



NEWSLETTER

North American Society of Adlerian Psychology

Volume 21, Number 3

March, 1988

202 S. STATE STREET, #1212
CHICAGO, ILL. 60604

President's Message

Adlerian psychology has a rich heritage and creative present. I had the opportunity to participate in several events in February which demonstrated these facets of Individual Psychology.

Founder's Day at the Adler Institute of Chicago honored Alfred Adler and Rudolf Dreikurs. Dreikurs was responsible for establishing Adlerian Psychology in North America. While his work lives on through his writings and those he trained, few videotapes exist. One of the "Vermont series" of films, showing Dreikurs working with an adolescent girl and her mother, was shown at Founder's Day. It was a clear demonstration of techniques which are still taught today.

The focus of the program was teenage suicide. Frank Walton's videotape on the subject was a moving, insightful look at this problem. Our concepts of encouragement, discouragement, and belonging are clear guidelines for any parents or professionals interested in the subject. Walton, a past President of NASAP, has done an excellent job of bringing Individual Psychology to these populations. The film is now a finalist in the AACD Film Festival.

I was struck by the similarity between the two videotapes. Dreikurs and Walton created a vehicle to train professionals, while helping parents and teens. Adlerians have an inspiring ability to be practical, professional, and profound, whatever the medium.

The Dreikurs videotapes are now administered by Eva Dreikurs Ferguson, and the Walton film is published by a major healthcare organization. If you would like additional information, contact the NASAP Central Office.

The Region III Orlando Conference was another example of our ability to make inroads into the professional community. This Conference began 11 years ago, and has now reached more than 1,400 from across the southeast and the North American continent. Most attendees have never heard of Adlerian psychology, yet the excitement and satisfaction of those in attendance is clearly evident. Last year, more than 94% expressed an interest in coming to the next Conference.

As President of NASAP, I sometimes focus on the immediate concerns -- increasing membership, balancing budgets, producing quality publications, and responding to the needs of the membership. Not everyone we touch can or will join NASAP. But we are reaching thousands, if not millions with our past and present efforts. Books, films, Conferences -- NASAP is alive and growing.

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As of March 1st, NASAP membership is about the same as last year:

	<u>1987</u>	<u>1988</u>
New	61	69
Renewal	820	801
Total	881	870

Although renewal forms were sent out slightly later this year, we are slightly ahead on new memberships and slightly behind on renewals. The 1988 figures include 28 life, 80 student, 66 family, 22 affiliate, and 674 general individual memberships.

You are encouraged to bring members into NASAP. Remember the new membership brochure, and the \$30 rate for student members. NASAP grows only when someone knows about us!

Respectfully Submitted,

Don Dinkmeyer, Jr., Ph.D.
President

Correct Seattle Airline Telephone

The NASAP Seattle Convention brochure contains an incorrect telephone number for United Airlines discount ticket information. The CORRECT toll-free number is 1-800-521-4041. Ask for the Convention desk when calling this number and specify code 410AP for 5% off the lowest fare. NASAP benefits from your use of this procedure, and you can obtain your ticket through your regular travel agent.

About NASAP Members

Norman Silverman will be the Visiting Professor of Psychology at the Rome Center of Loyola University of Chicago for the 1988-89 academic year. He will teach six different classes during the year-long stay in Italy.

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Jon Carlson reports an impromptu mini-Adlerian Conference in New Zealand with NASAP members Timothy Smithells and Betty Newlon. Carlson was visiting Smithells at his farm home on the North Island, when Betty Newlon also stopped by for a visit. Smithells has taught at Universities in New Zealand, and now works with schools outside of Auckland.

Publications

Eva Dreikurs Ferguson reports an entire chapter of Solving Discipline Problems (2nd Edition) is devoted to "The Social Discipline Model of Rudolf Dreikurs". Authored by Charles Wolfgang and Carl Glickman, the book was published in 1987 by Allyn and Bacon.

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Evonne Weinhaus reports Viking-Penguin, publishers of Stop Struggling with Your Teens, is sending her on a 14 city tour for the book. Excerpts from the book will appear in the March 29th issue of Woman's Day magazine. She reports NBC health commentator Dr. Art Ulene has called the book "The best book I've read on parent - teen relationships. It is sensible, logical, and it works!"

Books Sought for Collection

Dr. Jim Bitter recently assumed the Chairmanship of the Department of Counseling at Cal State - Fullerton. A significant number of Adlerian books were lost in the move:

- The Science of Living (Adler)
- Understanding Human Nature (Adler)
- Study of Organ Inferiority and its Psychological Compensations (Adler)
- Individual Psychology of Alfred Adler (Ans-bachers, Hardbound Only)
- Superiority and Social Interest (Ans-bachers, Hardbound Only)
- Children the Challenge (Dreikurs and Soltz, red leatherbound copy only)
- Alfred Adler: A Biography (Bottome)
- Encouraging Children to Learn (Dinkmeyer and Dreikurs, cloth only)
- The Challenge of Parenthood (Dreikurs)
- Psychology in the Classroom (Dreikurs, cloth only)
- Alfred Adler: His Influence on Psychology Today (Mosak, cloth only)
- Psychodrama (Starr, cloth only)
- Discipline without Punishment (Spiel, cloth)
- Individual Psychology (Wexberg)

If you have any of these books for sale, contact Jim and indicate your asking price:

Dr. Jim Bitter
Chair, Dept. of Counseling
EC - 105, School of Human Development
California State University at Fullerton
Fullerton, CA 92634

DONATIONS

Donations to NASAP during the past month have been received from:

- * Lynn Lott, in memory of Gloria Lane
- * Carol Arnold, in memory of Gloria Lane
- * Eileen Clark
- * Reba M. Somerville
- * Robert J. McBrien
- * David MacDougall
- * Tish Reddick
- * Margaret Harris
- * Helen Cooley
- * The Columbia Adlerian Society, in honor of Frank and Kathy Walton

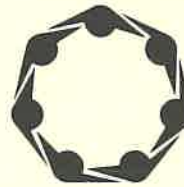
Donations can be made in honor of an individual, and can be earmarked for specific purposes such as scholarships. We are grateful for these financial contributions.

AAMFT Supervisors

Are you an approved AAMFT supervisor? Please identify yourself to the Central Office so that we can compile a list of supervisors. We have received requests for referral to supervisors from NASAP members.

Newsletter Deadlines

The deadline is the 1st of the month preceding the issue. Send all items to the Central Office in Chicago.



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Vol. 21, No. 3

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Published ten times each year by the North American Society of Adlerian Psychology (a not-for-profit corporation), 202 S. State Street, #1212, Chicago, IL 60604. 312/939-0834.

Members of NASAP automatically receive the Newsletter. Subscription rate for non-members \$5.00.

We encourage readers to send contributions of news, suggestions, ideas, opinions by the first of the month. We reserve the right to edit.

Don Dinkmeyer, Jr., Ph.D., Editor
ISSN 0889-9428

--NEWS AND EVENTS FROM THE REGIONS--

REGION I--NORTHWEST

Vancouver-- APABC offers the following schedule of workshops and groups: Bob Armstrong and Edna Nash, Open Center Family Counseling (March); Couples Growing Together, Parenting Groups, and Life Style Workshop with Clair Hawes (April); Annual APABC meeting, Lee Schnebly on "Enjoying Life to the Fullest", June 3; Parent Leadership Training with Gary McKay, June 4. Contact: APABC, 2525 Manitoba St., #210, Vancouver, BC V5Y 3A7 Telephone: (604) 764-4614.

REGION II--MIDWEST

Chicago-- The Alfred Adler Institute of Chicago announces the following workshops and classes: "Brief Psychotherapy", April 30, \$50, with Len Sperry and Jon Carlson; "Active Parenting Leader Certification", May 12, \$95, with Harrell Hicks, (Contact Active Parenting at 1-800-235-775 to enroll); May 21 or 22, topic to be announced, workshop with Ray Corsini, "Counseling Children and Adolescents" (C.343), August 5-7, with Achi Yotam. A complete spring and summer course schedule is available by writing or calling AAI-C. Contact: Alfred Adler Institute of Chicago, 618 S. Michigan Avenue, Chicago, IL 60605 (312) 294-7100

Highland Park, IL-- Michael Maniacci, M.A. will speak on "Setting Healthy Limits" in children's behavior on April 13 at 7:30pm at the College of Lake County. The talk is sponsored by the Family Education Centers of Northern Illinois and is part of the Eleanore Redwin Memorial Lecture Series. Contact: Alfred Adler Institute, (312) 294-7100.

Chicago--The Americas Institute of Adlerian Studies (AIAS) offers the following courses for the remainder of 1988 in the Program for Professionals: "Assessing Individual and Group Styles", June 24-27; "Applying Psychological Skills", September 30 - October 3. "Life-Style Assessment, Intensive Seminar for Professionals" May 22-26, 1988 in Seattle. Contact: Jane Griffith, AIAS, Ltd, 600 N. McClurg Ct., 2502A, Chicago, IL 60611-3027. 312/337-5066.

Omaha--The Nebraska Society of Adlerian Psychology will conduct a workshop on March 26, "Introduction to Adlerian Psychodrama" by Renee Dushman. The April 16 workshop, "Not the Norm," approaches and techniques for counseling gay clients will be led by Georgia Bichekas. In addition, Dr. Bichekas conducts Continuing Case Seminars through April. All workshops are held in Omaha. Contact: Nebraska Society of Adlerian Psychology, 7701 Pacific St. #103, Omaha, NE 68114. 402/393-1647.

REGION III--SOUTH

Orlando-- The Region III Conference was held on February 25-28. See page 5 for details.

Atlanta--NASAP members Gleam Powell, Don Dinkmeyer, Sr., Jon Carlson, and Don Dinkmeyer, Jr. will present at the first annual International Marriage Enrichment

Conference to be held April 14-17. The conference is sponsored by the Association for Couples in Marriage Enrichment (ACME) and also features David and Vera Mace, David Olson, and Bernard Guerney. Contact: ACME, Box 10596, Winston-Salem, NC 27108 (800) 634-8325.

REGION IV--MIDDLE ATLANTIC

Washington, DC-- The Alfred Adler Institute of Washington, DC, has had a working agreement since 1984 with Union Graduate School for a program leading to the Ph.D. There are now 25 enrolled in the program, with 8 graduates. Contact: AAI-DC, 2421 Kelford Lane, Bowie, MD 20715, or Union Graduate School, 632 Vine St. #1020, Cincinnati, OH 45202-2407.

Washington, DC-- Bill McKelvie and Linda Jessup alternate as host of the weekly radio program "Let's Talk it Over". Each program features a guest and call-in opportunities on various mental health issues.

REGION V--NORTHEAST

Ottawa-- March 4-6, 1988, the Region V Conference on "The Changing Family" was held in Ottawa. As this issue of the newsletter was going to press, several hundred people were pre-registered for the Conference. More details in the next newsletter.

New York City-- "Self-Defeating Behavior: Excuses, when they work and when they do not and Hope for the Passage", by Dr. C.R. Snyder, Professor and Director of Doctoral and Post-Doctoral Psychology at the University of Kansas, will be held April 16th at the Roosevelt Hotel in New York City. Sponsored by the New York Committee of Region V, Contact: Sylvia Robbins at (516) 487-7243 or Merle Lemler at (212) 601-0890.

Provincetown, MA-- The Family Education Center of the South Shore, Inc., has just completed its third Children the Challenge course. Comments from parents include: "The course gave me clear specific means of handling situations. It added to my confidence that I'm doing many things correctly and it gave me positive, specific means to correct others."

Montreal--The Alfred Adler Institute of Quebec announces the following courses: "Comparative Theories of Psychotherapy and Counseling" (C321), by Harold Mosak, March 12-13; "Introduction to Substance Abuse" (C201), by J. Oliver Colker, March 19-20; "Marriage Counseling", by Robert Sherman, April 9-10 and May 7-8, "Abnormal Psychology", by Allan Putterman, March 26-27 and April 16-17. All courses are held in Montreal. Contact: Liliane Bensinger, AAI of Quebec, 4947 Grosvenor Avenue, Montreal PQ H3W 2M2 (514) 731-5675

REGION VI--FAR WEST

Denver--Dr. Diane "Arch" Archer will conduct eight classes for educators in June and July. Graduate and recertification credits will be offered. Classes are held in the suburb of Golden at the Days Inn. For a complete listing of classes, fees, and times, contact: Dr. Archer, 1632 Montane Drive East, Golden, CO 80401 (303) 526-9444.

(Continued on Page 5)

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RETURN TO:
NASAP NEWSLETTER
Don Dinkmeyer, Jr., Ph.D., Editor
202 S. State Street, #1212
Chicago, IL 60604

NASAP 1988 Convention

"Adlerian Contributions to the Democratic Ideal"

Seattle, Washington * May 26 - 30, 1988

* Check your Seattle Convention Brochure for details, or call 1-800-345-9606 for a copy *

Pre-Convention Workshops: Oscar Christensen * Frank Walton * Henry Stein * Frank Main *
Will Roy & Douglas Keeler * Linda Albert & Joyce and Gary McKay

Keynote: Dr. Stephen Glenn, "Dignity and Respect in a Relationship: Foundation for Equality"

* 80 Presentations on Saturday and Sunday in eight Interest Tracks *

Post-Convention Workshops: Marlis Auterson, Amy Lew & Betty Lou Bettner * William Nicoll *
Will Willingham * Lynn Lott * Franklin J. Meder * Mark Mays

Site: Stouffer-Madison Hotel, downtown Seattle. \$69 single or double, additional persons \$10

Special Events: Saturday evening: Dinner cruise on Puget Sound * Sunday evening: Space Needle

Registration Fees: NASAP member, complete package (4 days, keynote, cruise, 2 lunches) \$155
Students, complete package, \$110

* Above fees are early registration and expire on April 1st *

Airfare: Special airfares with United Airlines. Call 1-800-521-4041, specify code 410AP.

NBCC CEU Credit *Bookstore* *Media Room* *Interest Section Meetings* *General Assembly*

LETTERS TO THE EDITOR

Excerpts from letters received during the past month:

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The person who wrote about the dearth of training opportunities in Adlerian Psychology outside academic settings should know about The Americans Institute of Adlerian Studies -- in Chicago and San Diego County, CA -- whose mission is professional development.

The AIAS Program for Professionals in IP is comprised of three 3.5-day courses in IP theory, assessment, and practice at the continuing education level. APA and NBCC CE credit is offered, and physicians may apply for CME category 2 credit. Participants may be new to Adlerian Psychology or may be experienced Adlerians taking the Program for further training or as a refresher. Each course is complete in itself, while all are interrelated to form a complete program. Those completing all three courses, and electing to write a paper in each as a demonstration of mastery, earn the AIAS Certificate of Professional Studies in Individual Psychology.

I believe the sixty-plus Certificate holders in the US and Canada would attest that this program of short-term, intensive courses helped each of them to feel (in the words of your correspondent) "truly an Adlerian".

Jane Griffith
AIAS, LTD.
600 N. McClurg Court
Suite 2502A
Chicago, IL 60611-3027

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My work of encouragement goes on, with emphasis on parents of teens. I've been doing these training programs for eleven years now, and have adapted to the local dry climate of "six weeks - sock it to me". That's what I do. It's too brief a time to use the detailed books as a text. Audio/videos, for me, are not as useful as worksheet/role play/basic sharing of experience.

It isn't necessary to invest a lot in order to offer help to parents. You just have to light up a little when you talk about positiveness in the face of anxiety. And show you believe it. I do.

Jody Adams
Santa Fe, NM

#

I am seeking advice, suggestions, and support for a new counseling method. The new concept will be the subject of my dissertation. The project is called PSYCHOGENESIS and will counsel individuals by mail.

It will cater to people who would like help with their problems but have barriers for acquiring that help. Written correspondence counseling would provide access to handicapped individuals as well as those who may be reclusive, living in areas without nearby services, or people who desire anonymity.

An Adlerian approach would be used because it can best fit the necessary criteria...It would be limited to situational problems. It is apparent that no crisis intervention, treatment of mental illness or substance abuse could be handled by this method. I believe this type of advocacy counseling would be useful to people who don't have a person in their lives with whom they can talk intimately and candidly. I am interested in members response.

Alice Gosinski
13 Barko Parkway
Huntley, IL 60142

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Perhaps we are interested in research but lack the time and training...Can NASAP hire someone who will design and send out a questionnaire to all teachers of parenting classes consisting of "pre" and "post" course measures?

I would like to do research. Why don't I do it? Distance, time, a heavy workload and frustration with the way statistics and research are taught...Perhaps Adlerians are so convinced of the obvious values and rightness of their approach, they become very involved in action and not in evaluation.

Who am I to write? An interested Adlerian wishing to share the ideals that are of such a help to me.

Anne de Weerd
Canadian National Institute for the Blind
Box 2575
Yellowknife, Northwest Territories

[Editor's Note: Anyone with a parent education evaluation form is encouraged to share the instrument with Anne at the above address.]

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I have recently rejoined NASAP and received the last two issues of the newsletter...

What stands out immediately is the lack of a variety of news articles. I do not refer to business news of NASAP, but to news items contributed by members or staff writers. News of practices, theory, vital issues of the day as seen from the Adlerian perspective...

Where are the book reviews? Can a feature be included? I know there are special interest groups in NASAP. Is there ever any mention of them in the newsletter? What about making mention of new publications or materials of interest to readers?

David J. Carey, Psy.D.
Prospect, CT

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Address all correspondence to:

Letters to the Editor
NASAP
202 S. State St. #1212
Chicago, IL 60604.

We reserve the right to edit letters.

--REGION NEWS (Continued from Page 3)--

Bodega Bay, CA--The Third annual Bodega Bay Institute for teachers, parents, therapists and anyone with influence in a family will be held July 28 - August 2nd. Instructors are Lynn Lott and Carol Rivendell. Deposit required by June 1st, space limited to 12 persons. For additional information, contact: Lott-Rivendell, 4765 Hoen Ave., Santa Rosa, CA 95405 (707) 526-3141.

San Francisco-- A Continuing Case Study Seminar and Master Class with Sophia de Vries and Henry Stein will be held March 19 and April 16. The third annual Adlerian Summer Intensive, "Creative Individual, Couple and Family Therapy Techniques," will be held in San Francisco at San Francisco State University, Seven Hills Conference Center, July 8-18, 1988. Featured presenters will be Henry T. Stein, Ph.D. and Sophia J. de Vries, Ph.D. Low-cost student housing will be available. Contact: Henry T. Stein, Ph.D., Director, Alfred Adler Institute of San Francisco, 1580 Valencia Street, #801, San Francisco, CA 94110 (415) 282-1661.

Berkeley-- Spring quarter classes for AWIRTH presented by Lucy K. Ackernknecht are: Understanding Human Behavior; The Exceptional Child: Home and School; Adult Crisis, Aging and Death. Classes run March 17 through May 19. Contact: AWIRTH, 226 Stanford Avenue, Berkeley, CA 94708 (415) 524-4929.

INTERNATIONAL

Chios, Greece-- The Rudolf Dreikurs Summer Institute (ICASSI) will be held on the island of Chios, Greece, July 17-30. Faculty members include Tee Dreikurs, Roy Kern, Mim Pew, Eva Dreikurs Ferguson, and Edna Nash. One and two week registrations are available. Tuition for two weeks, \$400 (married couple, \$725); one week, \$250 (married couple, \$425). Two tuition and fullboard scholarships are available by contacting Oscar Christensen, 7002 Soyaluna Place, Tucson, AZ 85715. For registration information and a full brochure on ICASSI, Contact: Roland Hawes, ICASSI Administrator, 103-2419 Bellevue Avenue, West Vancouver, BC, Canada V7V 4T4.

Europe--AWIRTH will conduct seminars in German on the following schedule: Hanover, September 3-6; Cologne, September 10 - October 9; Luxembourg, October 14-16; Argeles, France, July 16-25. An English language program will be held in Argeles July 2-9. The English language program is \$250, with camping and vacation apartment arrangements possible. Contact: Lucy K. Ackernknecht, AWIRTH, 226 Stanford Avenue, Berkeley, CA 94708 (415) 524-4929

Abano, Italy-- will be the site in late July or early August, 1990 of the next International Association of Individual Psychology (IAIP) Congress. Abano is near Venice. In related IAIP news, the recent Congress authorized feasibility studies toward establishing a permanent, international headquarters for Individual Psychology, and the re-establishing of an international Journal of Individual Psychology. Dr. Hal McAbee, Secretary-General of IAIP and a NASAP member, is chairing these studies.

DELEGATE ASSEMBLY ELECTION RESULTS

Three regions have nominated one person for the Delegate Assembly. Consistent with our election procedures, these people will begin their term on the DA in Seattle:

- Region I - Janyse Hrynkow, Vancouver
- Region II - Miriam L. "Mim" Pew, Minneapolis
- Region V - Sylvia Robbins, Great Neck, NY

Regions III and IV had more than one nominee and are conducting elections by mail.

The Theory and Research Interest Section conducted elections last month. Don Dinkmeyer, Jr. and George Linden will serve on the Delegate Assembly, and Frank Main is the third member of the T&R officers.

ORLANDO CONFERENCE DRAWS 196

The 11th annual NASAP Region III Conference was the most heavily attended in its history, bringing 196 registrants from 22 states and two Canadian provinces.

Highlights of the Conference included presentations by Buzz O'Connell, Frank Walton, Lu Watson, Andy LePage, Frank Walton, Roy Kern, and Don Dinkmeyer, Sr. More than 20 Adlerians presented workshops and programs. A new feature of the Saturday programs schedule was "Introduction to Adlerian Psychology", which drew more than 100 to its Saturday 8:30am time slot. Dinkmeyer Sr., Walton, and Kern each spoke for twenty minutes during this Introduction.

The Conference usually draws heavily from Florida professionals seeking CEU credits, and most are unfamiliar with Adlerian Psychology. Also in attendance were large groups of students from Georgia State University and Rollins College.

One measure of interest was the Bookstore, which featured books and audiocassettes by presenters. More than \$3,300 of Adlerian materials were sold during the Conference.

The 1989 Conference will be held February 23-26 in Orlando. A call for programs and workshops will be sent to NASAP members in late August.

RESOURCE BOOK

Response to the initial request for contributions to the Resource Book has been excellent. The book will contain handouts, flyers, and other materials we use with clients, in presentations, and other settings.

There is still time to send your materials for inclusion in the book. You will be acknowledged as the originator of your materials. The book will be sold to NASAP members. Please send your contributions to the NASAP Central Office in Chicago. We hope to have a first edition of the book available in Seattle.

The Resource Book was suggested by the Delegate Assembly at their November meeting, and is coordinated by Betty Lou Bettner.