

# NASAP NEWSLETTER

The North American Society  
of Adlerian Psychology

Volume 22, Number 2

February, 1989

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

## DSM III-R and Individual Psychology: A Case Summary

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

The patient is a 31 year old married female who presented with depression, fear of knives, and incapacitating handwashing compulsive and obsessive ruminations that she might seriously injure her young son. These symptoms had progressively worsened over the past 18 months, but actually began eight years ago amid marital discord and the patient's immense disappointment that her first born was a boy rather than a girl.

Marital discord escalated and she made several threats to kill herself and her son because of her unhappiness with her husband, difficulty relating to neighbors, and the birth of her second son. Her symptoms abated somewhat when she and her two sons moved in with her parents.

Two years later, after her husband had a "nervous breakdown" she returned to live with him and her symptoms soon became incapacitating. She had no prior hospitalizations nor psychotherapy, but had been evaluated as suffering from psychosomatic abdominal pains at the time of her first suicide threat.

Developmentally, she was the second of eight children. Her father was described as a construction worker who was impulsive, physically abusive to his wife and all children, and a binge drinker. Mother was described as emotionally distant, hardworking but non-assertive. She had dropped out of high school after three years and had worked at a number of unskilled jobs before marriage. At the age of 21 she broke off an engagement of three years to a rather passive and clinging male, and soon met her husband who was recuperating from wounds sustained in military combat. Like their marriage, their courtship was conflicted: he left her, she pursued him and became pregnant, leading to a quickly arranged marriage.

### Classification Systems

The two major types of classificatory systems of psychopathology are: descriptive and psychodynamic. The descriptive systems emphasize observable signs, behavior and symptoms with a diagnosis made by comparing

signs and symptoms to specific criteria. The psychodynamic systems emphasize the psychological meaning or mechanisms which explain disordered behavior and symptoms. By itself, each is, by definition, limited and reductionistic.

The Diagnostic And Statistical Manual of Mental Disorders (Third Edition-Revised), better known as DSM III-R is the standard diagnostic classification utilized by clinicians and insurance carriers in the U.S. It describes 18 distinct major classifications and diagnostic criteria and codes for more than 200 mental disorders.

Though it is based on the disease model and a psychology of possession, it is similar to the Adlerian model in emphasizing life task functioning in three areas: social relations, occupation and leisure. Like the Adlerian model with its emphasis on a holistic conception of the individuals, DSM III-R specifies a multiaxial classification so that interrelated biopsychosocial and systems facets of a person's life can be formulated.

Unlike DSM III-R, the Adlerian model is based on the growth model and a psychology of use, and emphasizes an understanding of the individual's dynamics, movement, and life style theme. There are, then, points of convergence between these two systems. Both complement and enhance the clinician's understanding of the patient, and aid the clinician in systematically and more holistically evaluating and planning a course of treatment.

### The Challenge

The realities of clinical practice today require the use of DSM III-R codes. The Adlerian clinician must be able to "translate" DSM III-R codes into Life Style terms.

(Continued on page 3)

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NASAP '89

You just received, or soon will receive, the brochure for the 1989 Minneapolis Convention.

Highlights include 14 workshops, 80 presentations, banquets, Interest Section and Regional meetings, and a Riverboat Cruise on the Mississippi.

The brochure contains information on membership registration discounts, hotel reservation procedures, and airline ticket discounts.

Next month's Newsletter will contain features on the Minneapolis Convention.

# # # #

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.

# # # #

Membership

NASAP membership stands at 1,100, with 636 new and renewing members as of mid-January. We are particularly pleased to welcome back 41 members who had not renewed last year.

# # # #

Executive Committee Meets In Chicago

The Executive Committee is scheduled to meet in Chicago February 10-12. The third day has been scheduled for a comprehensive review and goal-setting for the organization.

# # # #

Regional Delegate Elections

Ballots for regional delegates were sent out the first week of February (you must have renewed for 1989 to receive a ballot). Anyone receiving five nominations within their region is on this ballot.

You will receive a ballot and candidate statements only for your region. Please consider carefully your selection. The Delegate Assembly legislates major policies and establishes priorities for NASAP; it is our governing body.

Interest Sections which must hold elections this year will complete this process before the Minneapolis Convention. You will receive ballots from the Interest Section, which you return to the Central Office for counting.

Donations

Many donations were enclosed with membership renewals:

- Jane Nelsen
- Edward and Elsie McDorman
- Lu Watson
- Garry Whatling
- Cameron and Betty Jane Meredith
- Robert Aird
- Bryna Gamson
- Jean Alessi
- Jack Locicero
- David MacDougall
- Joyce and Gary McKay
- Stan Dubelle
- Ron Pancner
- Rosalind Frey,  
in memory of Danica Deutsch
- Betty Lou Bettner,  
in memory of Nick Ionedes

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 March issue. Deadline for items is February 20th. Please send all items to the Chicago NASAP office.

# NASAP NEWSLETTER

The North American Society  
of Adlerian Psychology

**Vol. 22, No. 2**

**February, 1989**

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 \$10.00.

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

(Continued from page 1)

This process of "translating" began with Mosak's (1968) classic contribution to the psychotherapy literature when he interrelated eight life style themes with nineteen DSM I diagnostic categories. The challenge for Adlerian Clinicians is to extend and refine this translation process to all DSM III-R codes.

I propose that Adlerian clinicians, at conferences and in articles, provide both Life Style themes and DSM codes in their case formulations.

Five Axes DSM III-R Diagnoses of the Case

- Axis I: Obsessive Compulsive Disorder (300.30)  
Dysthymia (300.40)  
Marital-Problem (V61.20)  
Child-Parent Problems (V61.20)
- Axis II: Borderline Personality Disorders (301.83) with Histrionic, Narcissistic and Dependent Traits
- Axis III: Somatic Complaints  
Enlarged Thyroid by History
- Axis IV: Stressors - Moderate Severe (4)  
Chronic Marital-family issues;  
Homicidal ideation
- Axis V: GAF Now: 46 Highest in past 12 months: 58

This case example, of course, is the famous "Case of Mrs. A".

References

Harold H. Mosak (1986) the Interrelatedness of the Neuroses Through Central Themes. Journal of Individual Psychology, 24, 67-70.

\* \* \* \*

[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.]

# # # #

Nicholas Stavros Ionedes

Dr. Nicholas Stavros Ionedes, a Washington psychiatrist who had been in private practice since 1964, died of cancer Nov. 8 at George Washington University Hospital. He was a long-time NASAP member.

Dr. Ionedes was born in Nicosia, Cyprus. He received a degree in medicine from the University of Athens. He came to the United States in 1955 and studied psychiatry at the University of Illinois.

He moved to the Washington area in 1960 and became head of the U.S. District Court's Legal Psychiatric Service, where he developed a special treatment program for criminal offenders and taught probation and parole officers how to conduct group therapy sessions. In 1962 his agency received the APA's Bronze Achievement Award for its outstanding and progressive programs.

Dr. Ionedes began his full-time private practice in 1964. He used group therapy techniques widely and also developed a social interest psychiatry program in which patients received individual treatment and later moved on to group sessions and activities.

Dr. Ionedes was a fellow of the American Psychiatric Association and had served on the board of the American Group Therapy and Psychodrama Association. He was a member of the North American Society of Adlerian Psychology, the American Medical Association, the Academy for International Medical Studies, and the Greek Orthodox Church.

Survivors include his wife, Angeline Ionedes, and two daughters, Nancy and Stephanie Ionedes, all of Arlington, Virginia.

(Reprinted from the Washington Post)

\* \* \* \*

Liljan Espenak

Liljan Espenak, a dance/movement therapist and educator died suddenly on Saturday, December 17th, 1988 at Lenox Hill Hospital, New York City. She was 83 years old and lived in Sunnyside, Queens.

Ms. Espenak's career spanned more than half a century. Born in Norway, she became a master pupil and protege of Mary Wigman, renowned expressionist dancer in Germany. Ms. Espenak opened her own studio in Berlin but was forced to close it by the Nazis because of professional and personal associations and her vocal abhorrence of the Nazi regime.

She fled to London in 1934 where she performed with and choreographed for several theatre groups. In 1941 she came to the U. S. and soon established a dance studio attracting students and performers from all parts of the world. She gave recitals and performed at Carnegie Hall.

An innovator and pioneer, she creatively applied the art of dance and movement techniques to work with mentally retarded, physically handicapped and emotionally disturbed children and adults.

In 1960, she joined the faculty of New York Medical College where she organized the first dance therapy department in the U.S. at the Mental Retardation Institute. Through her efforts a post graduate dance therapy training program was established.

A firm believer in the multi-disciplinary approach, she gave courses and workshops in her methods and approaches to body dynamics and psycho-educational treatment to physical, occupational, music and art therapists, psychotherapists and teachers.

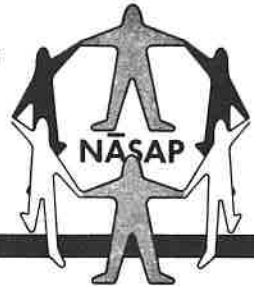
The underlying principle in her methodology was to integrate the "intellect, body and emotions," creating unity and harmony. She continued these programs until her retirement in 1980. Ms. Espenak was also affiliated with the Alfred Adler Institute of New York City, and was a member of NASAP.

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NASAP NEWSLETTER  
DON DINKMEYER, JR., Ph.D., EDITOR  
202 S. State Street, #1212  
Chicago, IL 60604

The NORTH AMERICAN SOCIETY OF ADLERIAN PSYCHOLOGY invites you  
to attend its 37th Annual Convention and Workshops  
hosted by the Alfred Adler Institute of Minnesota

**COOPERATION  
TAKES  
COURAGE**



1989 CONVENTION AND WORKSHOPS, MINNEAPOLIS, MN

**MAY 25-28, 1989  
MARRIOTT CITY CENTER HOTEL  
MINNEAPOLIS, MN**

Join us at NASAP's annual forum which brings together Adlerian therapists, professional practitioners, educators, business people, community organizations and individuals interested in promoting and expanding the theories of Alfred Adler. May 25 and 28 will feature all day workshops. The convention will be held May 26 and 27 and offers participants opportunities to attend sessions in Counseling & Therapy, Family Education, Education, Business & Organization, Clinical Issues and more.

**HOTEL - \$70   WORKSHOPS - \$75   CONVENTION - \$150 (Student \$90)   MEAL PACKAGE - \$55**

**--Register before April 15, 1989 and you may deduct 10% from registration fees--**

**INFORMATION:**

Centennial Conferences, 5353 Manhattan Circle, Suite 103, Boulder CO 80303  
303/499-2299

Book Review

A Guide to Understanding the Challenges of Young Adolescence, by Beth W. Piolet, M.A., 7 pages, recommended readings, forward by Bernard H. Shulman, M.D.

Don't let the brevity of Piolet's booklet A Guide to Understanding the Challenges of Young Adolescence fool you, for it truly exemplifies the adage "good things come in small packages." The booklet is reminiscent of Don Dinkmeyer's (1976) The Basics of Adult-Teen Relationships in that she provides the reader with critical information in a style that stimulates introspection. This dynamic style creates exciting reading while encouraging new choices in modeling, limit setting and consistency in relationships with adolescence.

Piolet offers invaluable insight into the physical growth, cognitive shift and social expansion experienced by all adolescence. She is careful to preface her explanation of these three "developmental changes" by underscoring that the adolescent response to each change is a highly individual matter.

In Challenges of Young Adolescence the author describes independence, affiliation, excitement, and social pressures. She does a masterful job of unveiling to the reader the full spectrum of influence each of these "priorities" has upon adolescence. Independence, for example, may begin as something encouraged by the parent, yet may shift to be viewed negatively as "unwillingness to accept direction" by the same parent.

Responsibility of the adult within the construct of the adult-adolescent relationship comprises the final sections of the booklet. Piolet asserts each of us influence adolescence through modeling, how we set limits, and in our consistency. She offers numerous helpful alternatives the reader may choose from to improve relationships with adolescents.

The wide reader appeal is another positive aspect of this booklet. The author has stated her ideas simply enough for the novice yet in such a manner even long term Adlerians will have cause to ponder.

For me, this booklet was a positive encouraging experience. I will use it in my teaching, counseling and my life. I would encourage each of you working with parents or adolescence to use this booklet.

Peter M. Emerson, Ed.D., N.C.C.  
University of New Orleans  
New Orleans, Louisiana

[Available from Alfred Adler Institute of Chicago, 618 South Michigan Avenue, Chicago IL 60605-1901. Booklet \$1.00, quantity prices. Shipping \$1.50, Visa and Mastercard accepted.]

\* \* \* \*

If you would like your book or educational materials reviewed in the Newsletter, please send a copy to the Central Office.

Publications of the Month

[NASAP members have a new benefit. Selected materials are offered at 20% off list price through the Newsletter.]

Super-Natural Highs

By Buzz O'Connell

Super-Natural Highs is a book of aphorisms. Any one aphorism may be particularly poignant and exact for any one reader. In toto, the book is a natural high theory. 131 pages, paperback.

List price: \$4.95 NASAP Member price: \$3.96

Conquering the Past:  
Family Recovery and How it Works

Presenters: Helen Cooley and Pat McGill

Two hour (2 tape) audiocassette presentation. An encouraging presentation to clients and families of Adlerian methods to heal the troubled family; dialog with a recovering family member is included. A worksheet for evaluating family strengths is included.

List price: \$19.95 NASAP Member price: \$15.96

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

Please send \_\_\_ copies of Super-Natural Highs @ \$3.96 each.

Please send \_\_\_ copies of Conquering the Past (2 tapes and worksheet) @ \$15.96 each.

Method of Payment

\_\_\_ Check enclosed (US Funds)

\_\_\_ Bill my Visa or MasterCard:

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

Please add \$1.50 postage and handling per item.

Total materials + p/h = \$ \_\_\_\_\_

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- Please Note -

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

\* NASAP receives a percentage of your purchase price through an agreement with the authors.

Send your order to:

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

If you would like your materials considered for this offer, contact the central office.

\* News and Events from the Regions \*

REGION IV - MIDDLE ATLANTIC

[Note: The \*\* symbol indicates a new listing]

REGION I-NORTHWEST

**\*\*Bellevue, Washington**--Jane Nelsen, Ed.D., will present "Positive Discipline" on March 22nd, 7:15 - 9:15pm, \$10/person, \$15/couple, at Bellevue Community College. Sponsored by Overland Hospital. Contact 462-5259 for additional information.

**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 "Applying Psychological Skills", April 21-24. All AIAS courses lead to the Certificate of Professional Studies in Individual Psychology, 30 APA or NBCC credit hours per course, BRN credit available, physicians may claim category 2 credit. Courses may be taken in any sequence and at any location (Chicago, San Diego County, Columbia, SC). Contact: Jane Griffith, 600 N. McClurg Ct., Suite 2502A, Chicago, IL 60611-3027. 312/337-5066.

**Fort Wayne**--AAI-Ft. Wayne is now offering courses for March - May. Local housing available, \$20/night. Contact: AAI-Ft. Wayne, 2805 Fairfield, Fort Wayne, IN 46807 219-456-4880, or Kristin Pancner, 219-432-3085.

REGION III--SOUTH

**\*\*Columbia, SC**--South Carolina Society of Adlerian Psychology (SCSAP) will hold meetings on March 15, May 10, August 23. The Annual Myrtle Beach Conference has been scheduled for September 22-24. For additional information, contact: Skip Dickens, SCSAP President, Box 2408, Columbia, SC 29202.

**\*\*Columbia, SC**--AIAS, Ltd. will conduct "Assessing Individual and Group Styles" May 4-7, 1989. [see Chicago notice for credit and certificate information]. Contact: Carey Washington, Ph.D., 803-765-7770 daytime or Chicago AIAS offices.

**Orlando**--The 12th annual Region III Conference will be held February 25-28, 1989 in Orlando. Workshops Th/Fri, 18 presentations Saturday, half-day workshops on Sunday; CEUs available. Registration discount for NASAP members. Hilton Inn, \$59 double or single. On-site registration. Contact: Don Dinkmeyer, Jr., 414-248-9424.

**\*\*Silver Spring, MD**--Barbara Fairfield will conduct a family counseling demonstration at Marvin Memorial Church, 7:30 -9:30pm, sponsored by Parent Encouragement Program (PEP). Contact 681-3784 for additional information.

REGION V--NORTHEAST

**Montreal**--AAI-Quebec offers Psychodynamics of Psycho-pathology (C301) by Dr. Gerald Modziers March 4-5, 18-19. Contact: AAI-Q, 4947 Grosvenor Ave., Montreal, Qc., H3W 2M2, (514-731-5675).

REGION VI--FAR WEST

**\*\*Tucson**--The Adlerian Society of Arizona will hold meetings on March 24 (Carol Davis Evans on Early Recollections) and April 28 (Ruth Unger on the dynamics of sex abuse). A \$5 donation is requested at each event. ASA's first intensive will be March 3-4-5 with Heinz Ansbacher, and is open to all NASAP members. Contact: Carol Kivel, ASA, Box 40635, Tucson, AZ 85717, or Erik Masager at 602-792-6393.

**\*\*San Diego, CA**--AIAS-San Diego County offers "Understanding Personality Development and Dynamics" May 6 & 7, 20 & 21. [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.

**Berkeley, CA**--AWIRTH (Adlerian Western Institute for Research and Training in Humanics) offers Marathon 3/4 by Dr. Lucy Ackerknecht. 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.

\* \* \* \*

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.

Organizations are requested to place NASAP on their mailing list for newsletters, publicity releases, and other information mailings.

[The \*\* indicates a new listing]