

NASAP NEWSLETTER

The North American Society
of Adlerian Psychology

Volume 21, Number 8

October, 1988

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

President's Message

I have just returned from the first meeting of the new Executive Committee. From a stack of papers which literally filled a briefcase, allow me to extract lots of good news:

* The Seattle Convention was not only a financial success, but one which brought 376 individuals to the annual meeting. My records indicate this is the largest annual meeting on the west coast in NASAP history.

* Our budget for 1988 now shows a projected break-even position by December. No projects or personnel have been cut back, and we look forward to expanding into new projects in 1989.

* The videotaping of five presentations in Seattle began our efforts to use this medium, and they have been well received. Remember you can still order tapes at a reasonable \$19.95, as well as audiotapes from any convention presentation or workshop.

* We are beginning to collect information on all known Adlerian video programs and tapes, to be distributed to the membership early next year. Please write us if you know of any video materials.

* It is clear the decision to move to professional management of our convention is producing stability and greater opportunity to create excellent conventions. Our thanks to Linda Wise of Centennial Conferences for a job absolutely well done.

* The number of workshop and program proposals are up significantly for the 1989 Minneapolis-St. Paul Convention. For example, there were 35 proposals for 12-14 possible pre and post convention workshops. We are now in the difficult position of balancing new presenters, "classic" topics and presenters, the five Interest Sections, and potential attendance at workshops. This job is not getting easier.

* Evaluations received from the Seattle convention participants produced some interesting information and requests. Despite repeated discussions over the years of the possible disadvantage of holding the

convention on Memorial Day weekend, only 19% of the Seattle registrants felt this holiday weekend was a disadvantage.

More than two-thirds of the registrants felt our registration fees were average, compared to other events. And 75% of the participants felt the Saturday-Sunday presentations were either good or excellent.

* Membership stands at 1,117, up 2.5% from this time last year. The Executive Committee spent considerable time identifying the assets of NASAP, ways to make them clear to potential members, and how to increase membership.

Perhaps the most encouraging news in membership is the significant increase in student membership, up 40%. We are grateful to those who are obviously making the effort to get students to join the Society.

* Our first efforts with the Clonick Publications fund will become visible later this year, with the reprinting of the classic Alfred Adler as we Remember Him.

It is my firm belief this Newsletter must retain the interest of the reader/member, as well as attract the potential member. That means adequate content, but also some attention to cosmetics. Let us know what you think about the new paper and use of the logo, but more importantly, what can fill these pages which meets your goals for this publication.

Respectfully Submitted,



Don Dinkmeyer, Jr., Ph.D.
President

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Jon Carlson, Editor of Individual Psychology: Practice and Application has issued a general call for papers. IP is the official NASAP journal, published quarterly. Issues alternate between Practice and Applications and the Theory and Research issues, edited by Guy Manaster.

Writers are reminded of the five columns which focus on Parent and Family Education, Education, Counseling, Ideas that Work, and Health and Prevention Applications. Short (one to five page) articles and descriptions of education and therapy techniques are particularly appropriate for these columns.

Address all inquiries and articles to Jon Carlson, Route 4, Box 860, Lake Geneva, WI 53147.

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News of NASAP Members

Dr. Manford Sonstegard presented a workshop on Child Abuse Prevention at the 13th International Roundtable for the Advancement of Counseling in Calgary, Canada. He is now spending part of each year with the Department of Counseling, California State University, Fullerton.

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Donations

Donations have been received from:

Murray Bomzer

Norman N. Silverman

Renee Dushman, in memory of Bertha Dushman and Elinor Redwin

Barbara Fairfield, in memory of the mother of Hanna Mayer.

A donation of \$2,000 has been made by Region IV (Middle Atlantic). \$1,000 for the videotaping of classical clinical techniques has been made by the Clinical Interest Section.

We are grateful for these donations. You may donate in memory of an individual, or specify your donation for a specific project.

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Seattle Videotapes

We have received over 100 orders for the videotapes of presentations at the 1988 Seattle Convention. Videotapes of Ray Lowe, Mim Pew and Renee Dushman, Eva Dreikurs Ferguson, Jon Carlson, Len Sperry, Bernard Shulman, and the 1986 keynote presentation are available.

Each videotape is \$19.95, runs on standard VHS players, and is in color. For specific details on content and ordering information, contact the central office, or review the back page of the past two Newsletters.

Where else can you find a translation of Alfred Adler's June 6, 1936 lecture in Amsterdam on "Marriage, a Task for Two People", the photocopy of a letter from Indira Gandhi to noted Adlerian Joseph Meiers, and reports on contemporary Individual Psychology across the world?

IPNL Newsletter, the official publication of the International Association of Individual Psychology (IAIP), is published semi-annually in October and April. Articles and items appear in both English and German. Airmail delivery of the two issues is \$10 US Funds, and checks on American banks are accepted.

The newsletter is easy to read, typeset, and well edited. If you are looking for an interesting addition to your Adlerian periodicals, this newsletter fills a unique and informative need.

To subscribe, send a check in the currency of your country which equals \$10 United States funds (in the USA, simply write "US Funds" underneath the amount box on your check) and send to: Horst Groner, Editor, IPNL Newsletter, Ruffinstrabe 10, D-8000 Munchen 19, West Germany.

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Newsletter Deadlines

The next Newsletter is the November issue. Deadline for items is October 15th. Please send all items to the Chicago NASAP office.

Items for the Calendar should be timed to appear twice before the event. All items must have a contact person and address or telephone number.

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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

AAI-Chicago Substance Abuse Programs

AAI-Chicago has announced a revision in their programs for training substance abuse counselors.

Dr. Mark Stone, Dean of Faculty, is now Director of the program. Instructors include Helen Cooley, M.A., CSAC; Jay Colker, M.A., CSAC; Ellen McGury, M.A., CSAC, and Harry Elam, M.D. Additional presenters will also be utilized during the program.

Students can take a one-year certification program or a M.A. in Psychology with a major in substance abuse. The courses in these two programs apply the principles of Individual Psychology to the treatment of substance abuse.

Students can enter either program in the fall, winter or spring terms. For additional information, contact Dr. Mark Stone, Alfred Adler Institute of Chicago, 618 S. Michigan Ave., Chicago, IL 60605 (312) 294-7110.

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C4R Report

The Individual Education program for schools developed by Ray Corsini (known as C4R) continues steady expansion across the world.

A new school in Titusville, Florida opened last fall. It is directed by Elizabeth Lawson, and joins a C4R school opened under the direction of Dr. Michael Mastroianni in Melbourne, Florida several years ago.

Corsini has another C4R school beginning in Hawaii and there are three other schools training to be C4R in Israel. One, a private school, is being supervised by Eliezer Shmueli, the former Director General of the Israeli Ministry of Education and Culture. This high school will feature music and dance.

The two other schools in Israel are public schools -- a high school serving ten kibbutzim and a 700 student elementary school. Much work supporting and promoting C4R in Israel has been done by Nira Kefir.

A Committee on Standards has been formed to assist with any new policies or issues which may conflict with the C4R philosophy. Frank Walton is chairing this committee.

The C4R system continues to look for research projects which will help validate the theoretical assumptions of the model. If you have any interest in conducting such research, contact the President of C4R, Dr. Tim Evans.

NASAP has a series of videotapes which describe, in detail, the C4R system. If you are interested in these tapes, contact our Chicago office. A manual to accompany the tapes will be published later this year. The videotapes were created by Dr. Corsini, administered by NASAP, and funded through the Clonick Estate with the assistance of Sidney Roth.

Information on the C4R system can be obtained from Dr. Tim Evans, President, 400 Brookstone Drive, Athens, GA 30605.

I want to extend my thanks to NASAP for the generous scholarship opportunity in Seattle.

The weekend provided an exciting time for me in learning, new knowledge, and in making new friends.

I am looking forward to our next meeting in Minneapolis!

Jane Ellis Mills

* * * *

The question about who or what is or is not "truly Adlerian" keeps resurfacing from time to time. My latest experience with it was in several evaluations of the Seattle convention and workshops.

Space limitations preclude a full treatment of this issue. Here let me just briefly remind the readers of a historical fact which, I believe, is the most fundamental one for any answer.

Alfred Adler was president of the Vienna Psychoanalytic Society when he questioned Freud's theories in their very foundation: it was his questioning that led to his resignation from that group, and starting his own. (That he and Freud did not feel free to stay within the same organization, and both continue to fully maintain their respective hypotheses and to pursue scientific truth in a collaborative manner, is a continuing disappointment to me; but for now it is peripheral)

Important is, that when Adler set up his own organization, he first named it the "Society for FREE Psychoanalytic Research" --in contrast, I assume, to the requirements of "orthodoxy" he experienced in Freud's Psychoanalytic Society. Also, much has been stated about how Adler's viewpoint is the "heir to all great ideas of Western culture," and how so many of his ideas have been absorbed into (or possibly reinvented by) so many contemporary schools of psychology (usually without giving him any credit).

In view of this, and in view of Adler's own original choice of name for his school of thought, I can think of only two ideas or attitudes as truly "non-Adlerian:" (1) a doctrinaire adherence to orthodoxy, and (2) a refusal to freely pursue the search for truth, no matter where the path may lead, even if eventually it should prove Adler himself to have been mistaken.

This then is the paradox: that in order to be truly Adlerian one must be willing to risk repudiating everything, even Adler's very own theories; and that by anxiously accepting or rejecting everything simply on the bases of what Adler said [or one thinks he may have said] about it, one has already ceased to be an Adlerian...Think about it!

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Interest Section Panels

Attractive, effective, inexpensive -- three words to describe three new tools for the NASAP member when working with clients, giving presentations, or introducing Adlerian ideas to fellow professionals.

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, attractively printed in red and black ink, 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. Below is one side of the 8 3/4" by 3 3/4" panel (reproduced actual size) from the Family Education Interest Section.

Family Education

Encouragement is the key to motivation

Deliberately encouraging the child leads to increased confidence, competence and courage.

Encouragement: Anything which leaves a person feeling better about self or the situation.

"A child needs encouragement like a plant needs water."
Rudolf Dreikurs

To be encouraging you must:

- 1 Look for strengths.
- 2 Insure successes. Divide up large tasks into smaller more manageable ones.
- 3 Provide opportunities for the child to contribute. Give real jobs.
- 4 Avoid regularly doing for the child what the child can do for him/herself.
- 5 Recognize effort and improvement. Avoid criticism.
- 6 Give feedback. Be specific.
I like when you did _____ because _____
I liked the way you handled _____
- 7 Look for analyzing ability, critical thinking, good judgement.
Discover why a child answers the way s/he does. It may be incorrect but rarely illogical.
How did you come up with this? What did you think I meant?
What would you have said if you thought I meant _____?
When you did that, what did you think would happen?
Did you learn anything new or surprising? What will you do next time?
- 8 Demonstrate learning from mistakes!

"The 21st Rudolf Dreikurs Summer Institute held on the Island of Chios was a great success. The 300 participants, faculty and staff lived in pensions and hotels and walked in the warm wind to classes in the Ionic Centre and a nearby school.

They continued to enjoy spectacular beaches and tours to local villages, monasteries, Homer's Rock, the ancient city of Izmir and the ruins of Ephesus in Turkey, just five miles across the Aegean from the town of Chios."

-- Edna Nash, Vancouver

Scholarships for ICASSI '89 (see calendar, page 5) will be available for individuals able to attend only with financial help. Full and partial scholarships available. The deadline for applications is February 22. For scholarship information, write: Dr. Oscar Christensen, Room 222 Education Building, University of Arizona, Tucson AZ 85721.

* * * *

Publications by NASAP Members

Children's Apperception Storytelling Test (CAST) by Mary F. Schneider, Ph.D. has been published by Pro-Ed. This nationally-normed test evaluates the emotional functioning of children ages 6 through 13 and utilizes an Adlerian understanding of children's behavior. The CAST profile yields scores on four major factors and fifteen additional areas. Kits are \$69 plus 10% p+h from Pro-Ed, 8700 Shoal Creek Blvd., Austin, TX 78758 (512) 451-3246.

Women, Culture and Morality: Selected Essays, is edited by Joseph L. DeVitis. It includes his essay "Freud, Adler and Women: Powers of the 'Weak' and 'Strong'". Available for \$49.50 from Peter Lang Publishing, Inc., 62 W. 45 St., New York, NY 10036 (212) 302-6740.

Baldwin Piano Company and Clavier Magazine will sponsor the third annual Keyboard Teacher VideoConference on October 27. Linda Albert is the only non-musician on the panel, and will speak on encouraging piano students. Information on how to take part in the video conference is available from Baldwin, Box 310 Department C1-58, Loveland, OH 45140.

Eva Dreikurs Ferguson is administering five 16mm films representing the best of Rudolf Dreikurs' theory and techniques of interviewing:

Motivating Children to Learn
Understanding Your Children
Counseling the Adolescent (3 different films)

The films range from 18 to 29 minutes, are in black and white, and suitable for teaching settings. Cost is \$325 each, with a slight discount when all five films are ordered.

For additional information, including complete film descriptions, contact Eva Dreikurs Ferguson, 1116 St. Louis Street, Edwardsville, IL 62025.

Understanding Life-Style: The Psycho-Clarity Process by Robert L. Powers and Jane Griffith, 336 pages, references, appendix, index. Chicago: AIAS, Ltd.

Faint praise would surely damn Robert L. Powers's and Jane Griffith's Understanding Life-Style: The Psycho-Clarity Process as "just another book on life-style." Far from it! This book recaptures the best of Adler's deep, genuine caring and concern for the client and Dreikurs' technical genius for teaching life-style assessment.

At a time when the education of therapists easily becomes synonymous with skill-training competencies and is product-centered (i.e. "doing" the patient's life-style), Understanding Life-Style offers a needed corrective and refreshing balance. Returning to Adler's basics, Powers and Griffith emphasize the process of therapeutic assessment and the spirit of collaboration between client and clinician.

They describe "psycho-clarity" as the process of collaboratively guiding individuals so that they come to speak and know the "unspeakable" -their private logic- which allows them to begin the process of change. This change occurs not only because of their evolving understanding but also because of the atmosphere of social interest and cooperation they have experienced with their therapist-collaborator.

This book describes the therapeutic process of the intake interview and the follow-up session with precision and grace. The authors report that these two meetings often represent a complete, albeit brief, course of psychotherapy. This very readable and engaging book describes the mind and heart of masterful psychotherapeutic assessment.

The reader - both novice and experienced clinician - is privy to a number of actual session-length transcripts and their pedagogical treasures. Therapists in training will find chapters 13 and 14 invaluable as they provide step-by-step instructions and sentence stems for composing the life-style summary.

To my mind, this book is without peer in the life-style literature, and I expect it will set a new standard for pedagogical excellence in Individual Psychology.

Len Sperry, M.D., Ph.D.
Medical College of Wisconsin
Milwaukee, WI 53226

[Available from AIAS, Ltd. 600 N. McClurg Ct. #2502A, Chicago IL 60611-3027. Paperback \$22.50, hardcover, \$32.50. \$2 postage and handling; Visa and MasterCard accepted.]

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If you are interested in having your book reviewed, send a copy to the Chicago office. Potential book reviewers, send your name and address to the Newsletter Editor at the Chicago office. We will not accept unsolicited reviews, or reprint reviews printed elsewhere.

* News and Events from the Regions *

REGION I-NORTHWEST

Vancouver--APABC announces the following fall schedule: Leadership Training I and II on November 12 (Janyse Hyrnkow) and December 10 (Sharon McInnis); "Illness - Seeking a Cure in the Mind" with Marlis Auterson, November 19/20; Open Center Family Counseling October 4 & 11 with Edna Nash and November 1 & 9 with Clair Hawes. The annual "Tuning In" Conference will be held on February 3,4,5, 1989. Contact: APABC, 210-2525 Manitoba, Vancouver, BC V5Y 3A7 (604) 874-4618.

REGION II--MIDWEST

Chicago--The Americas Institute of Adlerian Studies (AIAS), Robert L. Powers, Psychologist, Chairman, offers "Understanding Personality Development and Dynamics", October 28-31; "Assessing Individual and Group Styles", January 20-23; "Applying Psycho-logical Skills", April 21-24. 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

REGION IV - MIDDLE ATLANTIC

Silver Spring, MD--"Preventing Teen Suicide" will be sponsored by the Parent Encouragement Program on October 18th. Contact: PEP, 10001 Dallas Avenue, Silver Spring, MD 20901 (301) 681-3784 or 681-7351.

Bowie, MD--Hal McAbee reports the Adler-Dreikurs Institute of Bowie State University is offering 12 courses this semester with near record enrollments. Hank Raymond is the current Director of the Institute. Contact: Dr. Harold McAbee, 2421 Kelford Lane, Bowie, MD 20715.

Note: Instead of a Regional Conference this year, any group within this 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. Continuing Case Seminar (C471) with Dr. Robert Sherman, December 9,10,11. 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.

Toronto--AAI-Ontario will conduct classes this fall, including Advanced Abnormal Psychology with Dr. James Croake, October 21-23; Comparative Theories of Personality and Counselling with Dr. Harold Mosak, November 5-6-19. For the complete schedule and details, contact: AAI-O, 1111 Finch Avenue West, Suite 407, Downsview, Ontario, M3J 2E5 (416) 665-1400.

REGION VI--FAR WEST

Tucson--The Adlerian Society of Arizona will hold meetings on October 21, November 18, February 17, March 24, and April 28. A speaker will be part of each program. Contact: Carol Kivel, ASA, Box 40635, Tucson, AZ 85717.

San Diego, CA--AIAS-San Diego County offers coursework in February and May [see AIAS-Chicago notice for credit and certificate information]. Contact: Steve Maybell, Director, AIAS-SDC, 486 Hillway Drive, Vista, CA 92984 (619) 758-4658.

Concord, CA--Lynn Lott will present "Married and Liking It", a workshop for couples, on October 21-22. Contact: Summerfield Counseling, 4765 Hoen Avenue, Santa Rosa, CA 95405 (707) 526-3141.

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. Marathons on November 12th and December 3rd will be led by Dr. Lucy Ackerknecht. Contact: Lucy Ackerknecht, AWIRTH, 226 Stanford Ave., Berkeley, CA 94708 (415) 864-5248 or 524-4929.

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

Interlaken, Switzerland--The 22nd ICASSI Rudolf Dreikurs Summer Institute will be held July 16-29, 1989. For information, contact Roland Hawes, ICASSI Administrator, 113-2419 Bellevue Ave., West Vancouver, BC V7V 4T4. [See page 4 for details on scholarships and a report on ICASSI '88 in Chios, Greece.]