedy, Walter O'Connell, and Father Salisbury; and a Group Dynamics Course being taught in Deer Park.

Bristol, Virginia. Dan Eckstein recently wrote an article entitled "Adlerian contributions to correctional counseling" to appear in the Spring issue of Counseling and Values. Write Dan at Virginia Intermont College, Bristol, Va. 24201 for a copy.

REGION 4 - MIDDLE-ATLANTIC

Wilmington, Delaware. The Wilmington FEC is offering a study group for men only on the subject of "Male survival." The discussion will challenge the mistakes and misconceptions of the past and rescue men from the siren song of the "Masculine Mystique" - from myths that stereotype them in roles of dominance, heroics, achievers, providers, supermen, Neanderthal ideal, sexual athlete and playboy. As Bob Powers said in his talk on marriage at the Nov., 1974 ASAP Meeting, "The women now want to be as strong as men. But we were never that strong! It was only a con." For information about the study group, write to: FEC of Delaware, Inc. 4900 Concord Pike, Wilmington, Delaware 19803. A three-page list of other FEC study groups (beginning and advanced) conducted throughout Region IV can be obtained from the FEC of Delaware by writing to the address given above.

NEWSNOTES, REGION 4, Baltimore, Maryland.

Baltimore, Maryland. Harry Olson has been appointed Director of Training for Inner City Community Mental Health Center which serves the southwest quarter of Baltimore City, and has established Adlerian-oriented in-service training programs in each of the five units of the Center. He is currently teaching "Lifestyle analysis" and "Interviewing" to the staffs of two of the Center's satellites and has contracted Bill McKelvie to teach "Crisis intervention" to the staff of the Emergency Services Unit. Student response to the ideas and techniques has been overwhelmingly positive.

Harry is also teaching Behavioral Counseling in the Graduate Dept. of Counseling and Guidance at Loyola College. The course is being taught from the Adlerian point of view.

Garrett Park, Maryland. March 23-24 are the dates for the ASAP Region IV Conference in Philadelphia.

IPA of Greater Washington presents four Family Education Seminars this spring at Rock Creek Forest Elementary School, Chevy Chase, Md. on Monday at 8:00 p.m. at a cost of \$2 per session. The seminars are highly recommend for parents who have been through a study group on Children: The Challenge and would like more in-depth discussion of particular subjects. Bill McKelvie conducted the first seminar, "The pampered child and effects of pampering on adult life," on Jan. 27. The second, by Sue McKelvie, entitled "Early childhood development," will be held on Feb. 24. March 31 Norma McAbee, Elaine Funk, Weltha Logan and Hal McAbee will present "Combining art therapy, psychodrama, and counseling in working with children" and April 28 Ann LaVigna talks on "Understanding children's private logic and its ramifications in home and school." For information about IPA activities, write: IPA of Greater Washington, Inc., Box 11, Garrett Park, Md. 20766.

Bill and Sue McKelvie will offer a course on Marriage Education on Monday evenings, beginning Feb. 17 and running for 10 weeks through April 28. The fee will be \$50 per couple and the group will be limited to 10 couples. The McKelvie's begin their work after a year of marital co-counseling, training with Bill and Mim Pew, and corresponding with other couples who are involved in marital co-counseling. The format of the course will be similar to a family education center session, with couples taking turns being interviewed about concerns which are common to many marriages. For information about marriage education and the course, write to the McKelvie's at 510 Leighton Av. Silver Spring, Md. 20901.

Mollie Thorn will lead a study group of teachers at Harmony Hills Elementary School. Twenty teachers there want to learn more about the Dreikurs' techniques. They will use Children: The Challenge and Maintaining Sanity in the Classroom as texts.

East Orange, New Jersey. Kurt Adler's address to the Semi-Annual Meeting of ASAP in Charleston, W. Va., entitled "Current trends in Adlerian psychology," will be published in the next issue of The Individual Psychologist, reports NJSAP.

A mini course, "The many faces of self-reliance," sponsored by the New Jersey Society of Adlerian Psychology, the Psychology Dept., Seton Hall Univ., and The Center for Humanistic Studies will be conducted over the weekend of April 12 and 13. The format includes seven workshops and a number of lectures by various well-known Adlerians. The course is offered for one college credit. Information about this course and other NJSAP activities can be obtained from the NJSAP Newsletter, 377 S. Harrison St., East Orange, N.J. 07018.

The Center for Humanistic Studies (Seton Hall Univ.) announces a short course (1 college credit) in "Humanistic psychotherapy and social change" on March 8 and 9.

NEWSNOTES, REGION 5, Providence, Rhode Island.

A wide variety of study groups sponsored by NJSAP will begin throughout the spring. These include beginning and advanced "Children: the challenge," "Beyond success and failure," and "Leadership training program." Write to the society at the address given above for times and locations.

On Jan. 22, Lilly Ehrlich discussed the beginning of Alfred Adler's School Psychology at the School of Education at Seton Hall University. Father Vincent Conti explored the relevance of Adlerian ideas.

South Orange, New Jersey. Harold Mosak presented a workshop on "Lifestyle and marriage counseling, an Adlerian approach" on Feb. 9. Sponsored by the New Jersey Society of Adlerian Psychology and Seton Hall Univ. Psychology Dept., the workshop included a discussion of Adlerian principles relating to marriage, a life style demonstration and a marriage counseling presentation.

Wyncote, Pennsylvania. The Greater Philadelphia Family Education Center will sponsor the ASAP Regional Conference here on April 5 and 6. Speakers on the theme "The pampered child: everybody's problem" will be Leo Gold, Manford Sonstegard, William McKelvie and Harold McAbee. Numerous small group sessions, demonstrations and a workshop will be scheduled with film and slide showings. The \$12.00 registration fee covers both days of activities, including lunch. The cost for either day's session is \$/. For information, write to ASAP Newsletter, 110 S. Dearborn St., Suite 1400, Chicago, Ill. 60603.

Parkersburg, West Virginia. Manford Sonstegard has submitted a brochure of the FEC of Wood County. The Center offers free public counseling demonstration on Monday evenings as well as group counseling for youth and adults, parent study groups, private, individual counseling sessions, private family counseling, marriage counseling and consultative services. For information, write Robert Cate or Larry Brothers, FEC of Wood County, c/o Emmanuel Baptist Church, 1710-23rd Street, Parkersburg, W. Va.

REGION 5 - NORTHEAST

New York, New York. Helene Papanek presented a class in "Family life, 1974" at the Ethical Cultural Society on six Wednesday evenings from Jan. 8 to Feb. 12.

Five courses in the Program for Psychotherapy and Counseling will be offered at the Alfred Adler Institute of New York throughout the spring. They are: 316, Child Psychotherapy Seminar, beginning Feb. 27 and meeting every Thursday for 8 sessions with Rena Taub; 210, Adlerian philosophy: development and present status, beginning March 4 and meeting on Tuesdays for 6 sessions with Andrew Lavender; 120, Early recollections and dream interpretation, beginning March 18 and meeting Tuesdays for 8 sessions with Helene Papanek; 320, Neuroses, beginning April 8 and meeting Tuesdays for 8 sessions with Kurt Adler; and 240, Dreams and early recollections, beginning April 22 and meeting on Tuesdays for 8 sessions with Robert Ellenbogen.

Providence, Rhode Island. Rhode Island currently has two Family Education Centers in full operation in Woonsocket and Johnston. These groups hold regular public family counseling demonstrations. They also sponsor weekly study groups on child raising and infant education.

On Dec. 8, Leo Gold conducted a workshop at Roger Williams College. Dr. Gold elaborated on many points he made last year concerning Life-Style Analysis and also introduced some new ideas about interviewing techniques.

NEWSNOTES, REGION 4, East Orange, New Jersey.

Dan Eckstein was in town last Dec. as a guest of Rhode Island Junior College. He introduced several psychology classes to Individual Psychology. He hopes to return in the spring.

John Symynkywicz has a column in the Woonsocket Call each Tuesday.

Willowdale, Ontario. The Toronto Association of Individual Psychology May Conference will be held on Sat., May 10, 1975 from 9:30 a.m. - 4:30 p.m. at the Toronto Education Centre, 155 College Street at McCaul. Advance registration (May 3): \$10.00, or \$12.00 at the door. The registration fee includes luncheon. For information write: Toronto Assn. of IP, 4 Finch Av. West, Suite 10, Willowdale, Ont. M2N 2G5.

Ruth Gaal will give a presentation on Feb. 10 at the Lutheran Church for Parents Without Partners, dealing with study groups using the text Children: The Challenge. Ruth and Norm Gaal are leading a Children: The Challenge study group at the Elms Community Centre, Islington, on Tuesday and Wednesday evenings.

The TAIP Newsletter lists a full page of talks to be given by Pearl Cassel through the month of April. It would be impossible to do justice here to Pearl's very busy schedule, but a few highlights are her programs for the Special Education Services, Scarborough on "Diagnosing and treating the problem child" on March 5 and April 2, a talk in Thorold Niagara County on "Modifying the motivation of behaviour" on April 5, a talk in Sudbury on "Discipline without tears" on April 12, and another on the same topic April 19 at the Airline Motel in Thunder Bay.

Upcoming Adlerian activities in the Toronto area are: "Encouragement techniques" by Bill Taylor for the Ontario Public School Men's Teacher's Federation, Chatham, on March 1; and "Children: The Challenge" study group lead by Arlene Armstrong afternoons during the first week of April at the Cedar Drive School.

Burlington, Vermont. This summer's Adlerian Workshop at the University of Vermont will be on "The life style: theory and assessment," from June 30 through July 5. The course will be offered for 3 points of graduate credit in psychology. The staff will be: Kurt Adler, Heinz Ansbacher, Helene Papanek, Robert Powers, and Rowena Ansbacher, coordinator. (Tuition: \$144; Room: \$22; Food: \$22) Send for a catalog to the Summer Session Office, Univ. of Vermont, Burlington, Vt. 05401.

(continued from page 5)

I have found that heavy, thickish and expensive books abound in the parenting field, while simple, practical, economical education aids are extremely hard to come by. So, since the basic rule of marketing success can be summed up in the slogan "Find a need and fill it," I am looking for new products to publish that fill crying, but thus far ignored, needs.

What I am proposing is that Adlerians who have developed (or who think they can develop) parent education tools containing the above-mentioned three characteristics contact me so we can discuss publishing and marketing possibilities of their brainchildren. I am now moving into markets where Adlerians have never much tread (or, if so, only gingerly). These include family service agencies, Headstart, pediatricians, the whole gamut of nursery schools, public health nurses, juvenile courts, labor unions (many seem to be getting into human services of many kinds) to name only a few. It must be remembered that parents dealt with by these organizations are not scholars (as most Adlerians seem to be) and are not wealthy. Educational materials to be practical must be planned with these two points in mind.

Anyone who has ideas for parent education tools is invited to get in touch with Ken Marlin, Practical Parenting Publications, Box 18, Columbia, Missouri 65201.

AND AN APOLOGY...

We reported in the Feb. Newsletter: "When he finished teaching in Vancouver last spring, Harold Mosak made a side trip to Tacoma, Washington to meet with a group of unorganized Adlerians to determine whether it was feasible to form an Adlerian Association in that area." Apologies to Harold and the PSAS for omitting this important last sentence: "On Jan. 18, the Puget Sound Adlerian Society (pronounce it Pizazz) conducted its first workshop. The workshop was given by Bob Bradbury, Bill Cascaden and Chuck Freeman."

NOTE: The deadline for receipt of items to appear in the APRIL Newsletter is MARCH 19.

RETURN TO:

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F I R S T C L A S S