

# NASAP NEWSLETTER

The North American Society  
of Adlerian Psychology

Volume 22, Number 1

January, 1989

202 S. STATE STREET, #1212  
CHICAGO, IL 60604-1905

## The New Hypnotherapies and Individual Psychology

Len Sperry, M.D., Ph.D.

Recently, a number of exciting hypno-therapeutic methods and strategies have been "unveiled". Even though Adlerians have shown little interest in hypnosis, I believe these methods are worthy of serious consideration by Adlerians.

Adler seemed to be somewhat wary of hypnosis, noting that it was only effective to the extent to which the therapist communicated encouragement (Adler 1956, p.434). Adler's view is understandable given the way in which hypnosis was commonly understood and practiced at the turn of the century. Ellenberger (1970) carefully details the rise and fall of Traditional hypnosis and its relationship to dynamic psychotherapy. He describes two opposing views of behavior and mind: Romanticism and Enlightenment.

Emanating from Romanticism and the related philosophies of Schopenhauer and Social Darwinism was the belief that healing involved the mobilization of irrational forces. This was exemplified in the Paris or Salpetriere School of Hypnosis of Charcot, Janet and, later in the psychoanalytic formulation of Freud. Emanating from the Enlightenment tradition, and related philosophies of Kant, Leibnitz and socialist thought was the belief that healing involved rational thought and education. This was exemplified in the Nancy School of Hypnosis of Bernheim, Liebault and Coue', and in Adler's and Existential formulations. Generally speaking the Salpetriere School -the Traditionalists - was the dominant mode of hypnosis during Adler's lifetime.

Were Adler alive today, I believe he would find considerable kinship with the "New" Nancy School with their emphasis on growth, self-responsibility and self-hypnosis, and clinician-patient collaboration, in counterdistinction to the emphasis on pathology, hypnotizability, and clinician skill and authority of the Traditionalists. Proponents of the "New" Nancy School are called Naturalistic (Erickson and Rossi, 1981), Experiential (Barber, 1981), or the New Hypnosis (Aroaz, 1985).

I find the New Hypnotherapies are very compatible with the theory of Individual Psychology. In both, a premium is placed on respect, cooperation and collaboration between clinician and client, and, a focus on patient strengths, growth, and education are common. Self-hypnosis is considered the basis of the "new" approach. So also, is an emphasis on tailoring treatment to the needs and styles of the patient. Erickson elegantly states this:

"Each patient is an individual. Hence, psychotherapy should be formulated to meet the uniqueness of the individual's needs rather than tailoring the person to fit the Procrustean bed of a hypothetical theory of human behavior" (1979).

There are, then, obvious connections between Individual Psychology and the New Hypnotherapies. The techniques and strategies developed by these colleagues are innovative and potent. I recommend them for your consideration.

## References

- A. Adler (1956) The Individual Psychology of Alfred Adler. Ansbachers (eds) Basic Books.
- Aroaz (1985) The New Hypnosis. Brunner/Mazel.
- M. Erickson & E. Rossi (1981) Experiencing Hypnosis. Irvington.
- H. Ellenberger (1970) The Discovery of the Unconscious. Basic Books.

[Editor's Note: Len Sperry has been asked to write a column dealing with the relationship between Individual Psychology and developments in psychology. Reactions to his ideas are welcomed.]

## What's Inside

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**Last NEWSLETTER unless membership renewed by January 31, 1989**

NASAP '89 Brochure Mailed This Month

Your registration brochure for the 37th annual NASAP Convention will be mailed later this month.

The Convention, to be held at the Minneapolis Marriott, will be conducted on Thursday, May 25 through Sunday, May 28. In contrast to previous conventions, the meetings begin one day earlier (Thursday) and conclude one day earlier (Sunday).

The brochure will contain registration fee information, hotel reservation forms, and a complete list of all 14 workshops and 80 programs.

NASAP members will receive discounts on registration and meals, as well as an opportunity to book airline reservations at discounted rates through their own travel agency. Look for the brochure later this month.

# # # #

Call for Nominations: Social Interest Award

Nominations for the 1989 NASAP Continental Social Interest Award are now being accepted. Nominations are made on a brief form available from the Central Office.

The award will be given at the Minneapolis convention, during the awards and recognition banquet.

The Continental Social Interest Award recognizes individuals outside the NASAP organization who practice social interest. Previous award winners include Jimmy and Rosalyn Carter, and H. Stephen Glenn.

# # # #

ICASSI Scholarships Available

The 1989 ICASSI will be held July 16-29 in Interlaken, Switzerland. Full scholarships (room, board, tuition) for those who could not attend without financial assistance are available by applying to: Theo Schoenaker, Scholarship Chairperson, Rudolf Dreikurs Weg 4-6, D-6942 Sinntal 8, West Germany. Deadline for the completed application is February 22.

Tuition scholarships for those who have been actively involved in Adlerian activities are available by applying to: Dr. Oscar Christensen, Room 222, Education Building, University of Arizona, Tucson, AZ 85721.

# # # #

Membership Renewals

Your NASAP Membership expired on December 31st. A renewal letter was sent in Mid-November. If you have not yet received your renewal notice, please contact the central office.

Benefits of membership include ten issues of the Newsletter, discounts at annual, regional and local conventions and conferences, the 500+ pages of the quarterly Journal, and listing in the Directory.

Donations

Donations have been received from:

- Brenda Dew
- Boyd Reynolds
- Jean Burkholder
- Sara Pilliod
- Milton and Edith Dewey
- Robert L. Powers
- Hazel Udchic
- Max Colpetzer

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

# # # #

Newsletter Deadlines

The next Newsletter is the February issue. Deadline for items is January 20th. 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 of the contact person.

# # # #

Put Us on Your List!

All regional, sectional, or other organizational newsletters within the Adlerian community are requested to send a copy to the central office. Please, make sure we're on your list!

# NASAP NEWSLETTER

The North American Society of Adlerian Psychology

Vol. 22, No. 1

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

Alfred Adler: As We Remember Him

A book of anecdotes and stories about the man, Alfred Adler, told by those who knew him: his family, his friends, his students and his colleagues. Opening with a short biography, the book concludes with a previously unpublished fable by Alfred Adler.

Edited by Guy J. Manaster, Genevieve Painter, Danica Deutsch and Betty Jane Overholt, the book has just been republished in paperback by NASAP.

From the book:

"Try to see with a child's eyes," Dr. Adler suggested, "hear with a child's ears and feel with a child's heart."

\* \* \* \*

"Adler told the story about a woman who was evidently very annoyed with her husband and who could not sleep. He said to her, "Tonight when you cannot sleep think of some very nice things you could do for your husband. Call me in the morning and tell me about them."

The next morning she phoned and said, "Oh, Dr. Adler, I am sorry I have nothing to report. I slept so soundly through the night."

\* \* \* \*

I remember when I asked Adler when it was too late for a man to change. He said, "Oh, maybe 1 or 2 days before he dies."

On an occasion, somebody asked, "What is the meaning of life?" Adler answered, "There is no general meaning of life; the meaning of life is that which you give to your own life."

\* \* \* \*

----- Order Form -----

Please send \_\_\_ copies of Alfred Adler: As We Remember Him at the special NASAP member's price of \$5.95 (regular list price \$7.95).

Ship To:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Add \$1.25 shipping and handling for one copy; 60 cents for each additional copy. Orders to addresses outside North America, add \$1.

\_\_\_ I have enclosed \$ \_\_\_\_\_ (US Funds)

\_\_\_ Please bill my Visa or MasterCard account:

Account # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Send to:

North American Society of Adlerian Psychology  
(NASAP)  
202 S. State Street #1212  
Chicago, IL 60604

AAI-Chicago Receives \$100,000 Bequest

A woman who studied with Rudolf Dreikurs has left the Adler Institute of Chicago 80% of her estate, according to AAI-C President Randall Thompson. It is estimated the donation will be nearly \$100,000, the largest single donation to the Adler Institute.

Claudine Bock of St. Louis, who studied at AAI-C and in Corvallis and Eugene, Oregon, had no stipulations on the bequest. It has been earmarked for the Institute's Endowment Fund, which was recently cited as lacking in a recent reaccreditation study.

"It will certainly help us in our long-range planning efforts" said Thompson. "However, we must firmly resist the temptation to think of this bequest as cash on hand. In truth, we are just catching up [on endowment] to where we should have been."

The Institute has recently announced an "\$89 in '89" Annual Fund Drive, planning to raise \$89,000 this year. The Alfred Adler Institute of Chicago is the largest degree-granting, accredited Adlerian Institute in North America.

# # # #

AAI-Ft. Wayne Affiliates with College

The Alfred Adler Institute of Ft. Wayne has affiliated with the Lutheran College of Health Professions.

The Institute now has access to new classrooms, administrative assistance, and housing for out of town students. Rooms, on a space available basis, will be \$20 per night.

AAI-Ft. Wayne has resumed a full schedule of courses leading to certification or the master's and Psy.D. doctoral program from the Alfred Adler Institute of Chicago.

For further information, contact AAI-Ft.W, Lutheran College of Health Professions, 535 Home Avenue, Ft. Wayne, IN 46807, (219) 458-2451, ext. 2447, or 1-800-444-2001, ext. 2447.

# # # #

South Carolina Conference Draws 189

The sixth annual South Carolina Conference on Adlerian Psychology drew 189 registrants, up 30% from the previous year. Almost one-third of the participants were from North Carolina, and six other states were represented.

At the Conference, the first annual Arliss J. Epps Social Interest Award was given posthumously to Mr. Epps, reflecting his outstanding contributions to the organization.

The organization changed its name from the Columbia (SC) Adlerian Society to the more encompassing South Carolina Society of Adlerian Psychology (SCSAP) at a membership meeting during the summer. It will more accurately reflect the state-wide nature of the membership and activities.

Orlando Conference - Feb 23-26

The 12th annual Region III Conference will be held in Orlando, Florida on Thursday, February 23 through Sunday, February 26.

The Conference features low-cost registration and housing, with a new 10% discount for NASAP members and a 20% discount for students. Early registration fees (by February 3rd), before discounts, are \$45 for workshops and \$35 for a full day of presentations. Rooms at the Hilton are \$59, single or double.

This year's featured workshop is "Essential Tactics in Psychotherapy" by Dr. Harold Mosak. Other workshop presenters include Roy Kern, Frank Walton, Lu Watson, Andy LePage, and Don Dinkmeyer, Sr., and Jr.

Evaluations of past conferences have shown more than 94% of the participants recommend the Conference. More than 1,400 have registered for past Conferences.

NASAP members will receive a registration flyer in Mid-January. For additional information, contact Ruth Nicholson at 407-299-5000 ext. 3141, or Don Dinkmeyer, Jr. at 415-248-9424.

# # # #

AAI-Chicago Psy.D. Approved by Illinois

The Illinois Department of Professional Regulation has approved the Doctor of Psychology (Psy.D.) program of the Alfred Adler Institute of Chicago.

According to Mark Stone, Dean of Faculty, approval means graduates can sit for the state psychology license examination after their post-doctoral year. Application for the same approval has been made with the state of Indiana, where a substantial program has been affiliated with the Adler Institute of Ft. Wayne.

Accreditation by the American Psychological Association is being pursued. According to Stone, that cannot occur until the first group of doctoral students has graduated. AAI-C enrolled 24 students in the Psy.D. program in Fall, 1987, and there are now 59 in the program.

# # # #

APABC Plans "Tuning In" February 3-5

Leo Gold, Bill Nicoll, Marti Wilson, and Maureen Brine are among the featured workshop presenters at the annual "Tuning In" Conference sponsored by the Adlerian Psychology Association of British Columbia (APABC).

Gold will conduct an evening session, "Dreams and Creativity". Ten workshops and an Introductory session on Adlerian Psychology will also be conducted.

Additional information can be obtained by calling 604-874-4614, or writing APABC, #201, 2525 Manitoba Street, Vancouver, B.C. V5Y 3A7.

Bettner and Lew Address New York Adlerians

The New York Committee of NASAP Region V had a successful social-forum on December 11th, featuring Amy Lew and Betty Lou Bettner. They presented their Connections Focusing Technique, an innovative approach in the use of an early recollection.

60 people were present -- many old Adlerian friends, and many new ones, whom we hope will join NASAP. Barbara Meltzer, our membership chairperson, reported this was the 17th social forum we have had. We urge other Adlerians across the continent to follow this approach in spreading Adlerian ideas in the community.

Sylvia Robbins  
Delegate, Region V

# # # #

Publications by NASAP Members

Alfred Adler: As We Remember Him has been reissued in paperback by NASAP. This classic book of recollections and remembrances is available at a discount (\$5.95) for NASAP members. See page 6 of this Newsletter for ordering information. The reprint of the book was made possible by the NASAP publications grant.

The Alfred Adler Institute of Chicago has resumed publication of a Newsletter, Advance. It is available free of charge upon request. To be placed on the mailing list, contact: Bryna Gamson, AAI-Chicago, 618 S. Michigan Avenue, Chicago, IL 60605 (312) 294-7100.

# # # #

Video Catalog Needs Listings

NASAP is compiling a catalog of Adlerian videotapes and video-based educational programs. If you know of any video materials, please send information to the Central Office.

Information should include title, presenters, a brief description of the material, and accurate information on how to buy or rent the materials. Do not assume we have already been informed of your videotapes!

# # # #

News of NASAP Members

Leo Gold has received the 1988 International Dream Award from the Dr. Margaret Egner Foundation in Zurich, Switzerland. Gold is Dean of the Adler Institute of New York and a field advisor for the professional program in Clinical Psychology at Rutgers University. He is a past President of NASAP.

Manford Sonstegard, visiting professor of Counseling Psychology at California State University, Fullerton, has accepted an invitation to participate in the 76th Indian Science Congress, to be held January 7 through 12 at Madurai Kamaraj University, Madurai, India. He will present a paper entitled "Resolving Conflict in a Technocratic Era" to the Psychology and Educational Sciences section of the Congress. He is a past President of NASAP.

Book of the Month

[NASAP members have a new benefit, beginning with this issue. Selected books will be offered at 20% off list price through the Newsletter.]

Understanding Life-Style:  
The Psycho-Clarity Process

by Robert L. Powers and Jane Griffith  
Foreword by Kurt A. Adler, Ph.D., M.D.

A comprehensive text on life-style assessment, it leads the reader step-by-step through the three phases of life-style assessment: Inquiry, Review and Interpretation, and Summations of Understanding.

Topics include: Orientation; Initial Interview; Family Constellation; Gender Guiding Lines and Role Models; Genetic Possibility and Environmental Opportunity; Early Recollections.

(The book was reviewed in the October, 1988, NASAP Newsletter.)

List price: \$22.50 Member price: \$18

----- Order Form -----

Please send      copies of Understanding Life-Style: The Psycho-Clarity Process.

Ship To:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Payment enclosed:

\$18 per copy, add \$1.50 shipping/handling

Check enclosed (US Funds)

Bill my Visa or MasterCard:

Account # \_\_\_\_\_ Exp Date \_\_\_\_\_

- Please Note -

\*This offer is good until February 15, 1989.

\*NASAP receives a percentage of the purchase price for the general operating fund.

Send your order to:

NASAP Book Sales  
202 S. State Street, #1212  
Chicago, IL 60604

# # # #

If you would like your book considered for the NASAP Book of the Month, please contact the central office.

Books must be Adlerian in content, and be of general interest to the membership. Videotapes, educational programs, audiocassettes and other materials will also be considered.

REGION V--NORTHEAST

REGION I--NORTHWEST

Seattle--Workshops on Group Process Training, Helping the Hyperactive Child, and Diagnostic Interviewing of Children will be conducted by John F. Taylor on January 25-27. CEU credits available. Contact S.U.N., 1333 Edgewater St., NW, Salem, OR 97304, 503-364-9163.

Vancouver--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.

Boise, Idaho--The Idaho Society of Individual Psychology (ISIP) Conference will be held on March 3 and 4 in Boise. The featured speaker will be Dr. Andy LePage, Director of the Florida Center for Self-Esteem. Contact: Jan Thomas, ISIP, 4007 Northbridge, Boise, ID 83706.

REGION II--MIDWEST

Chicago--The Adler Institute of Chicago will conduct the 3rd annual Founder's Day program, featuring Oscar Christensen on Wednesday, February 8. 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.

Fort Wayne--AAI-Ft. Wayne course schedule includes Marriage Therapy (#344) with M. Pew and G. Mozdzierz on January 21-22 and February 3-4; Psychodynamics of Neurosis II (#302) with D. Peven and R. Pancner, January 28-29 and February 10. Housing available, \$20/night. Additional courses, March - May. Contact: AAI-Ft. Wayne, 2805 Fairfield, Fort Wayne, IN 46807 219-456-4880, or Kristin Pancner, 219-432-3085.

REGION III--SOUTH

Columbia, SC--AIAS, Ltd. will conduct "Understanding Personality Development and Dynamics", February 2-5, 1989, with a second course in the AIAS program in May. [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; CEUs available. Registration discount for NASAP members. Held at Hilton Inn, \$59 double or single. Contact: Don Dinkmeyer, Jr., Route 4, Box 500, Lake Geneva, WI, 53147, 414-248-9424.

Montreal--AAI-Quebec offers Interviewing Techniques (C313) by Dr. Robert Sherman, February 17-19, Psychodynamics of Psychopathology (C301) by Dr. Gerald Mozdzierz March 4-5, 18-19. Contact: AAI-Q, 4947 Grosvenor Ave., Montreal, Qc., H3W 2M2, (514-731-5675).

REGION VI--FAR WEST

Fullerton, CA--A Conference on Adlerian Psychology will be held January 28-29 at Cal State University, Fullerton. The University is located 35 miles south of Los Angeles. Presenters will include Robert L. Powers, Gerald Mozdzierz, Kristen Sonstegard, and Jim Bitter. Early registration (by 1/5) is \$50, students \$40. Contact: Dr. James Bitter, Chair, Department of Counseling, EC-105, CSU-F, Fullerton, CA 92634.

Tucson--The Adlerian Society of Arizona will hold meetings on 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 A. Maybell, Ph.D., Director, AIAS-SDC, 486 Hillway Drive, Vista, CA 92084 (619) 758-4658.

Irvine, CA--"Married and Liking It" couples enrichment workshops with Lynn Lott in 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 2/3, 3/4 by Dr. Lucy Ackerknecht. Winter quarter classes run January 5 - March 9. For a complete catalog, 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. [Information on ICASSI Scholarships is presented on page 2 of this Newsletter.]

\* \* \* \*

Clarification

Events listed on this page must be of general interest to the membership, open to outsiders, and have a contact person. Items usually run once or twice before the event. Editorial decisions are made so that total listings do not exceed one page per Newsletter.

Send listings to the Central office by the 15th of the month, including contact person, address, and telephone number. Items may be telephoned to Neva Hefner at 312-939-0834.