



NEWSLETTER

North American Society of Adlerian Psychology

Neva L. Hefner
Editor

159 North Dearborn Street
Chicago, Illinois 60601

January, 1982

PRESIDENT'S MESSAGE

Dear fellow members:

This is the time of year that groups call upon our participation in many ways. NASAP is no different. Recently, we received nomination ballots for the upcoming Delegate Assembly election. I would like to encourage everyone to participate in the nominating process. Any person receiving 5 or more nominations in a particular region will then be a candidate for election to the Delegate Assembly. Information on the candidates will be printed in a forthcoming Newsletter. The elected persons in the Delegate Assembly are there as our representatives. So please get involved in the process.

At this time let me urge all of us to send in our membership renewals for this coming year. It is so easy to set things aside and then completely forget our intentions of sending in the membership promptly. The consequences of

procrastinating too long are not being included in the Directory which is published in the early part of the year. I find the Directory invaluable to reach people that I've met at Conventions and to make referrals.

About this time of year we're all inundated with requests for donations. Let this be another request. Donations to NASAP are tax deductible. This year the tax savings will be greater than in years to come, barring new legislation. Since many prefer to donate funds for specific projects, as the Mosak Bibliography was funded in the past, several projects for funding have been suggested. Donations are what make special projects and the extension of NASAP services possible. I urge you to consider this need.

I would like to extend to each of you the best of holiday wishes.

Warmest regards,

Ronald J. Pancner, M.D.
President

CONFERENCES/MEETINGS

- | | | | |
|------------|---|------------|--|
| Feb. 18-22 | 5th Annual NASAP Region 3 Conference, Orlando, Florida. Contact: <u>Don Dinkmeyer, Jr.</u> , 4010 N.W. 99 Avenue, Coral Springs, FL 33065. | July 18-31 | ICASSI '82, 15th Rudolf Dreikurs Summer Institute, Badgastein, Austria. Contact: <u>Harold V. McAbee, Ed.D.</u> , 2421 Kelford Lane, Bowie, MD 20715. |
| Mar. 17-20 | APGA Annual Convention/Exhibition, Cobo Hall, Detroit, Michigan. Contact: APGA, Two Skyline Place, Suite 400, 5203 Leesburg Pike, Falls Church, VA 22041. | Aug. 2-6 | 15th International Congress of Individual Psychology, Vienna, Austria. Contact: Dr. Anton Reinelt, Univ. Klinik d. Neuro-psychiatrie des Kindes und Jugendalters, Wahringer gurtel 74-76, A-1090 Wien. |
| June 10-15 | 30th Anniversary Convention of NASAP, El Rancho Tropicana, Santa Rosa, CA. Contact: FEC of Petaluma, 7 Fourth Street, No. 12, Petaluma, CA 94952. | Oct. 22-24 | Semi-Annual Meeting of NASAP, Doubletree Inn, Tucson, AZ. Contact: <u>Dr. Brenda Even</u> , Adlerian Psychological Institute, 1540 N. Tucson Blvd., Tucson, AZ 85716. |

CALENDAR OF EVENTS

- Jan. 17 *Alcoholism: The Ten Biggest Mistakes Helping Persons Make, Helen Cooley, Chicago Area Adlerian Association, 159 N. Dearborn. Contact: Daniel Jezioro, 312/664-2655.*
- Jan. 23 *Presenting Adlerian Ideas in the Community, Rob Guttenberg, Kensington, MD. Contact: Takoma Park FEC, 7511 Holly Ave., Takoma Park, MD 20012; 301/270-3328.*
- Feb. 5,6,7 *Working with Difficult Children, Why Children Misbehave, Floy Pepper, Ottawa. Contact: The Adlerian Center for Counselling and Education, 1355 Bank St., Ottawa, Ontario K1H 8K7.*
- Feb. 17,18 *Workshop for parent educators, Frank Walton, Orlando, Florida. Contact: Jan Warren 305/299-5000.*
- Feb. 22,23 *Workshop for teachers of emotionally disturbed children and for school counselors, Frank Walton, Brevard County, Florida. Contact: Brian Chase 305/453-6962.*
- Feb. 25-27 *Workshop on Adlerian Counseling, STEP, STET, Encouragement Process: Becoming a Positive Person, Don Dinkmeyer, Sr., Pan Am University. Contact: Dr. George Smith, Pan Am University, Edinburg, TX 78539.*
- Mar. 5,6 *Understanding & Improving our Relationships, Bill & Kathy Kvolz-Riedler, Anderson Center, Boise, Idaho. Contact: Ted Henford or Jan Thomas at 208/345-1066.*
- Mar. 15,16 *The Encouragement Process and Techniques: Becoming a Positive Person, Don Dinkmeyer, Sr., pre-APGA workshop, Detroit. Contact: Karol Doody, 15930 Davis, Livonia, MI 48154 or call Gary Galena, 313/661-2867.*

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COURSES/WORKSHOPS

AAI of Ontario

- Jan. 8 *The Patient, Harold H. Mosak.*
- Jan. 9,10, 30,31 *Clinical Assessment II, Harold H. Mosak, Robin S. Gushurst.*
- Feb. 20,21 *Interviewing Techniques, Dorothy Peven, Howard Pollack.*
- Mar. 13,14
- Apr. 3 *Managing Conflict, Steven Moore, Brian Skerrett.*

Location of courses: 252 Bloor Street West (at St. George), Toronto.

Contact: AAI of Ontario
4 Finch Avenue West, Suite 10
Willowdale, Ontario M2N 2G5
416/222-2048

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Adlerian Counseling Associates

- Jan. 16 *Getting Well/Staying Well, Janice F. Lurie*
- Jan. 30 *Why Me, God?: Curing Chronic Hassles, Gloria E. Lane*
- Feb. 5 *Encourage your Young Children by experiencing what it is like to be a little kid, Ann and Don Tuites*
- Feb. 13 *Understanding the Elderly, Ann and Don Tuites*
- Feb. 19 *Encourage your Teenagers by walking in their mocassins, Ann and Don Tuites*
- Feb. 27 *Male/Female Identity and Lifestyle, Gloria E. Lane*
- Mar. 5 *Encourage your Partner by getting to know and accept his/her child of the past, Ann and Don Tuites*
- Mar. 13 *Perfectionism, Ann and Don Tuites*
- Mar. 19 *Are We Really Compatible?, Ann and Don Tuites*
- Mar. 27 *Anti-Perfection Training, Janice F. Lurie*

All of the Saturday workshops are from 9:30 a.m. to 12:30 p.m.; Friday workshops are from 7:00-10:00 p.m.

There are groups for Men only and Women only beginning in January and February. Information available upon request.

Location: 2515 Kittiwake, Brookmeade I, Wilmington, Delaware

Contact: Adlerian Counseling Associates
17 Polly Drummond Center
Newark, DE 19711
302/366-1115
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Western Institute for Research and Training in Humanics, Inc.

January 7 -- Institute classes begin and continue through March 11.

- Autogenic Training, 7-7:15 p.m.*
- The Exceptional Child: Home and School, 7:15-8:40 p.m.*
- School Counseling, 8:50-10:15 p.m.*
- Understanding Human Nature, 8:50-10:15 p.m.*

- Jan. 21 *Public Meeting*
- Jan. 17 *Marathon, 10:00 a.m.-5:00 p.m.*
- Feb. 7 *Marathon " "*
- Mar. 7 *Marathon " "*

Contact: W.I.R.T.H.
226 Stanford Avenue
Berkeley, CA 94708
415/524-4929

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**You are cordially invited to the
Fall Convention of the
North American Society of Adlerian Psychology**

“ADLERIANS IN ACTION”

October 22-24, 1982



Come to where the action is:

TUCSON, ARIZONA

- Attend Workshops and Presentations**
- Visit the Arizona-Sonora “Living” Desert Museum**
- Spend a Western Evening at Old Tucson Movie Location**
- Take a “South of the Border” Excursion**
and more

**For more information contact:
Brenda B. Even, Convention Coordinator
“Adlerians in Action”
1540 N. Tucson Blvd.
Tucson, Arizona 85716**

AAI of Quebec

Feb. 13,14 Introduction to Individual Psy-
 27,28 chology, #101, H.L. Ansbacher.

Mar. 6,7 Introduction to Individual Psy-
 Apr. 3,4 chology, #102, Seymour Schneider.

Location: Institute of Community and Family
Psychiatry, 4333 Cote St. Catherine
Road

Contact: AAI of Quebec
4939 Grosvenor Avenue
Montreal, Quebec
Canada H3W 2M2
514/731-5675

OF GENERAL INTEREST

30th Anniversary Convention

Now is the time to mark your calendars to be in
Santa Rosa, California on June 10-15, 1982.

The 30th Annual Anniversary NASAP Convention
is the place to be. This convention will focus
on people who care. In this year of caring and
connecting we want to bring together the ener-
gies of professionals, para-professionals and
non-professionals. If you look around, you
will see many people using Adlerian ideas,
people who may not even realize that they are
following the teachings of Alfred Adler. It is
great, and the time for Individual Psychology
is here.

Plans for the convention are taking shape, and
it is exciting. Virginia Satir will be the
keynote speaker. She is a noted author, a
caring counselor, and a dynamic speaker. Pre
and Post-convention workshops are planned on
single parenting, advanced hypnosis techniques,
working with teens, encouragement, and more.
Saturday-Sunday programs will include presen-
tations of interest to clinicians, teachers,
parent educators, and parents.

There will be occasions to relax and enjoy
yourself during your stay. Bring your western
hats and boots for the country western dance;
sharpen up your skills for the tennis tourna-
ment and lay back for a tour of the wine coun-
try.

The El Rancho Tropincana is extending the con-
vention rates for four days before and after
the June 10-15 convention dates. Babysitting
will be available as well as day trips for the
family, so plan your vacation for June in
California. Santa Rosa is in a unique posi-
tion; it is close to San Francisco, the moun-
tains, the redwoods, the wine country, the
ocean and much, much more.

Watch the NASAP Newsletter for more informa-
tion. If you have friends, associates or
students who want to attend, we can make addi-
tional materials available.

If you have any questions or want more inform-
ation, contact: Family Education Center
7 Fourth St., Suite 12
Petaluma, CA 94952
707/762-8835

See you in June!

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Family Education Centers

Weltha Logan writes that she is still eager to
gain information on Family Education Centers
around the continent for the book on Adlerian
Family Education that is being edited by Wel-
tha, Bill McKelvie, Edna Nash, Bob Armstrong,
and Manford Sonstegard.

They have been collecting information for this
purpose but could use more since they have not
heard from all organizations. They will also
update the *Directory of Family Education Cen-
ters* and if you would like your organization's
name and current information included, send
it as soon as possible to Weltha.

Questions they would like answered--

1. What prompted the original starting of the organization?
2. When you look back, what do you feel were the most important steps that were taken to initiate your organization?
3. What preliminary groundwork was laid previous to the initiation of the organization?
4. How was the organization made a reality? In other words, what actually prompted you to get under way?
5. What do you see as the most helpful actions or efforts in the beginning of your organiza-
tion? Who helped you?
6. What detracted from your efforts? Who or what held you back?
7. What kind of opposition did you encounter either in the initiation of the organization or the pursuing of the objectives which you had in mind?
8. What did you discover about the relation-
ships among the participants as project de-
veloped, particularly, what did you view as
desirable relationships and which detracted
from the smooth operation of the organization?
9. What methods were used to stimulate people
to work with you?
10. How was the organization supported finan-
cially (through membership, donations, grants,
etc.)? Tell how you obtained support.
11. What programs have you tried that did not
work? What worked and can you relate why?
12. List the activities your organization
currently supports. This includes parent
study groups, family education centers, work-
shops, etc.
13. How many people in your community are in-
volved in your program?
14. What are you planning for the future?

Please take the time to respond to these ques-
tions, if you have not already done so and
send the information with your organization's
name and current address to:

Weltha Logan
10301 Montrose Ave., No. 202
Bethesda, MD 20014

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Donations

The following members have contributed to the 1981 Fund Raising Drive since the list was published in the October Newsletter:

- | | |
|------------------------|-----------------|
| Bettner, Betty Lou | Jennings, Anne |
| FEC of Delaware | Lew, Amy |
| Freeman, Margareta | List, Joan |
| Hartwell-Walker, Marie | Lurie, Janice |
| Howard, Christine | Roller, Merle |
| Jack, Moya | Rosenberg, Bina |
| Jackson, Patricia | Zimney, Bernice |

The following contributed to the 1981 Fund Raising Drive even though they are not members of the Society--they were at a workshop sponsored by the FEC of Delaware:

- Johnson, Lyn
- Thomas, Kathryn
- Young, Jean L.

The following have sent in donations in addition to their 1982 dues:

- | | |
|---------------|----------------------|
| Gold, Leo | Platt, Gertrude |
| Jack, Moya | Swatosh, Dortha |
| McGrane, Ann | Walti, Patricia |
| Marr, Jean | Zographos, Elizabeth |
| Palo, Anthony | |

The Society is grateful to each of these individuals for these monetary expressions of support. Through such gifts, the Society will be able to begin new projects, which you will hear more about in forthcoming issues of the newsletter.

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Affiliates

The Society welcomes three groups as affiliate members:

- Family Education Association of Greater Burlington, Vermont
- L.I.F.E. Association, St. Louis, Missouri (Learning Individual and Family Encouragement)
- Nebraska Society of Adlerian Psychology

An affiliate is listed in the Membership Directory, receives the publications, and enjoys the same rights as an individual member and may cast one vote in the elections.

To become a member, an organization may write a letter of application, enclose its Constitution or Principles of Operation and pay its dues. We invite other organizations to become affiliate members.

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STEP

The program *Systematic Training for Effective Parenting* (STEP) has now been translated into Greek and Spanish. The Spanish edition is available both from American Guidance Service, Circle Pines, MN 55014 and Clara de Barranco, Apartado 68340, Caracas 1062-A, Venezuela.

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<p>30th Anniversary Convention - 1982 June 10-15 Santa Rosa, California</p>

Workshops for Pediatric Nurses

Rob Guttenberg will be leading workshops on *Hospitalized Children: Preventing Behavior Problems, Managing Staff/Parent Power Struggles* at various airport hotels in the following cities:

- Orlando, FL - Feb. 23
- Raleigh, NC - Feb. 24
- Washington, DC - Feb. 25
- Buffalo, NY - March 11
- Boston, MA - March 12
- Philadelphia, PA - March 23
- New York, NY - March 24
- Atlanta, GA - March 26
- Pittsburgh, PA - April 8
- Williamsburg, VA - April 9

The goal of this intensive seminar is to teach health professionals a new approach to solving common child and parent behavior problems. Participants learn diagnostic techniques to determine the goals of misbehaviors and develop action plans to rechannel these behaviors into useful activities. Rob introduces his concept "The Nurse as Cheerleader," an encouragement process enabling the child and his parents to interpret hospital experiences positively.

Rob has indicated that he might be able to work in a presentation or workshop for Adlerian groups in the area of where he is presenting. His experience includes parent consultation groups, professional education and community development projects. Contact him at:
Rudolf Dreikurs Institute of Colorado
Box 3118
Boulder, CO 80307
303/499-4500

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NEWSNOTES

Region I - Far West

CALIFORNIA

San Francisco--Henry T. Stein, Director of the AAI of San Francisco, earned his doctoral degree in psychology this summer at Columbia Pacific University in Mill Valley, California. Sophia J. de Vries served as faculty mentor for his Independent Study Project, "Outline of an Adlerian Psychotherapy Training Program."

The Institute's training program emphasizes Adler's original teachings and the creative contributions of Sophia J. de Vries and Anthony M. Bruck. These contributions have been documented with audio tapes, video tapes, and unpublished manuscripts.

In addition to his administrative and teaching activities at the Institute, Dr. Stein has a full-time practice involving individual, marital, family, and child psychotherapy; career assessment and counseling; and organizational team-building. For additional information, contact: Henry T. Stein, Director
AAI of San Francisco
7 Cameo Way
San Francisco, CA 94131
415/989-1661.

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Region II - Midwest

ILLINOIS

Chicago--AAI of Chicago: Over 600 former students and graduates of the Institute have been invited to a January 19, 1982, 7 p.m., wine and cheese party to take a major step toward the establishment of the Alumni Association and towards the challenge of the Woods Alumni Grant. If you are an AAI graduate or former student, you are cordially invited to the meeting. AAI graduate Kevin O'Connor is Acting President of the Alumni Association.

At the December meeting of the faculty, revised guidelines were approved for the writing of the required paper. The main point of the revisions was to assist those students who have found this requirement burdensome and, at the same time, to develop further the quality of the papers. Some of the papers, in whole or in part, have been published in NASAP publications.

The Institute continues to invite your comments and suggestions as it enters into the submission of new case presentations to foundations and corporations. If you have any contacts or leads that you can share with the Institute, please do so.

The Adlerian world lost a true friend with the death of Jeanne Marion in mid-December. She served the Institute with distinction as the President of the Student Association, the student representative to the Curriculum Committee, volunteered her services in the office, in spite of a demanding work schedule. We extend our sympathy to her parents and sister.

New Adlerian Group Forms in Chicago--

The Chicago Area Adlerian Association, formed in the Spring of 1981, reports 55 paid members as of its November meeting. The CAAA meets each two months at the Alfred Adler Institute of Chicago to hear presentations and to provide members with the opportunity to get to know colleagues in the Chicago area. Anyone who wants to know more about Adlerian Psychology and its clinical applications is welcome to attend CAAA meetings.

Officers for the new group are: Robert L. Powers and Jane Griffith, Co-Chairs; Daniel Jezioro and Sharon Stubblefield, Co-Secretary/Treasurer; Helen K. Cooley and Jay Colker, Program Co-Chairs; Char Wenc and Eleanor Lawrence, Refreshment Co-Chairs.

The next meeting of the CAAA will be January 17, 1982 from 3 to 6 p.m. at the AAI of Chicago at 159 N. Dearborn with Helen K. Cooley as presenter. Helen is a graduate of AAI of Chicago and is a Certified Alcoholism Counselor who has had 17 years of experience in the field. Her lecture will be on Alcoholism: The Ten Biggest Mistakes Helping Persons Make. The lecture will include options for treatment.

Future meetings will be held on Sunday, March 7 and Sunday, May 2 from 3 to 6 p.m. at the AAI of Chicago. Contact:

Dan Jezioro or Sharon Stubblefield
312/664-2655

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INDIANA

Fort Wayne--A new position has been added to the private practice of Dr. Ron Pancner in Fort Wayne, the position of "psychologist intern." It provides one of the few opportunities for someone trained in Adlerian Psychology to receive "hands on" clinical experience.

The first intern is Steve Langenfeld, who completed his doctoral studies at the University of South Dakota under the direction of Frank Main. He reports that most of his time is spent on the 38-bed psychiatric unit of Lutheran Hospital. The internship provides contact with patients suffering from a wide range of difficulties from situational stress to schizophrenia. Some of the experience offered by this position include the following: interviewing patients upon admission to the hospital, accompanying the psychiatrist on daily rounds, assisting in group therapy, interviewing relatives of patients, administering psychological tests, life style assessments, and selected individual therapy. In addition to the hospital experiences, he has been involved with outpatient group therapy.

The position also provides an opportunity to work with a number of professionals, including two psychiatrists, two psychologists, two therapists, a counselor, social worker, occupational therapists, and nursing staff. Finally, I am involved in parent education through the AAI of Fort Wayne.

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Region III - South

SOUTH CAROLINA

Columbia--Frank Walton will teach Psychology 548, Counseling Adolescents during the Spring Semester at Hartsville, S.C. Kathy and Frank Walton will teach Psychology 507, Principles and Philosophy of Adlerian Psychology at Florence, S.C. For further information, contact Frank at 803/798-0300.

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Region V - Northeast

ONTARIO

Toronto--AAI of Ontario--The Institute has been experiencing some financial difficulties and their Board of Directors has made recommendations for building a long-range structure for financial stability as well as some short-term strategies. One of the recommendations is for single-day programs to be given without a fee for the speaker.

Harold Mosak will present a day of demonstrations devoted to understanding patients on January 8, 1982. All proceeds will be used to maintain the AAIO office. Mosak stated, "From time to time, Training Institutes such as the AAIO experience difficulties. That does not mean that the Institute closes. It means that those of us who have taken from the Institute are now being asked to give back something."

Note: Bob Powers & Jane Griffith led a group discussion on "Relationship Between Men and Women Today" on Donahue Show 12-22. Call local station to ask when the 12-22-81 Donahue Show will be shown in your area.

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159 N. DEARBORN STREET
CHICAGO, IL 60601

STEP Visits the Pacific

The following is a report from Don Dinkmeyer, Sr. on his trip to Japan, New Zealand, and Australia with Don Dinkmeyer, Jr.--

I spoke at a large meeting in Osaka, which is the second largest city in Japan. This was for the purpose of creating an interest in parent education. I then keynoted a large meeting of people who have facilitated growth groups throughout Japan. There was a great interest in the concepts of Encouragement, Parenting and Adlerian Psychology. For two full days, Don, Jr. and I trained 42 leaders in STEP, Parent Education Leader Skills.

The Japanese approach to parent education will be unique. It is going to originally be disseminated through large companies similar to our IBM, Motorola, etc. The plan is that the courses will be made available through the company, perhaps on company time or as an added fringe benefit. The anticipation is that this methodology will move STEP rapidly through Tokyo and eventually other parts of the country.

The program STEP has already been translated, and our appearance there was based on stimulating interest. I had a large number of newspaper interviews with publications such as *Time*, the *Japanese Better Homes and Gardens*, etc., as well as the 5 or 6 major newspapers in Tokyo. There is a great interest in learning more about the concepts that I presented, and eventually we may develop a summer training program.

The contact in Australia was with the Australian Council for Educational Research, which is the publisher of STEP in Australia. I was informed that STEP is now the number one parent education program in Australia as it has received official support. I met with the Director of the Association for Family Living and the Editor of the *Australian Journal of Marital and Family Therapy*. Australia, of course, has already had Adlerian contacts through Mike Nystul and Ray Lowe, and I found the climate for the ideas very receptive.

In New Zealand, there is some dissemination of parent education but it is a rural country and not too much has occurred at this time.
--Don Dinkmeyer, Sr.

ICASSI Scholarships

Three tuition and fullboard scholarships are available for ICASSI '82 in Badgastein, Austria July 18-31. Participants with particular financial problems may apply to the Scholarship Committee for relief from a portion or all of the tuition fee. Aid for travel is not available. Those interested and in need should send applications by March 15, 1982 to the appropriate person shown below:

Canada: Edna Nash
#302-2020 Bellevue Avenue
West Vancouver, BC V7V 1B8

U.S.: Mim Pew
1725 Emerson Avenue South
Minneapolis, MN 55403.