



North American Society of Adlerian Psychology

NEWSLETTER

Volume 21, Number 7

September, 1988

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

President's Message

This newsletter should arrive as we turn the corner into fall. The summer has been hot, dry, and unrelenting. Crops are a disaster, the effects on lawns apparent, and the impact on trees to be seen in the years to come.

My year begins each fall as school starts. Joshua begins first grade, Luke the fifth, and Stephanie celebrates her fifth month on the planet. It seems we just left Seattle and the kids were getting out of school.

I again taught Adlerian principles to school teachers this summer. Few know of our ideas, and all are receptive to the concepts.

Perhaps in the context of this summer, many teachers found Rudolf Dreikurs' phrase "A child needs encouragement like a plant needs water" to be particularly interesting. Many classrooms are run solely on praise and reward, evaluations and punishment. If we think our task as teachers of teachers (and parents) is complete, think again!

The simultaneous beauty and frustration of Adlerian Psychology is our reservoir of ideas, largely unknown to "others". If students and children truly grow with encouragement, let's make an effort to teach others how to make it rain. The results will influence generations to come.

* * * *

In this context, I have devoted part of this Newsletter to portions of the world supposedly distant - 46 years ago, and 15 non-stop hours by airplane. See page 4 for a letter by Rudolf Dreikurs from the second volume of the Adlerian newsletter. If the letter had been written this month, the issues remain the same, the questions in part, unanswered. It is our challenge and opportunity.

The article on the same page, taken from a recent Japanese newspaper, is an insightful look at another culture which rivals our economic abilities. In fact, the laws of human behavior apply there, too. What may seem to be a long time ago, a long way away, is actually an opportunity for the present.

I believe NASAP is now ready to expand our sphere of influence:

* Although our members reach thousands with our therapy and education, NASAP itself is not involved in a coordinated effort to reach the public. I believe we are missing part of our potential.

* Please take the time to make NASAP visible to other professionals. Clearly, word of mouth - your positive endorsement - brings people into NASAP. Half year memberships (June - December) are \$32.50, students \$15.

* What additional services can NASAP provide to the members? A few words, one idea or comment in a letter will let us know what we can move toward.

The past six years have been productive for the governing body of this organization. We have created a new constitution, Interest Sections, and greater security in our convention finances.

Now is the time to move, with this secure organizational base, into greater opportunities for the membership and public. A letter or call to your DA rep, Neva Hefner or myself will help generate the movement we are ready to make. It's that simple.

The new Executive Committee holds its first meeting later this month in Chicago. Help us know where you want to go.

Respectfully Submitted,

Don Dinkmeyer, Jr., Ph.D.
President

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Minneapolis Proposals Due

Proposals for 1989 NASAP Convention workshops and programs are due no later than September 15th. Your proposal must be submitted on a form which was sent to members this summer.

If you wish to propose a workshop or presentation (60 or 90 minutes), submit the form immediately. If you do not have the form, call the Central Office at 312-939-0834.

Workshop proposals are considered only if you have presented a program or workshop at a previous NASAP annual convention. Program proposals are open to both members and non-members.

Programs are selected by the Delegate Assembly members from the respective Interest Sections. Workshops are selected by the Executive Committee, in consultation with the Convention host committee.

The Minneapolis-St. Paul Convention will be held May 25-28, 1989 at the Minneapolis Marriott City Center. Workshops will be held on Thursday the 25th and Sunday the 28th. Programs will be conducted on Friday and Saturday, May 26-27.

In contrast to previous years, the Convention will begin one day earlier (Thursday) and end one day earlier (Sunday) on the United States Memorial Day weekend.

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Seattle Evaluations

Participants in the 1988 Convention have received a brief questionnaire and postage paid reply envelope. If you have not yet returned your evaluation, please take five minutes to complete the survey. Your responses will help shape future conventions.

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News of NASAP Members

Florence D. Ferraro of Arlington, VA received an ICASSI tuition grant to attend the Rudolf Dreikurs summer school in Chios, Greece, July 17-30. She is a clinical and school social worker for the Fairfax County Schools, who granted her a mini-sabbatical to attend this training.

Janis P. Thompson, M.A. of Crofton, MD is conducting groups as part of her practice, including "Single Again" for adults experiencing marital separation and divorce, and "Us Kids" for children ages 7-14 of families experiencing separation, divorce, and remarriage.

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Seattle Videotapes

Response to the initial offering of videotapes has been excellent. For additional information, see page 6 of this Newsletter. Videotapes of Ray Lowe, Mim Pew and Renee Dushman, Eva Dreikurs Ferguson, Jon Carlson, Len Sperry, Bernard Shulman, and the 1986 keynote presentation are now available.

Interest Section Panels

Attractive, effective, inexpensive -- three words to describe three new tools for the NASAP member.

The "Interest Section Panels" for Education, ACT, and Family Education are now ready. They include quotes, charts, and a general introduction to Individual Psychology. The panels are intended for use with your populations. There is space for your imprint (such as a translucent label with your name, address, and phone number).

The cost is \$3.50 per 50 panels. If you would like to order or a receive a free sample of the inserts, contact the Central Office.

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AAMFT Supervisors

By request, we are listing NASAP members who indicate they are AAMFT supervisors:

- G. Hugh Allred (Utah)
- Don Dinkmeyer Sr (Florida)
- Mary M. Goebel (Illinois)
- Stephen Hirschorn (Florida)
- Charles Huber (New Mexico)
- Trudi Bratten Johnston (Georgia)
- Roy Kern (Georgia)
- Cameron Meredith (Illinois)
- Robert Sherman (New York)

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Newsletter Deadlines

The next Newsletter is the October issue. Deadline for items is September 15th. (The last issue was June-July, and there was no August issue, as the Newsletter is published 10 times each year.)



NEWSLETTER

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Vol. 21, No. 7

September, 1988

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

Publications by NASAP Members

Bernard M. Shulman, M.D. has co-authored How to Survive Your Aging Parents. The book focuses on the day-to-day emotional wear and tear for the children of the older person. Available from Surrey Books, 500 N. Michigan Ave., #1940, Chicago 60611 for \$10.95.

David Lemire has released The Encouragement Manual: How to Identify and Use Encouragement. The manual is a compilation of articles, techniques and suggestions for a wide variety of settings. \$15 from Creative Therapeutics Publishers, 2390 Riviera St., Reno, NV 89509.

Helen Cooley and Buzz O'Connell have created a one hour audiotape, "Natural High, God's Grace and the Spiritual Life Task". This seminar brings clarification to the Natural High theory. Available from Interaction Institute, 2400 W. 95 St. Evergreen Park, IL 60642 for \$12. Ten percent of the sale price will be donated to NASAP.

Lynn Lott has co-authored Family Work: Whose Job Is It? (\$9.95) giving guidelines for increased cooperation and responsibility in the home. She has also co-authored Changing Your Relationship with Your Teen (\$4). Quantity prices available; add \$1.40 handling charge for one book. The Practical Press, Box 2615, Petaluma, CA 94953.

Howard I. Garrell is now offering his 130 minute videotape "Adler on Adler" as part of a workshop presentation on Adlerian principles, for travel expenses only. A shorter version of the video will be available for PBS in the fall. Contact him at Old Pond Road, South Salem, NY 10590 914-763-3767.

John Platt and Frank Meder have created a 30 minute videotape "Classroom Meetings". The tape shows an actual classroom meeting and outlines the steps toward creating these discussions. Information on purchase or rental is available from University Media Services, California State University, 6000 J Street, Sacramento, CA 95819.

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Book Reviews

The Newsletter will begin to review books of general interest to the membership.

If you are interested in having your book reviewed, send a copy to the Chicago office. Those interested in serving as a book reviewer, send your name and address to the Newsletter Editor to the Chicago office.

We will not accept unsolicited reviews, or reprint reviews which appear elsewhere.

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Resource Book

The NASAP Resource Book continues to grow. There is still time to send your materials for the book. You will be acknowledged as the originator of your materials. The book will be sold to NASAP members, and is being coordinated by Betty Lou Bettner. Send your contributions to the NASAP Central Office.

Letters to the Editor

I have to take exception to comments in a past newsletter that said ICASSI was a closed club! On the contrary, I found ICASSI staff and participants all to be very welcoming, open and friendly. Additionally, the friends I have made at ICASSI have continued to be friends (even though I attended two years ago), and we have picked up our acquaintance socially and professionally at each of the succeeding NASAP conventions.

I recommend ICASSI to anyone who is interested in Adlerian Psychology. It is a rewarding experience, educationally, professionally, and socially!

Nancy Hawkins-Randall
San Francisco, CA

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I would like to suggest that we stop importing Convention keynote speakers for entertainment and pay the money to Adlerians. I would suggest you contact the eight Adlerians (latest journal, page 145) to be a keynote panel.

Each would have a set number of minutes to address Jon Carlson's Editorial [see IP Volume 44:2]. Each would have a one page summary of his ideas for distribution to the Convention. There would be no discussion (which is often someone arguing the speaker out of his beliefs).

Hopefully all this would put Convention participants in a mood to expand beyond abstract discussions of abstract concepts.

Buzz O'Connell
Bastrop, Texas

* * * *

I wish to express my appreciation for the books that were presented to Seattle University on Saturday, May 23rd. They will become the basis for a professional library for use by students and faculty in our Counseling Program.

Thank you for the excellent material.

Michael O'Connor, Ph.D.
Associate Professor and Chair,
Dept. of Counselor Preparation
Seattle University
Seattle, Washington

[Editor's Note: Each year NASAP presents a dozen books by Adlerians to a library in the annual convention's host city. The books are presented during the Saturday luncheon.]

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What's your opinion, comment or question?

Address all letters to the Editor at the Chicago central office address. We reserve the right to edit letters. Names must be signed, but will be withheld on request.

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Don Dinkmeyer, Jr., Ph.D., Editor
202 S. State Street, #1212
Chicago, IL 60604

Seattle Convention Videotapes

For the first time, NASAP has videotaped convention presentations. Our goal is to offer these tapes to the membership at a reasonable price.

All tapes are VHS format and cost \$19.95. The Pew & Dushman, Sperry, Carlson, & Shulman, and Lowe tapes were done with two cameras. All tapes are color and run on VHS home players.

Initial response to these tapes has been outstanding. All profits go toward the taping of future presentations.

* * * *

Ship To:

Name

Address

City State/Prov Zip/Postal Code

Payment: Check or Credit Card (Visa or MC)

Account Number

Exp. Date

Authorized Signature

Allow 4 weeks for delivery. Send payment with this order to: NASAP, 202 S. State #1212, Chicago, IL 60604. Thank you!

Quantity	Title
_____	Keynote Speech: Dignity and Respect in a Relationship (Steven Glenn)
_____	Adlerian View of Psychodrama [Includes Demonstration] (Mim Pew & Renee Dobkin Dushman)
_____	Open Forum Family Counseling [Includes Demonstration] (Raymond Lowe)
_____	Brief Psychotherapy: Techniques Which Shorten Therapy [Includes Demonstrations] (Len Sperry, Bernard Shulman and Jon Carlson)
_____	Holism, Reductionism, and the Adaptive Process (Eva Dreikurs Ferguson)
_____	1986 Convention Keynote - "Children Can Meet the Challenge" (Kurt Adler, Alexandra Adler, Bronia Grunwald, Eva Dreikurs Ferguson)
_____	Tapes ordered @ 19.95 = _____
_____	Shipping (\$2.50/1, \$4/2, \$5/3 or more tapes) _____
	TOTAL for Order \$ _____

Adlerian Influences in Japan

The following translated article from a Japanese newspaper was sent to us by Sakan Yanagadira, a NASAP member from Tokyo. If you have articles or experiences which show Adlerian influences in different cultures, please bring them to our attention.

"Shocked at the Seminar, He Changes His Attitudes -- Now Deals with His Child in Real Earnest"

When he goes out, he now has a unique way to exchange greetings with his family. At the entrance of his house, he lifts each of his family members in his arms and shakes hands with each of them (5-year old son and 3 year-old son as well as his wife who is 34).

Mr. Masatoshi Ishibashi, a resident in Suginami ward in Tokyo, is a 37 year old company employee. Since last summer, he suddenly started this way of greetings with his family, feeling ill at ease himself. He was greatly shocked at a certain 4-days' seminar which he joined just for the purpose of inspecting if it can be adopted for his company's employees training. Before taking the seminar, he had thought that his communication with his family members as well as his subordinates in the company, had been ideal. But at the seminar, he realized that he had not truly understood their feelings but had rather imposed his own opinions and judgements upon them. He felt a great regret about his former attitudes toward them.

The seminar which Mr. Ishibashi took, is a program originally developed by an American psychologist. It is called STEP. Since the program is originally aimed for parents, it is quite natural that a typical workaholic Mr. Ishibashi has come to turn his eyes more to his family, after the seminar.

As the seminar proceeds, many of the attendants seem to feel regrettable about their former habits and ways in dealing with children. Mr. Ishibashi recalls that one of the 15 members of his group, a former teacher, was saying, "I wish I could have learned these points much earlier. Students in my class were treated as 'guests', which I deeply regret."

However, it is not that Mr. Ishibashi simply follows what he learned in the seminar and puts the program's principles and techniques into practice at home.

"I do not think it would take effect if I just follow the examples of the program. In my case, I thought I should take a fresh look at my relationship with my children and start to deal with them in good earnest."

Probably because he had not taken time to talk with the children on the pretext of his busyness, his older son sometimes showed a cool attitude to Mr. Ishibashi as if to sidestep him.

Since then, Mr. Ishibashi has made it a rule to talk to his children and to play with them as much as possible. In the morning, he spares ten minutes or so to tell them a story in bed. Sundays are kept for children. After

playing soccer or sumo wrestling, he gives a picture-card show to them and keeps company with them patiently. His elder son used to say, "I hate Dad, 'cause he does nothing but gets angry." Now, he anxiously waits for Sundays when he can play with his father. Nothing makes Mr. Ishibashi happier than to know this.

"However busy you are, you can find time to keep company with your children. If I had not changed my attitude, I wonder if my children would ever listen to me at all when I need them to."

Influenced by Mr. Ishibashi's change in attitudes, his wife has made up her mind to take the same seminar shortly.

#

Adleriana

Dear Friends:

The responses we received from our friends indicate the need to clarify our own opinion about the best ways to further the progress of Individual Psychology...

[I]s it sufficient that we, as single individuals, transmit our personal knowledge which we have gained in studying Individual Psychology? Are we each alone as strong as we could be as groups? Here opinions diverge.

Objections against us as Adlerians are often based on the assumption that we try to overstress the importance of Individual Psychology. Others oppose our point of view, because their own interests are endangered if our ideas, or we as a group, gain recognition. Many of our friends report that they encounter professional difficulties because they declare themselves openly as Adlerians and do not follow general trends of thought.

We do not want to fight others, but we must help each other...What are the best ways of doing that? In this issue we publish a number of recommendations which show your sincere interest in attempting to find adequate ways, but reveal also the difficulties in getting the general agreement on any suggestion and in carrying out plans which promise success.

We are grateful to all of you who have expressed opinions, and we are looking forward to many more responses, so that we shall discover in which direction most of you want to move.

It is encouraging to know that each of us is not alone in his effort to spread knowledge vital for the development of our youth and for the encouragement of our fellow citizens. We can hope that with the increasing awareness of how important are adequate education of children and keeping up the morale of the adults, the general public will become sensitive to the recommendations which Individual Psychology has to offer.

Rudolf Dreikurs, M.D.

[This letter was the lead statement in the April, 1942 issue of the Individual Psychology Bulletin. Reactions are welcomed.]

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* News and Events from the Regions *

REGION VI--FAR WEST

REGION II--MIDWEST

Chicago--The Americas Institute of Adlerian Studies (AIAS), Robert L. Powers, Psychologist, Chairman, offers "Applying Psychological Skills", September 30 - October 3; "Understanding Personality Development and Dynamics", October 28-31. Additional coursework in January and April. All lead to the Certificate of Professional Studies in Individual Psychology, 30 APA/NBCC credit hours per course, BRN credit available. Contact: Jane Griffith, President, AIAS, Ltd, 600 N. McClurg Ct., 2502A, Chicago, IL 60611-3027. 312/337-5066.

REGION III--SOUTH

Atlanta--"Preventing Teenage Suicide" with Frank Walton, October 15, 9am-1pm at Charter Peachford Hospital. Early registration fees: \$35, members \$30, students \$20 (by 10/1). Contact: Atlanta Adlerian Society, Box 659, University Plaza, Atlanta, GA 30303

Springmaid Beach, SC--The 1988 South Carolina Conference of Adlerian Psychology will be held September 24-25 at this low-cost, scenic resort. Presentations Saturday and workshops Sunday. Contact: Frank Walton, 1313 St. Andrews Road, Columbia, SC 29210.

Orlando--A call for programs and workshops for the 1989 Region III Orlando Conference, February 23-26, has a deadline of October 1st. Proposals must be submitted on a form available from the Conference Coordinator. Contact: Don Dinkmeyer, Jr., Route 4, Box 500, Lake Geneva, WI 53147 (414-248-9424).

REGION IV - MIDDLE ATLANTIC

Instead of a Regional Conference this year, any group within the Region may request up to \$300 from the treasury to host a one-day workshop in your area. For more information, contact Bill Nicoll or Betty Lou Bettner, Region IV delegates.

REGION V--NORTHEAST

Montreal--AAI-Quebec offers "Clinical Assessment" (C311) with Ron Pancner, M.D., October 29/30 and November 12/13; "Introduction to Individual Psychology (C101) with Heinz Ansbacher, Ph.D., October 1/2 and 15/16; "Introduction to Individual Psychology (C102) with Seymour Schneider, Ed.D., November 5/6 and 19/20. Contact: AAI-Q, 4947 Grosvenor Ave., Montreal, Qc., H3W 2M2, (514-731-5675).

New York City--The Alfred Adler Center and Institute is now located at 1841 Broadway, New York City, 10023. For information on clinic hours or courses, contact: A. Ina Block, Dean of Students, at the above address.

New York City--The New York Committee of Region V will co-sponsor the annual Queens College Family Conference, November 18th. The guest speaker will be Olga Silverstein of the Ackerman Institute. Contact: Sylvia Robbins at 516-487-7243.

Tucson--The Adlerian Society of Arizona will hold meetings on September 23, October 21, November 18, February 17, March 24, and April 28. A speaker will be part of each program. After a day long retreat, the Executive Board identified these six meetings, as well as three intensive workshops to be announced. Contact: Carol Kivel, Secretary, ASA, Box 40635, Tucson, AZ 85717.

San Diego, CA--AIAS-San Diego County offers "Assessing Individual and Group Styles" September 17-18 & October 1-2. Additional coursework in February and May [see AIAS-Chicago notice for credit and certificate information]. Contact: Debbie Gregson, AIAS-SDC, 486 Hillway Drive, Vista, CA 92984 (619) 758-4658.

Berkeley, CA--AWIRTH (Adlerian Western Institute for Research and Training in Humanics) offers fall quarter classes in Adlerian psychology October 6 through December 15: Two classes will be offered: Adult Crisis: Aging and Death, and Psychodrama and Role Playing. Contact: Nancy Hawkins-Randall, AWIRTH, 226 Stanford Ave., Berkeley, CA 94708 (415) 864-5248 or 524-4929.

San Francisco--AAI-SF offers the Continuing Case Study Seminar and Master Class with Sophia de Vries and Henry Stein on September 17 and October 15. Contact: AAI-SF, 1580 Valencia St. #801, San Francisco, CA 94110 (415-282-1661).

San Francisco--Dr. Diane "Arch" Archer will be teaching classes for teachers in the San Francisco area, October through December. Contact: Dr. Archer, 736 Coventry Road, Kensington, CA 94707 (415) 527-3344.

INTERNATIONAL

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. Contact: Lucy Ackerknecht, 82 Blvd de la Mer, F-66700, Argeles-Sur-Mer, Plage, France.

* * * *

Deadlines for Publication

Listings for the Regional News and Events must be received at the central office no later than the 15th of the month preceding publication.

Items run in two consecutive issues; please plan accordingly. All items must have a contact person or address and be of general interest to the membership.

Send or telephone all items to:

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October issue deadline: September 15