

# NASAP NEWSLETTER

The North American Society  
of Adlerian Psychology

Volume 21, Number 9

November, 1988

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

## President's Message

I write this message on a cold, rainy October day. Remember the summer's heat and drought? No more! If one were short-sighted, a few months ago today would have seemed impossible.

Allow me to share the past two weeks, and next few weeks, emphasizing contrasts:

Two weeks ago -- invited to a midwestern university town to work with professionals, speak to parents. Buildings are brand new, computers and dri-mark boards everywhere. The opening minutes of the workshop establishes the professionals are unfamiliar with Individual Psychology; four goals, encouragement, consequences -- all new. The opening minutes of the talk to parents that evening establishes at least one-third have heard of Dreikurs and been in book study groups. Are the parents "better educated" than the professionals?

Last week -- speaking to 90 parents, the contrast is me. Twenty years ago I came to this town to play high school basketball; tonight, I'm an "expert". A broad mix of interest, previous knowledge of our work, and enthusiasm for future speakers.

This week -- I will attend a professional meeting of marriage and family therapists; more than 4,000 will gather for the "nuts and bolts" of helping others. Several years ago, Adlerian educational ideas were never seen on the program; this year, several Adlerian presenters. Seems like progress, however slow.

Two weeks -- The NASAP Delegate Assembly will meet in Chicago to select Convention programs and other business. I'm reminded of the year we had to cancel the meeting for financial reasons, the year we received substantial grant dollars, the year we hashed out a new constitution. This year, NASAP is in good shape financially and ready to move forward. The past has laid a strong foundation for our present and future.

Contrasts can be ironic, amusing, encouraging, inspirational. I would be interested in your ideas on differences you see, and differences you'd like to see, in this organization.

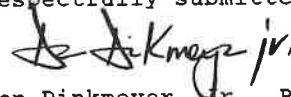
News and Notes: Interest Section Panels (see back page) are valuable tools when introducing concepts to clients and professionals. Write to us if you would like a free sample. Many thanks to Amy Lew for her work on this project...Letters to the membership encouraging participation in the Delegate Assembly went out two weeks ago. Please consider serving NASAP in this way...

Look for news of the re-release of "Alfred Adler as we Remember Him" in the next Newsletter...Two primary topics of discussion at the upcoming Delegate Assembly are membership and the newsletter...New topics for discussion may include Institutional memberships, Certificates in Individual Psychology, and an annual summer school in North America.

Conventions: It is becoming difficult to find reasonably priced convention sites, even on Memorial Day weekend. Our 80 programs, bookstore, workshops, and related activities are an atypically large number of rooms for an event of our registration size.

Membership: We continue to be up 2.5% from last year: 936 renewals and 192 new members, 1,128 total. The biggest increase is students, now 14% of our membership. Our thanks to all of you who recommend NASAP to others. That's exactly how it works!

Respectfully submitted,



Don Dinkmeyer, Jr., Ph.D.  
President

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## What's Inside

Newsletters to Know About.....	2
Adlerian Activities in Ireland.....	3
AAI-Chicago graduates 103.....	3
Ansbacher urges study of Russians.....	4
New Publications by NASAP members.....	4
News of NASAP Members.....	4
News from the Regions/Calendar.....	5

Fourteen workshops have been selected for the 1989 NASAP Convention in Minneapolis. Details will be released in the next Newsletter, pending notification and acceptance by workshop presenters.

35 workshop proposals were received, the largest number of submissions in history. In early November, delegates from Interest Sections will select 80 programs from more than 110 proposals for the Friday-Saturday presentations in Minneapolis.

Workshops will be held on Thursday, May 25 and Sunday, May 28. Presentations will be held on Friday and Saturday.

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Delegate Assembly Elections

A new procedure for soliciting Delegate Assembly election nominations is now in effect. The procedure allows individuals to declare their interest before nominating ballots are sent out, thus making it easier for the membership to know who is interested in serving on the DA.

If you are interested in serving as a Regional Delegate on the Delegate Assembly, simply notify Neva Hefner at the Central office no later than November 30th. Your name will then be included with the nominating ballots sent to your geographic region. Five nominations from the region are required to be placed on the ballot. Nominating ballots will be sent in December.

All Regions will hold elections this year; therefore all NASAP members are eligible to serve on the Delegate Assembly. The DA meets in Chicago the first weekend in November and the first day of the annual convention in May. The term is three years and delegates receive partial reimbursement for their airfare to the November meetings.

The Delegate Assembly is composed of two delegates from each of the six regions of North America, and two delegates from each of the five recognized Interest Sections. The Executive Committee of NASAP is elected from the membership of the Delegate Assembly.

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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. Purchases can be charged on Visa and MasterCard. For specific details on content and ordering information, contact the central office.

Plans are being made to videotape several presentations at the 1989 Minneapolis Convention.

Individual Education Bulletin reports the activities, concerns, and progress of the Corsini C4R Individual Education movement. Edited by Ann Pratt, published quarterly, the Bulletin would interest parents, teachers, and those interested in expanding their horizons about this ongoing effort to change our schools.

Subscriptions are \$16 (US Funds) for two years. Address all subscription requests to William Kiskaddon, 4404-242 SW, Mountlake Terrace, WA 98043.

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Individual Psychology Reporter provides an informal forum for articles, interviews, essays, book reviews, letters and comments related to the theory and practice of Individual Psychology. Anyone interested in Adlerian Psychology would learn from IPR. Edited by Jane Griffith, published quarterly.

Subscriptions are \$15/one year, \$25/two year, through \$200/lifetime. Address all subscription requests to AIAS, 600 N. McClurg Court, #2502-A, Chicago, IL 60611-3027.

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Put Us on Your List!

We are not receiving copies of all regional, sectional, or other organizational newsletters within the Adlerian community. Please, make sure we're on your list!

Newsletter Deadlines

The next Newsletter is the December issue. Deadline for items is November 20th. Please send all items to the Chicago NASAP office.

**NASAP NEWSLETTER**

The North American Society of Adlerian Psychology

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November, 1988

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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

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 Don Dinkmeyer, Jr., Ph.D., Editor  
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### Interest Section Panels

Attractive, effective, inexpensive -- three words to describe three new tools 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. The panels, attractively printed in red and black ink, are intended for use with your populations. There is space for your imprint; the cost \$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 Education panel, reproduced actual size.

## Education

**Logical consequences**  
must be all of the following:

**Related**  
Logically connected to the misbehavior.

**Respectful**  
Not humiliating, FIRM (respects self),  
and KIND (respects child).

**Reasonable**  
Child needs to experience the consequence,  
not to suffer it.

### Establishing a Logical Social Order

	Consequences	Punishment
<b>Purpose</b>	To guide Foster responsible behavior	To control Get obedience
<b>Communicates</b>	Concern, firm and friendly	Anger, disapproval
<b>Teaches</b>	Self discipline	Extrinsic motivation
<b>Expresses</b>	Reality of the situation and social order	Power and authoritarianism
<b>Is</b>	Logically related to behavior Thoughtful and deliberate	Arbitrarily connected Often impulsive
<b>Focuses</b>	On what will happen now	On what has happened
<b>Child feels</b>	Respected and capable	Belittled or humiliated
<b>Child remembers</b>	Own contribution to the situation	The punishment The injustice
<b>Results</b>	Long range	Quicker (but may not last)

Adlerian Activities in Ireland

Val McGinley reports "The true spirit of the work and progress here does lie in the fact that it is the parents who are doing the vast amount of the works. They are forming the grass roots of the progress, and it continues in that manner."

Adlerian concepts were introduced in 1983 when John Murphy attended a two week summer course with Manford Sonstegard at Charleston, West Virginia. Murphy returned to Kerry County full of enthusiasm and began parent education groups.

Murphy, along with five parents, has been leading the groups which have reached more than four hundred parents in Kerry County alone. Parent education groups have spread to other areas of Ireland, and Murphy and McGinley have been awarded two full scholarships to ICASSI in subsequent summers.

An Adlerian library has been started, "due to the interest and kindness of Sonste, who has taken Ireland under his sharing wing...he has unstintingly given and continues to give his time, knowledge and resources."

Anyone wishing to correspond with this effort, or perhaps donate to their library, should contact:

Val McGinley  
9 Westcourt, Caherslee,  
Tralee, Co. Kerry  
Ireland

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AAI-Chicago Graduates 103

On Sunday, October 23, the Alfred Adler Institute of Chicago awarded 103 diplomas to graduates of three Master's programs, and the Substance Abuse Certificate program. This represents the largest number of graduates since the Institute began awarding accredited degrees in 1978.

Commencement honors went to local graduate Sr. Caroline Clark and AAI-Ontario affiliated graduate Katina Wilson.

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AAI-Chicago Founder's Day

Dr. Oscar Christensen will be the featured speaker at the Third Annual Founder's Day celebration, Wednesday, February 8, 1989, at the Alfred Adler Institute of Chicago. The Institute enters its 37th year since its founding in 1952 by Rudolf Dreikurs.

The event will be held on the birth anniversary of Dr. Dreikurs. In contrast to previous Founder's Days, the event has been moved from a weekend date to midweek.

Dr. Christensen will present information on family counseling, including a demonstration. The theme of the event will focus on welfare of the family.

Adleriana

Very often a little anecdote can explain complicated questions not only quicker, but also much better than a long discussion and logical discourse can do.

There is the question about the difference between knowing and understanding. We might know something, but our actions seem to contradict our knowledge. Scientific research tried to explain this conflict by creating new words. Some people pride themselves on distinguishing between "intellectual" and "emotional" understanding. They claim that one can understand something and still act differently, if one does not understand it "emotionally". As if our emotion could understand anything independently from what we ourselves want to understand!

Thus we really need the old European enfant terrible, the center of so many folk jokes, "Little Maurice" to explain to our scientists what is wrong with the concept of 'emotional understanding.'

"Little Maurice once took a walk with his father. Along came a big dog, barking furiously at them. Little Maurice turned around and started to run as fast as he could. His father called him back, shouting, "But Maurice, don't you know that dogs who bark don't bite?" Whereupon Little Maurice, still running, replied, "I know it, and you know it. But do I know whether the dog knows it?"

Here, in this little anecdote, lies the answer to our problem. There is no such thing as intellectual or emotional understanding per se. There is only the fact that we do not always really believe what we pretend to understand. We might sometimes run out of logical arguments to defend our position, and therefore admit that we understand. But believing is another matter. What we really believe is expressed in our actions. What we only pretend to believe sounds impressive, but does not count.

Rudolf Dreikurs

[Reprinted from The IP Bulletin, Volume 3, second quarter, 1943.]

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In Memoriam

Gerard Van Eldert, a friend of Individual Psychology from the Netherlands, died suddenly on July 21st. He recently attended NASAP '88 in Seattle, the C4R meetings in Seattle, and presented a week of workshops in Ireland. He was interested in shaping the schools of tomorrow.

Arliss Epps, a charter member of the Columbia, South Carolina Adlerian Society, died this summer. He was instrumental in many aspects of the CAS organization, often working selflessly behind the scenes. A Social Interest Award in his name has been established, and was posthumously awarded to him at the recent CAS Conference.

The article by Eva Dreikurs Ferguson on the Soviet edition of Children: the Challenge by Rudolf Dreikurs and Vicki Soltz (Individual Psychology, 1988, 44(3), 290-295) informs us that the author of the Russian preface, A.V. Tolstich, considers it an important book that "possesses a big attraction" because it contains much of practical value for parents and educators.

But as to "new principles," Tolstich, of whose preface several pages are presented, finds that these principles "were established long ago in the Soviet Union pedagogically and psychologically," referring to V.A. Suckomlinsky and A.S. Makarenko.

Now it so happens that a recent catalog of Soviet books in English, lists one book of each of these two authors. And it also includes, as a new entry, a book by Tolstich, indicating that he must be of considerable importance among the younger Soviet psychologists.

The three entries (with two names spelled somewhat differently) are:

Tolstykh, A. Man and his Stages of Life. Cloth, 227 pp. \$7.95 -- A Soviet psychologist explores the dynamics of aging and the psychological impact of each stage of life.

Sukhomlinsky, V. On Education. Cloth, 346 pp. \$5.95. -- Excerpts from the writings of the famous Soviet educator on encouraging children to take an interest in knowledge and become happy in their work.

Makarenko, A.S. The Road to Life. Cloth, 828 pp. \$8.95. -- The study of a colony of young delinquents in the period following the 1917 revolution.

These books would seem to offer an excellent opportunity for a student to determine what Tolstykh may have meant when he wrote that the principles presented by Dreikurs and Soltz, as distinguished from their practical recommendations, were established in the Soviet Union long ago.

Such a study should result in a most worthwhile publishable paper that would be broadening and timely.

The books are available from: Imported Publications, 320 West Ohio Street, Chicago, IL 60610.

Heinz L. Ansbacher  
130 East Avenue  
Burlington, VT 05401

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What's your opinion, comment or question? Address all letters to the Editor at NASAP, 202 S. State Street, #1212, Chicago, IL 60604.

We reserve the right to edit letters. Names must be signed, but will be withheld on request. Letters must be received at the Central office by the 20th of the month preceding publication.

Allan Cox has authored The Achiever's Profile: 100 Questions and Answers to Sharpen Your Executive Instincts. Each of the mini-essays is built around a question, and readers can rate their achievement profile by tallying their answers in the back of the book. Available from local bookstores or from American Management Association at 518-891-1500, ISBN: 0-8144-5796-7.

Bernard Shulman and Harold Mosak have written Manual for Life Style Assessment and the accompanying Life Style Inventory. The book and inventory present a comprehensive approach to life style theory and data collection in counseling and therapy. Available from Accelerated Development, Inc., 3400 Kilgore Avenue, Muncie, IN 47304, (317) 284-7511.

"Dear Parents of Young Teens", a pamphlet by Beth Piolet, has been published by the Alfred Adler Institute of Chicago. Single copies, \$1, discounts on quantities. Available from Adler Institute, 618 S. Michigan, Chicago, IL 60605, 312-294-7100.

"An Introduction to Adlerian Psychology", a 40 minute color VHS videotape featuring Norman Silverman, is now available for rental from the Adler Institute of Chicago, 618 S. Michigan, Chicago 60605, 312-294-7100.

The two part videotape "Sadie Tee Dreikurs: Partner in History", is available at a 50% discount to NASAP members. The tapes won a 1987 Certificate of Merit at the Chicago International Film Festival. Contact Bryna Gamson at AAI-Chicago, 618 S. Michigan, Chicago, IL 60605, 312-294-7100.

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#### News of NASAP Members

Charles Huber assumed the position of Department Head, Counseling and Educational Psychology, at New Mexico State University in Las Cruces. He joins Mike Nystul, who is beginning his third year at NMSU.

Jane Griffith, President of AIAS, appeared on the Oprah Winfrey Show October 17th. She was a panelist with Bernie Siegel, M.D., discussing the mind-body controversy and the patient's participation in recovery.

Nancy Catlin is spending the year as an exchange school counselor in the Dominican Republic. Marcia Mullins will serve the remaining year of Nancy's term on the Delegate Assembly. Nancy and Marcia were Coordinators of the NASAP '88 Convention.

Lucy Ackerknecht lectured on Individual Psychology in Budapest, Hungary, during the month of October.

Evonne Weinhaus, co-author of Stop Struggling with Your Teen, appeared on the Oprah Winfrey and Sally Jessy Raphael shows in September.

Don Dinkmeyer, Jr. has been selected for membership in Chi Sigma Iota, the International Counseling Academic and Professional Honor Society.

\* 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 November 1, 9 with Clair Hawes. The annual "Tuning In" Conference will be held on February 3-5, 1989. Contact: APABC, 210-2525 Manitoba, Vancouver, BC V5Y 3A7 (604) 874-4618.

REGION II--MIDWEST

Chicago--The Adler Institute of Chicago will conduct one-day workshops: "Methods and Strategies of Encouragement", November 12, Cameron Meredith, Ph.D.; "Medical Issues for Psychologists", December 10, Len Sperry, M.D., Ph.D.; "Hypnosis Methods & Techniques", January 7, Gerald Mozdzierz, Ph.D. NBCC CEU's and graduate credits available. Contact: Karen Sulikowski, Registrar, AAI, 618 S. Michigan Avenue, Chicago, IL 60605, 312-294-7100.

Chicago--The Americas Institute of Adlerian Studies (AIAS), Robert Powers, Psychologist, Chairman, offers "Assessing Individual and Group Styles", January 20-23; "Applying Psychological Skills", April 21-24. All lead to the Certificate of Professional Studies in Individual Psychology, 30 APA or 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

Columbia, SC--AIAS, Ltd. will conduct "Understanding Personality Development and Dynamics", February 2-5, 1989. First of three courses in the AIAS Program. [see Chicago notice for credit and certificate information]. Contact: Carey Washington, Ph.D., 803-765-7770 daytime or 805-799-3933 nights, or Chicago AIAS offices.

Orlando--The 12th annual Region III Conference will be held February 25-28, 1989 in Orlando. Workshops on Thursday and Friday, 16 presentations on Saturday, half-day workshops on Sunday; CEU's available. Held at Hilton Inn, \$59 double or single. Contact: Don Dinkmeyer, Jr., Route 4, Box 500, Lake Geneva, WI, 53147, 414-248-9424.

REGION V--NORTHEAST

Montreal--AAI-Quebec offers "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--Amy Lew, M.A., CCMHC, and Betty Lou Bettner, M.A., CCMHC will present "The Connexions Focussing Technique (C.F.T.)", a

process utilizing early recollections for short term therapy. The program will be held Sunday, December 11, 2pm-6pm at the Ethical Culture Society, sponsored by the New York Committee of Region V. Refreshments and socializing included. Contact: Sylvia Robbins at 516-487-7243.

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 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 November 18 (Maxine Ijams, "Abbreviated Life Style Analysis"), 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: Steven Maybell, Ph.D., Director, AIAS-SDC, 486 Hillway Drive, Vista, CA 92084 (619) 758-4658.

Napa & Irvine, CA--"Married and Liking It" couples enrichment workshops with Lynn Lott; Napa December 2 & 3, Irvine January 27 & 28. Contact: Summerfield Counseling, 4765 Hoen Avenue, Santa Rosa, CA 95405.

Berkeley, CA--AWIRTH (Adlerian Western Institute for Research and Training in Humanics) offers Marathons on November 12, December 3 and 17 by Dr. Lucy Ackerknecht. Contact: Lucy Ackerknecht, AWIRTH, 226 Stanford Ave., Berkeley, CA 94708 (415) 524-4929.

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.

Abano, Italy--The 18th Congress of the International Association of Individual Psychology (IAIP) will be held July 29 - August 2, 1990, in Abano, Italy. Abano is near Venice. Theme of the Congress and call for papers will be issued in the future. Contact: Dr. Hal McAbee, IAIP Secretary-General, 2421 Kelford Lane, Bowie, MD 20715.