

NORTH  
AMERICAN  
SOCIETY OF  
ADLERIAN



PSYCHOLOGY \_\_\_\_\_ NEWSLETTER

Kay Schecht  
Editor

159 North Dearborn Street  
Chicago, Illinois 60601

JUNE 1978

PRESIDENT'S MESSAGE

Dear Friends:

This letter is written well before the Washington, D.C. Convention. Business conducted at the convention will be reported in the next Newsletter. As we come to the close of another year in the life of NASAP, in the end of my service to you as your President, I want to provide you will a brief summary of the state of the Society.

One year ago the Delegate Assembly agreed to give top priority to the objective of increasing activity and organization with the five Regions of the Society. Our efforts have begun to bear fruit in the following ways: Region I has emphasized improved communication among members of the Region through its Newsletter. It has elected officers and has created working committees in the areas of education, professional resources, election, and development. In addition, two book sales centers have been established in the Region. Region II has compiled a list of volunteer speakers and consultants and is publishing a Newsletter for the upper Midwest portion of the Region. Region III elected a coordinator and held a Fall meeting and workshop in Atlanta, and a Spring workshop in Birmingham. Region IV has elected officers and held meetings and workshops at Bowie State in the Fall, and in Baltimore this Spring. Region V elected officers, increased communication with the Region greatly, and sponsored a meeting and workshop in New York City in the Spring.

Several Regions applied for and received funds ranging from \$200 to \$1,000 from the NASAP Committee on Development to subsidize Regional activities. Regional representatives will want to make themselves aware of new developments that may take place in Washington with regard to the NASAP Revenue-sharing plans. Attendance at several of the Regional meetings was equal to a typical attendance at NASAP Fall meetings. It seems certain that a great deal of what we as an organization have to contribute to society will be contributed through the efforts of our Regional organizations in the future.

Our Membership Directory has been placed on computer tapes to greatly simplify changes and reproduction in the future. NASAP has grown to nearly 1200 members. We numbered 750 at the start of 1976. In some ways we are a different organization. Many more members are involved in the work of the Society. Each Regional organization is roughly equivalent to the size of ASAP five or six years ago. In order to accommodate our growth, we have, among other things, revised our Constitution, reorganized the Delegate Assembly, expanded our central office staff, increased the work week of our Executive Secretary, and tripled the size of our Central Office space. Some of you may be interested to know that as recently as 1972 we had no Central Office at all. The files for the Society were shuffled around from President to President and, as Membership Chairman, I carried the membership records of everyone in the Society around in a Manila file folder.

Financially, we are sound. The Alfred Adler Institute of Chicago generously has provided central office space for years at no cost to NASAP. As of May, we began paying our way there, and we are able to put some money into programming, thanks not only to our expanding membership, but also to the drawing power of our convention in recent years.

I want to thank the Delegates for their confidence and support, and I especially thank the Committee Chairpersons and our Executive Secretary for their efforts on behalf of NASAP during the past two years. I hope you will join me in recognizing the efforts of the Delegates who contribute their time and money to work for the Society in relative obscurity. It's fun to reminisce about developments in the past, but as the words of the popular song go, "We've only just begun." I look forward to playing some part in the bigger and better contribution that NASAP and Individual Psychology most assuredly will make to Society in the future. Best wishes.

Sincerely,

Francis X. Walton  
President

CALENDAR OF EVENTS

- June 1 Walter E. O'Connell will address the Workshop Library on World Humor, Washington Ethical Society, 7750 16th St., NW, Washington, D.C. For details contact H.J. Cummings, President, P.O. Box 23334, Washington, D.C., (202) 547-8055.
- June 3 "Life Style and Clinical Assessment" (Part of Course 312), Harold Mosak, AAI of Fort Wayne, 1812 Ft. Wayne National Bank Bldg., Ft. Wayne, IN 46802, (219) 422-9622.
- June 4 "Theory of Group Therapy" (Course 333), Harold Mosak, AAI of Cleveland. For information contact Don Higgle, 14805 Detroit Ave., Lakewood, OH 44107, (216) 228-7780.
- June 9 "How to Conduct a Family Council," Pearl Cassel, Belleville Family Live Conference, Belleville, Ontario. Contact: Pearl Cassel, 51 Burnview, Cr., Scarborough, Ontario M1H 1B4, (416) 431-2887.
- June 9, 10 "Ambitions and Goals in the Aging Adult," James W. Croake, Arch Street Friends' Meeting House, 4th and Arch, Philadelphia, PA. For details contact Betty Lou Bettner, Family Education Center, 401 Lombard St., Philadelphia, PA 19147, (214) 972-7369.
- June 12, 22 "Applications of Adlerian Psychology in the Home and School," Frank Walton, Bob Powers, Kathy Walton, Columbia, SC. For more information contact Frank Walton, 660 Townes Rd., Columbia, SC 29210, (803) 798-0300.
- June 14 "Systematic Training for Effective Parenting," STEP Demonstration and Discussion, Don Dinkmeyer, Early Childhood Parenthood Seminar, Clayton School District, Clayton, MO.
- June 23 "The Abusing Parent: Helping the Helpless Loser/Victor?" Harold Mosak, "Life Style in the Family," Harold Mosak.
- June 24 "Life Style Analysis Workshop," Harold Mosak, Woonsocket Family and Child Service, 8 Court Street, Woonsocket, RI 02895. Contact John Symnykiewicz, Executive Director, (403) 762-5656.
- June 26 Keynote Address: "Discipline Without Tears," Workshop on Class Council Meetings, Pearl Cassel, McDougall School, Parry Sound, Ontario.
- June 26-July 1 "Dealing With Problems of Children and Adolescents," Shirley Gould, Genevieve Painter, Bernard Shulman, Manford A. Sonstegard, Rowena R. Ansbacher, One-Week Summer Session, Grasse Mount, University of Vermont, Burlington, VT 05401, (802) 864-4221. Contact person: Rowena Ansbacher.
- June 26-July 7 "Applications of Adlerian Psychology to Counseling and Child Guidance," Frank Walton, Harold Mosak, Columbia, SC. For details contact Frank Walton, 660 Townes Rd., Columbia, SC 29210, (803) 798-0300.
- June 27 "Developing Positive Self-Concept," Pearl Cassel, North York Board of Education, North York, Ontario.
- June 29-30 "Life Style Demonstrations," Harold Mosak, Columbia, SC. Contact: Frank Walton, Suite 119, Interstate Center, Columbia, SC 29210, (803) 798-0300.
- July 30-Aug. 13 ICASSI '78. The 11th Rudolf Dreikurs Summer Institute, University of Essex, Colchester, England. Contact person is Hal McAbee, ICASSI Administrator, 2421 Kelford Lane, Bowie, MD 20715.
- Sept. 21, 22 "Intensive Two-Day Training Workshop in Parent Education Featuring STEP, Raising a Responsible Child and Parent "C" Groups," Don Dinkmeyer, Neuse Mental Health Center, New Bern, NC 28560.

OF GENERAL INTERESTDELMENHORST, GERMANY  
SITE OF INCREASED ADLERIAN ACTIVITY

A Report by Bronia Grunwald

I should like to report about a seminar which I conducted in Delmenhorst, Germany, during the week of April 3-9, 1978. Delmenhorst is a suburb of Bremen with a population of 75,000. I was invited by the Alfred Adler Institute of Delmenhorst whose director is Frau Thea Ahrens.

I want to share this experience with the readers of the NASAP Newsletter because it was highly unique and unexpected. I say "unexpected" because I was officially greeted and later entertained by Dr. Cromme, Mayor of Delmenhorst. Both Dr. Cromme and his wife are very well trained in Individual Psychology. Mrs.

Cromme has studied at the Alfred Adler Institute. I learned that the Adlerian Family Counseling Center in Delmenhorst has been incorporated in the city's Mental Health program, and has provided the Center with a large, beautifully furnished building; with various playrooms for the children; with every imaginable equipment; paying for telephone, heating, and cleaning costs; and has put a well trained Adlerian staff of seven on its payroll. During the day, six staff members do family counseling. In the evening and on weekends, the Alfred Adler Institute of Delmenhorst is permitted to use the facilities of the Center at no charge.

All this was accomplished by a small, shy, and very lovely lady, named Frau Thea Ahrens. Thea has received her Adlerian training in Germany. She has been a faculty member of ICASSI for several years.

While I was very happy for Frau Ahrens and her staff, I could not help feeling a pang of regret con-

sidering the difficulties and the hardships our Alfred Adler Institutes here have to go through in order to operate.

I worked with trained counselors in the morning; giving demonstrations of family counseling—individual and multiple. I was especially impressed with a principal of school who came along with the parents of an eight year old boy, Heinko, who did not attend class for over a year. This principal accepted my proposal to bring "the school" to the child since nothing that the parents nor the school had tried had worked. It was decided that for a few weeks, two children from Heinko's class should be brought over to his house for an hour, and thus establish social contact with Heinko's class. These two children might then induce Heinko to come back to school. The principal liked the idea and offered to bring the two children himself to Heinko's house every day. His concern and cooperation greatly impressed me.

In the afternoon, I worked with over three hundred teachers, including the superintendent of schools, principals, and school counselors. I gave three demonstrations of group discussions with children (the entire class) of various ages.

Judging from the general responses and from the fact that the entire audience returned every day for five days, I felt that there is a great interest in the Adlerian approach to education. A number of the participants expressed an interest to study at the Alfred Adler Institute of the city. I left with a very good feeling.

Most of the faculty of the Institute in Delmenhorst live in hope to come to the States and study with us someday. They are very well informed about all that we are doing; know all of the leading Adlerians here by name, and are familiar with their publications. It was a memorable experience. Thank you, Thea Ahrens.

# # #

#### WHO IS WHO IN AMERICA

NASAP has received word that we now have a fourth member (see March 1978 NASAP Newsletter) in the new edition of WHO'S WHO IN AMERICA. The distinction goes to Allan J. Cox, President of Management Organization, Inc., Chicago, Illinois, author of WORK, LOVE AND FRIENDSHIP: REFLECTIONS ON EXECUTIVE LIFESTYLE.

#### FUNDING NEWS

The following News Release was sent by Jane Nelsen, Director/Counselor of Elk Grove Unified School District, Adlerian Elementary School Counseling.

The Elk Grove Unified School District's Title IV-C project, the Adlerian Elementary School Counseling Program, has been granted EXEMPLARY PROJECT dissemination funds for 1978-79. This means that project staff will be traveling throughout the State of California to help other school districts implement this highly innovative and successful program.

The two aspects of the Adlerian Elementary School Counseling Program considered most creative and innovative are: 1) the participation of parents and teachers in Adlerian Study Groups as an indirect method of changing child misbehavior, and 2) the use of paraprofessionals to lead the parent study groups.

For three years the project has been operating on an experimental basis comparing behavior change in students at the experimental schools with behavior change in students at control schools. Student behavior at the experimental schools improved significantly over the control school at the .01 level the first year, and .001 the second and third years. The entire staff, Jane Nelsen, Counselor/Director, Susan Anderson, Judi Dixon, Ann Platt, and Vicky Zirkle, paraprofessionals, are all going to Washington, D.C.

in May to present these exciting results to the North American Society of Adlerian Psychology convention.

# # #

#### COURAGE TO BE IMPERFECT

The Reading Instruction and Pupil Personnel Services (RIPPS) program is located in Portsmouth, Rhode Island, not Portsmouth, New Hampshire as stated in our March 1978 Newsletter. Our thanks to Joseph Caranci, Program Supervisor, for calling our attention to the error.

# # #

#### POSITIONS AVAILABLE

Fort Wayne, Indiana: Two Assistant Head Nurse positions for days and nights are available at Lutheran Hospital in Fort Wayne. For information contact R.J. Pancner, M.D., 1812 Fort Wayne National Bank Building Fort Wayne, IN 4680d, (219) 422-9622.

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#### PUBLICATIONS

From S. Richard Sauber, Fall River, MA: I am pleased to share with our members that the International Journal of Family Counseling has become a periodical identified with a strong Adlerian influence and an increasing number of manuscripts are submitted and published each year. With Adlerians on the Board such as Don Dinkmeyer, Jim Croake, Paul Rom, and me as its editor, we have been able to make a commitment to publishing articles on Adlerian family counseling. Upcoming issues will include articles by James McDonough on "Sibling Ordinal Position and Family Education"; James Croake and Rebecca Lyon on "Research Design in Marital Adjustment Studies"; Joel Fisher, James Anderson, Eric Arveson, and Sheila Brown on "Adlerian Family Counseling: an Evaluation"; Don Dinkmeyer's "A Comprehensive and Systematic Approach to Parent Education," "A Flow Chart Model for Adlerian Group Counseling" by Arthur MacNeill Horton.

Manuscripts should be sent to Dr. Richard Sauber, Brown University Medical School, Family Care Center, 89 Pond Street, Pawtucket, RI, 02860. Subscriptions may be ordered through Bruner/Mazel, Publishers at 19 Union Square (15th St.), New York, NY 10003.

Alfred Adler, SUPERIORITY AND SOCIAL INTEREST: A Collection of Later Writings, edited by Heinz and Rowena Ansbacher, will be published in paperback in January 1979 by W.W. Norton, 500 Fifth Ave., New York, NY 10036. This will replace the previous paperback edition by Viking Press, published in 1973. Meanwhile, the hardcover edition remains available from Northwestern University Press, Evanston, Illinois. The book may also be ordered from AAI of Chicago Bookstore, 159 N. Dearborn St., Chicago, Illinois 60601. \$15.00, plus 50¢ postage and handling.

A CASE FOR ADLERIAN COUNSELING: THEORY, TECHNIQUES AND RESEARCH EVIDENCE by Roy Kern, Ken Matheny, and David Patterson. Published by the Alfred Adler Institute, Chicago, 1977. Paper. \$4.75.

The chapters in this book cover Adlerian precepts and practices, empirical research results within education settings (elementary, secondary, and postsecondary), within clinical settings (mental patients, therapy groups, and correctional populations), and new directions in designing counseling research.

PROCEEDINGS OF THE SYMPOSIUM: THE INDIVIDUAL PSYCHOLOGY OF ALFRED ADLER, published by the University of

Oregon, Eugene, Oregon, 1977. Paper. 175 pages. \$5.75.

This compendium of the October 1977 Symposium held at the University of Oregon contains a unique collection of topics by distinguished Adlerian scholars, including Heinz and Rowena Ansbacher, Jurd Adler, Robert Leeper, and R.N. Lowe. Topics include "Philosophical and Sociological Concepts in Adlerian Psychology," "Radical and Traditional Therapy," "Alfred Adler, Psychologist of Women's Equality," "The Clash between Adlerian Theory and Other Academic Psychological Theories," and "An Appraisal of Rational Emotive Therapy from an Adlerian Point of View."

THIS WILL DRIVE YOU SANE by Bill L. Little. Published by CompCare Publications, Minneapolis 1977. Cloth. 163 pages. \$7.95.

The foreword by Albert Ellis, Ph.D. calls the book ". . . a rather rare work in the field of psychotherapy: one with a profound sense of humor. His entire book shows that humans have, if they only want to take it, an enormous amount of choice in their life circumstances—even in the selection of their neurotic symptoms. Bill Little pointedly and wittily makes that choice crystal clear, so that virtually anyone who reads this book can appreciably widen his or her 'free will' and intentionally create happiness and satisfaction instead of needless pain."

LOVE, SEX, AND SUPERIORITY: THE INFERNAL TRIANGLE, a cassette with Robert L. Powers produced for the Alfred Adler Institute of Chicago by Audiosette Service Corporation, 1977. \$10. With humor, compassion and common sense, Powers discusses the old ideas about sex roles and the burdens these old ideas place on men and women; how these mistaken ideas can lead to unhappiness and fighting in a marriage; how it looks from the man's point of view; how it looks from the woman's point of view; what love is, and what it isn't and how marriage and love can be understood as a cooperative task for two.

APRENDIENDO A SER PADRES, the Spanish edition of CHILDREN: THE CHALLENGE, by Rudolf Dreikurs. Buenos Aires: Editorial Galena, 1976. 212 pages. Paper. \$8.00.

This book was translated by Elina Dominici and Daniela Openheimer and edited by Fundacion Fedex in Caracas, Venezuela. The title translates into "Learning to be Parents," an appropriate title for conscientious parents who want to learn ways to encourage their children to become independent and self-sufficient.

#### RECENT ADDITIONS TO OUR BOOK AND CASSETTE LIST

THE CASE OF ROGER: Nine Psychotherapy Sessions with Harold H. Mosak. Approximately 14 hours of tape on 16 cassettes. Produced by the Alfred Adler Institute of Chicago. Sold only as a set. \$100.00.

The cassettes follow through nine sessions of therapy with Dr. Mosak, followed by discussion with the therapist and advanced students. The patient is a 36 year old, agoraphobic, whose concerns also include alcohol use and sexual behavior. Includes life style summary analysis.

ALFRED ADLER AS WE REMEMBER HIM edited by Guy J. Manaster, Genevieve Painter, Danica Deutsch, and Betty Jane Overholt. Published by the North American Society of Adlerian Psychology, 1977. Cloth. 122 pages. \$7.95.

A book of anecdotes and stories about the man, Alfred Adler, told by those who knew him: his family, his friends, his students, and colleagues. Opening with a short biography, the book concludes with a previously unpublished fable by Alfred Adler.

ABC's FOR BABY by Genevieve Painter. Produced by

Practical Parenting Publications, 1977. Paper. 14 pages. \$7.75.

This handbook for parents contains many of the lessons that have been learned from extensive research into the early development of newborn babies, and certain specific steps parents can take to help babies develop.

COOPERATION BETWEEN THE SEXES: Writings on Women, Love and Marriage, Sexuality and Its Disorders, by Alfred Adler. Edited and translated by Heinz and Rowena Ansbacher, with an essay by Heinz Ansbacher. Published by Doubleday, July, 1978. Paperback. 500 pages. \$3.95.

This volume collects all of Adler's significant writings on the relationship between the sexes. He posits that only through true "cooperation between the sexes" will the needs of both society and the individual be met. Ansbacher places Adler's writings in their historical context and demonstrates conclusively how Adler's thinking provides the true foundation for successful psychotherapy today.

#### NEWSNOTES

##### REGION I - FAR WEST

###### BRITISH COLUMBIA

University of British Columbia, Vancouver, B.C.—  
"The Role of the Teacher in Guidance," Education 426, Edna Nash, July 3-21. "Classroom Management," Oscar Christensen, July 3-14.

##### REGION II - MIDWEST

###### ILLINOIS

Alfred Adler Institute of Chicago—We are pleased to announce that the Institute on April 12 was granted accreditation by the North Central Association of Colleges and Schools, our regional accrediting body. Since July 1976 the Institute has held candidate status for accreditation.

In their "Report of a Visit to the Alfred Adler Institute," the four North Central Association evaluators noted, among the Institute's strengths:

"The commitment on the part of all of those connected with the Institute to the philosophy of life, and of psychology, that emphasizes a faith in the ability of humans to solve our problems, change our lives, and progress. As a consequence of this commitment, there is concern for and active involvement in the solution of the problems of the community of which the institution is a part." (p.19)

"The presence of a supervised practicum experience in individual and group settings . . ." (p.20)

"The enthusiasm for the institution shared by the Board, the staff, the faculty, and the students that arises from applying the principles that one is teaching and learning." (p.20)

We are grateful to the NCA's Commission on Institutions of Higher Education for the confidence it has manifested in the Institute, and to the Board, faculty, administrative staff, and student body for their generous assistance in the accreditation process.

Full details are available on 11 four-day courses and 3 one and two-day workshops to be offered during June and August. These will provide students living

outside the metropolitan Chicago area with an excellent opportunity to complete some coursework and practicum.

Also scheduled during June and August evenings are 16 videotape showings of Dr. Dreikurs 1968 course at the University of Vermont. These videotapes have been made available to the Institute through the kindness of Sadie Dreikurs.

Final details of the Institute's first graduation ceremony are being finalized. The date will be announced soon.

The Institute received this thoughtful message from Frank Walton:

"Thanks to you and to the faculty of AAI for your continued efforts in support of the NASAP Administrative Office. I am very pleased that NASAP is finally able to pull more of its own weight in its relationship with the Institute."

#### KANSAS

Pittsburg—Contact Dr. Robert Sheverbush, 112 Hughes Hall, PSU, Pittsburg, KS 66762, (316) 231-7000, ext. 354, for information about the following Summer Workshops and Seminars at Pittsburg State University:

- June 6-9 "Topics in Psychology: Marriage the Challenge; Techniques of Marriage Counseling," John Nield.
- June 17-18 "Counseling in the Middle Schools: A Pragmatic Approach," John Nield.
- July 10-14 "Teenagers the Continual Challenge," Karen Lundblad.
- July 17-21 "STEP," Ron Agee.
- July 17-21 "Turning People On: The Encouraging Process," Elaine Monroe.

#### REGION III - SOUTH

##### FLORIDA

Hollywood—Don Dinkmeyer will be instructing the following summer courses in Adlerian training at Heed University:

- July 3-7 "Adlerian Counseling: Practical Procedures"
- July 10-14 "Group Counseling and Group Psychotherapy"
- July 17-21 "Advanced Adlerian Counseling"

For details contact Don Dinkmeyer, Communication and Motivation Training Institute, Inc., 11061 N.W. 23rd Crt., Coral Springs, FL 33065, (305) 752-0793.

#### REGION IV - MIDDLE ATLANTIC

##### PENNSYLVANIA

Philadelphia, PA—Manford Sonstegard will be presenting a Family Counseling Demonstration on June 3 and June 17 at the Philadelphia Family Education Center, 401 Lombard St., Philadelphia, PA 19147. For information contact Betty Lou Bettner, (215) 972-7369.

#### REGION V - NORTHEAST

##### ONTARIO

Scarborough—Pearl Cassel has sent an impressive summary of her activities from 1977 including over 83 programs and events involving more than 11,794 participants. In addition, she produced and directed an audio-taping "Canada Goose and Other Action Songs for Young Children." A 1978 audio follow-up is now available entitled "Raggle Taggle Gypsy and Other Action Songs for Juniors" as well as a record of eight music lessons to accompany the two action song books.

Pearl Cassel is perhaps best known for the book,

DISCIPLINE WITHOUT TEARS which she co-authored with Rudolf Dreikurs. It is now in its sixth printing with sales over 70,000, and is available in English, German and Italian. Ms. Cassel is on the Board of Directors and is founder of the Alfred Adler Institute of Ontario. She is currently a full-time doctoral student at the University of Toronto working on a dissertation relating to the relevance of birth order.

#### MASSACHUSETTS

Boston—"Parent Education: Developing a Program for Your Community," an intensive summer workshop with 4 hours of graduate credit offered, will be led by Dorothy Bickling, Marie Hartwell-Walker, and Portia Perry, July 24-28 at Northeastern University, Boston, MA 01720. For details contact Dorothy Bickling, (617) 437-3276.

#### NEW HAMPSHIRE

Laconia—"Psychology for Personal Growth," a Life Style Study group at New Hampshire Vocational Technology College will be led by Ray B. Rich and Eleanor S. Rich, Monday and Wednesday evenings 7:00-9:00 PM, June 5-28. Contact person is Tom Dawson, Dean of Evening Division, New Hampshire Vocational Technology College, Laconia, NH 03246.

#### NEW YORK

Alfred Adler Institute of New York—Summer Courses at AAI include:

- June 6 "Psychodrama," eight sessions.
- June 8 "Creative Arts Therapy and Social Rehabilitation," fifteen sessions.

For details write the Alfred Adler Institute of New York, 37 W. 65th St., New York City, NY 10023.

#### QUIZ

(From THE AFFECT TREE, published by The Special Interest Group: Affective Education.)

You are asked to read the following description of a student and to predict his future development. In five years, how would the following student be functioning: psychotic, average-normal, neurotic, gifted, delinquent, or mentally deficient?

Girl, aged sixteen, orphaned, willed to custody of grandmother by mother, who was separated from alcoholic husband, now deceased. Mother rejected homely child, who has been proved to lie and steal sweets. Swallowed penny to attract attention at five. Father was fond of child. Child lived in fantasy as the mistress of father's household for years. Aunt emotional over love affair, locks self in room. Grandmother resolves to be more strict with granddaughter since she fears she has failed with her own children. Dresses granddaughter oddly. Refused to let her have playmates, put her in braces to keep back straight. Did not send her to grade school. Aunt on paternal side of family crippled. Uncle asthmatic.

Your answer: \_\_\_\_\_

Correct Answer: LITTLE ROSEMARY ELEANOR WAS SHE

"Of the three great psychoanalytic pioneers, Adler was, without a doubt, the most modest, and is now, partly for this reason, the least read. Yet his work is of the greatest value, especially for its emphasis on the significance of dignity and self-esteem for the human spirit." T. Szasz

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