

NASAP NEWSLETTER

The North American Society of Adlerian Psychology

Volume 22, Number 4

April, 1989

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

Minneapolis, May 25-28

Ask anyone who attends a NASAP Convention, and they tell you:

* It's a special convention, a chance to meet old friends and make new ones

* It's professionally enriching (14 workshops, 80 presentations in 8 tracks)

More than 500 are expected at our 37th Convention. Please note the early registration deadline of April 15 entitles you to a 10% discount. If you need a registration form, or have questions, call 312-939-0834.

#

Contemporary Family Therapy and IP

Len Sperry, M.D., Ph.D.
Medical College of Wisconsin

Truly wise and open-minded mental health professionals agree that Adlerian formulations and methods have significantly influenced both the vocabulary and clinical practice of individual psychotherapy. As Joseph Wilder noted: "The proper question is not whether one is Adlerian, but how much of an Adlerian one is."

This attribution has not been accorded to Adlerian Family therapy. Even among the most open-minded Family Therapy writers and practitioners, there is little awareness or appreciation of the legacy of the Adlerian approach to families except for an occasional mention of Adlerian Family Counseling and Family Education Centers. Only one textbook (1) surveying family therapy approaches profiled Adlerian thought, and the chapter was primarily about Family Counseling.

Two recent publications hold some promise in clarifying and reversing some unfortunate misconceptions about Adlerian Family Therapy. A special issue of Individual Psychology on Family Therapy (2) contained articles written by practitioners/adherents of nine prominent contemporary orientations to Family Therapy. The concluding article compared and contrasted these nine orientations with the Adlerian approach.

Robert Sherman and Don Dinkmeyer, Sr. have edited a book Systems of Family Therapy: An Adlerian Integration (3) which Alan S. Gurman, Ph.D. noted is "the first book that really connects Adlerian thinking with contemporary systemic thinking." He called the book a very significant contribution to Family Therapy.

Don-David Lusteran, Ph.D. correctly asserts that the book is "must" reading for family therapists because of "its clear exposition of Adlerian theory and technique -- a terra incognita for many structurally and strategically trained therapists -- but also in its thought provoking chapters comparing and contrasting the Adlerian approach to other major schools."

Sherman and Dinkmeyer begin their book with the assumption that the Adlerian Family Therapy approach encompasses the concerns expressed in contemporary theories of family therapy. They then carefully and systematically articulate how the theories and methods of other family approaches are comparatively accounted for or synthesized within Adlerian theory. They note that Adlerian theory "possess several critical properties of inclusiveness that give it enormous capability to integrate a great deal from other theories." (p.88) Because of this inclusiveness they contend that Adlerian theory can be classified as a systems theory, a developmental theory, an interactional theory, a behavioral theory, a cognitive theory, a structural theory, a strategic theory, a object relations theory, a multigenerational theory, an experienced theory and a metacommunications approach.

Seminal contributions by Jim Bitter, Bill McKelvie, Don Kelly, Steve Hirschorn, and Jim Croake elaborate the interdigitation of Adlerian thinking with the communications (Sater), interactive (MRI), Strategic, Structural, and cognitive (Rational Emotive) approaches to Family Therapy. Each of these contributors are skilled practitioners of both Adlerian and the major theory they describe. Looking through the eyes of the Adlerian approach, they guide the reader to examine these five orientations in a new light.

Sherman and Dinkmeyer deduced 66 concepts and change methods from the six approaches studied. Not surprisingly, the Adlerian approach had the greatest degree of overlap with the other five approaches (92%), thus, supporting the authors' proposition that the Adlerian approach is truly inclusive and integrative. As reviewers outside the Adlerian fold have noted, this book is a landmark contribution to the field of family therapy. The book has great heuristic value, and as such it demands careful study, discussion and debate. To date, it represents the most sophisticated rendering of the Adlerian model, not just to family applications, but, also by implication, also to individual psychotherapy.

(Continued on page 6 [back cover]-->)

Airfare Savings

If you book your ticket via Travel King, 1-800-443-5697 (8am - 5:30pm MST), you will receive the lowest possible airfare and NASAP will benefit from your participation.

Minneapolis Bookstore

Persons or publishers interested in placing materials in the NASAP '89 bookstore must contact the bookstore coordinator immediately. Call Cecil Blaisdell at 612/544-1579 or evenings at 724-8390.

Graduate Student Forum

The annual Graduate Student Forum will feature four doctoral students from the Adler Institute of Chicago: Chris Higgins, Rosa Lapietra, Candy Chambers, and Kristen Pancner.

#

Three Elected to Delegate Assembly

Results of elections from the regions for the Delegate Assembly:

Judy Sutherland - Wilmette, IL
Region 2 - (Midwest)

Timothy Evans - Athens, GA
Region 3 - (South)

Amy Lew - Brookline, MA
Region 5 - (Northeast)

In Region 6 (Far West), Bill Marchant of Las Vegas and Nancy Held of Reno are the candidates.

Election results for Region 6 and the Interest Sections will be reported in the next issue. All new delegates will be seated at the start of the DA meeting in Minneapolis on Wednesday, May 24.

[See page 3 for a letter from Steven Stein on the issue of DA expense reimbursement]

News of NASAP Members

Dr. Marion C. Rosen was a guest on WRC radio in Washington, D.C. She talked about Project Encouragement, a program which helps parents and teachers learn better ways to handle their children.

Drs. Joyce and Gary McKay conducted a series of workshops in Ireland. They worked with 160 parents, 50 teachers, and 40 counselors of Adult Children of Alcoholics. Their work has stimulated a "mini-ICASSI" which will take place in Ireland this July.

#

In Memoriam

We have learned of the passing of two prominent NASAP members. Udelle Friedland of Baltimore served as an Editor of the NASAP journal. Diane "Arch" Archer of Kensington, CA was known for her work with teachers.

Donations have been received from:

Helen K. Cooley

Clare Marie Bruns, D.C.

Joan List, in memory of Gloria Lane

Region III (Southeast),
in honor of Edith & Milton Dewey

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

#

Renew, Return Information Form

The deadline for returning the Information Form to be used for the 1989-90 Membership Directory is May 1st.

If you have not renewed your membership by that date, you will be omitted from the Directory.

#

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 already know about your videotapes!

#

Newsletter Deadlines

May issue deadline is April 15th. Please send all items to the Chicago NASAP office.

NASAP NEWSLETTER
The North American Society of Adlerian Psychology

Vol. 22, No. 4

April, 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

.....5	News and Events from the Regions.....4
.....4	Book Review and Book of the Month.....4
.....3	Letters to the Editor.....3
.....2	News of NASAP Members.....2
.....2	Regional Election Results.....2
.....2	Minneapolis Convention Notes.....2

What's Inside

Non-Profit Org.
 U. S. POSTAGE
PAID
 Chicago, IL
 Permit No. 822

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

--CONTEMPORARY FAMILY THERAPY AND IP--
 (from page 1)

Like the evolution and development of individual psychotherapy, family therapy has passed through an evangelical period. In the infantile phase of this period, each new family approach claimed it transcended the mistakes and shortcomings of other approaches. Proselytizing of converts to the new approach occurred first in workshops and independent training institutes before being legitimized in university training programs.

In the adolescent phase of this period, hero worship of the approaches' gurus continued, but difficulties applying the approach created identity diffusion and even rebellion among some of the true believers. They, in turn, continued their search for another true approach, or began the hard work of reconciling and integrating concepts and techniques from existing family approaches. As this evangelical era in family therapy is ending, so is the expectation that therapists religiously adhere to a particular approach or system.

Today, the quest for a truly integrative approach has become the "Holy Grail" among family theorists and therapists. This is a most interesting paradox. If we are to believe Sherman and Dinkmeyer -- and for that matter the two prominent non-Adlerians who reviewed the book -- there is no need to look further.

Their message is clear: the Adlerian Model is the integrative model! But like the proverbial "voice in the wilderness", who is there to hear the message? A look through the last five years of convention programs for APA, AACD, and AAMFT show few, if any, presentations on the Adlerian Family Model. Except for the forum at the 1987 NASAP Convention in which the five contributors to Sherman and Dinkmeyer book highlighted their integrative model, there appears to be little indication that few have heard the good news.

Since there is no apparent surplus of truly wise and open-minded mental health professionals today, I wonder how long it will be before it can be said: "the question is not whether one is an Adlerian family therapist, but how much."

References

- (1) Horne, A. & Ohlsen, M. (1982) Family Counseling and Therapy. Itasca, IL: Peacock Publishers
- (2) "Special Issue on Family Therapy, Individual Psychology: The Journal of Adlerian Theory, Research and Practice. (1986) 42,4.
- (3) Sherman R., & Dinkmeyer, D. (eds.) (1987) Systems of Family Therapy: An Adlerian Integration. New York: Brunner/Mazel

Letters to the Editor

My new job is teaching and counseling pregnant and parenting teens, grades 7-12, in an Alternative Education program in a large school district. Can you help me in anyway? Shall we network at the May NASAP Convention in Minneapolis?

Kay L. Kummerow
Alternative Education, Room 321
355 E. Chicago Street
Elgin, IL 60120
312/358-1861 (eve) 888-5087 (day)

* * * *

Several local friends and admirers of Gerard van Eldert have contributed funds for a small memorial of Adlerian materials to be placed in our department's library. Gerard, as you may remember, was instrumental in starting a Corsini Individual Education school in a small village near Leeuwarden, the Netherlands.

After attending the NASAP convention in Seattle last May, he died in July. He had visited Reno several times and a few of us had visited him in the Netherlands. He was an educational leader and a gentleman. The memorial will honor him.

[Editor's Note: If you wish to donate Adlerian materials to the library, please contact Dr. Pierce.]

Dr. Keith A. Pierce
Chairman and Professor
Dept. Counseling and Guidance
College of Education
University of Nevada - Reno
Reno, NV 89557-0029

* * * *

I am writing in regard to your request for names of Adlerian video tapes and video-based educational programs.

I have used episodes of the "old" Andy Griffith television series with success. Not all episodes are appropriate of course, but those featuring the relationship of Andy and Opie nearly always reflect Adlerian principles.

For example, one episode features a spoiled boy, new in town, who tells Opie how to manipulate Andy to get his way. As the episode unfolds Opie tries a whole catalog of misbehavior, none of which is successful.

At one point Opie lay on the floor of Andy's office kicking and screaming. When Andy looks up from his desk to inquire what he is doing, Opie responds, "Having a tantrum." "Oh," is Andy's response as he goes about his business.

The show is done with humor, and sensitivity. I commend it to my colleagues as a fun and effective way of presenting Adlerian principles.

Robert Chell, Campus Pastor
Muhlenberg Lutheran Church
281 East Market Street
Harrisonburg, VA 22801

I was not surprised to note (March '89) that "in Regions 1 and 4, there was no second candidate for the Delegate Assembly." I have a hunch as to the "why", and it's not because there is a lack of qualified and interested candidates. My concern is that NASAP maintains a policy of discouraging involvement at the DA level. By minimally reimbursing delegates for lodging and transportation, to become involved often represents a financial burden.

While the heart and soul of our organization has always been our "voluntary" commitment to Adlerian principles and practices, as a maturing organization I believe we should modernize this old practice. It is simply enough to ask the private practitioner to take time away from his/her shop, or the agency clinician to use vacation days, in order to attend board meetings. In essence, I fear the policy precludes us from accessing creative leadership because one cannot afford the involvement.

With all due respect, I hope the Delegate Assembly will give thoughtful consideration to this matter.

Steven J. Stein, C.C.M.H.C.
Past President, Arizona Society
Tucson, AZ

[Editor's Note: Response from past, current, or potential Delegates is welcomed. NASAP's reimbursement for the Delegates is currently: annual May meeting -- no reimbursement; Chicago November meeting -- a portion of airfare only {for 11/88, each delegate paid approximately the first \$100 of their airfare, with NASAP reimbursing the balance}. We allocate \$3,000 annually for November airfare]

* * * *

[The following is excerpted from a letter Frank Walton published by The State newspaper on March 3rd.]

With regard to the proposed bill to deny drivers' licenses to school dropouts. It is difficult to imagine that forcing young people who find school unuseful and unappealing back into the system will be much of a favor to teachers...

We all propose to live in a democratic society and value it highly, but as a nation we scarcely know the first thing about applying democratic principles in our schools...[H]elp us experiment with a modified system in a few alternative schools where the educational process might truly be more appealing to students and teachers, and where we can put away the cattle prod forever.

Dr. Frank Walton
Columbia, SC

#

What's your comment, concern or opinion? Deadline for the May issue is April 20th.

Send all letters to the Chicago office. We reserve the right to edit letters and will withhold name upon request.

Lee Schnebly, I Do? Being Happy Being Married
 Tucson: Fisher Books, 1988, List price \$7.95
 (See discount to members in right column)

I enjoy seeing Lee and her husband Larry each year at the NASAP Convention. They are a down-to-earth, fun-loving couple. It is only fitting that Lee should write a book on marriage. This book is based on her 39 year relationship with Larry and her observations as a professional counselor.

The book is practical and covers many of the major issues in marriage in a very straight forward fashion. Topics include: communication, meeting individual needs, encouragement, expectations, children, joys and hurts, sexual needs and intimacy, forgiveness, and the marriage counselor's own marriage.

The style of presentation makes it possible to be of benefit to counselors, but of greater benefit to clients. It's the kind of book that you recommend to others. In essence, this book provides practical advice for common problems. These tips can help one to live well in marriage.

Jon Carlson, Ed.D.
 Psychologist, Lake Geneva Wellness Clinic
 Lake Geneva, WI 53147

(available from Fisher Books, P.O. Box 38040,
 Tucson, AZ 85740-8040; ISBN 1-55561-016-1)

I Do? Being Happy Being Married has been selected as a NASAP Book of the Month. See the column at right for discounted prices to NASAP members.

#

Successful Events Across the Continent

Saskatoon--"A Day for Parents", sponsored by the Saskatoon Society for Adlerian Psychology, was attended by 177 people from the city and province. Janice Solem reports the large group sessions focused on Encouragement and The Family, with several smaller group sessions also heavily attended.

Orlando--More than 200 attended the 12th annual Region III Conference, boosting the total number of professionals attending to more than 1,500. A large contingent from Georgia State University, led by Dr. Roy Kern, was present. Nine full day workshops, 3 half-day workshops, and 16 short presentations were given during the four days of the Conference. The '90 Conference is set for February 22-25, with Oscar Christensen as featured presenter.

Bowie, MD--A wide variety of family education and counseling activities will be provided by the Adler-Dreikurs Institute of Bowie State University, in an agreement with United Communities Against Poverty. Jackie Brown, Assistant Professor, and Henry Raymond, Institute Director, furnished the leadership for development of the cooperative agreement.

[NASAP members have a new benefit. You can buy selected Adlerian books and educational materials at 20% off list price.]

Lee Schnebly, I Do? Being Happy Being Married
 Tucson: Fisher Books, 1988.
 Paperback, 229 pages, List price \$7.95

NASAP Member price: \$6.36

(This book is reviewed by Jon Carlson in the left column of this page.)

* * * *

Robert Sherman and Don Dinkmeyer, Sr., Systems of Family Therapy: An Adlerian Integration. Chapters by NASAP members James Bitter, James Croake, Steve Hirschorn, Don Kelly, William McKelvie. New York: Brunner-Mazel. Hardcover, 309 pages, List Price \$29.95

NASAP Member price: \$23.96

(This book is a focus of Len Sperry's article on pages 1 and 6 of this Newsletter.)

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

Please send ___ copies of I Do? Being Happy Being Married at \$6.36 each.

Please send ___ copies of Systems of Family Therapy: An Adlerian Integration at \$23.96 each.

Method of Payment

___ Check enclosed (US Funds)

___ Bill my Visa or MasterCard:

Account # _____ Exp Date _____

Please add \$3 postage and handling per order. Canada and overseas, \$4 p/h per order.

Total materials + p/h = \$ _____

Ship To:

- Please Note -

* This offer is good until May 15, 1989.

* NASAP receives a percentage of your purchase

Send your order to:

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

#

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

[Note: The * symbol indicates a new listing]

REGION I-NORTHWEST

Seattle--The Puget Sound Adlerian Society, with AIAS-Chicago, presents Robert L. Powers and Jane Griffith, "Gender Guiding Lines and Role Models", on Saturday, April 15, 9am - 4:30pm. Contact Marcia Mullins, 2600 E. Helen St., Seattle, 98112, 206-322-8846.

REGION II--MIDWEST

*Omaha--Renee Dushman will conduct a workshop on Psychodrama for the Nebraska Society of Adlerian Psychology on April 8. Contact NSAP at 402/922-0870.

Cincinnati--One week intensive courses & workshops will be offered as the 4th Annual Summer Institute in Counseling by the Counseling program of the University of Cincinnati. Designed for post-masters level professional counselors. "Strategies and Techniques in Counseling: An Adlerian Perspective", Dr. William G. Nicoll, July 17-21; "Problem Identification and Diagnosis: DSM-III-R", Dr. F. Robert Wilson. Graduate and CEU credits available; reasonable rates for on-campus and adjacent housing. Contact: William G. Nicoll, Ph.D., Counseling Program, College of Education, University of Cincinnati, OH 45221 (513) 556-3342 or Ms. Donna Burns, Continuing Education, (513) 556-5994.

Chicago--The Americas Institute of Adlerian Studies (AIAS), Robert Powers, Clinical 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.

REGION III--SOUTH

Columbia, SC--South Carolina Society of Adlerian Psychology (SCSAP) will hold meetings on May 10 and 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.

*Lubbock, TX--Frank Walton will address the issues of adolescence - suicide, drop-out, pregnancy, drugs, and delinquency - at a symposium on April 22nd, Lubbock Plaza and Convention Center. Co-sponsored by the West Texas Society of Adlerian Psychology. Contact Martha Hise at 806-742-2352.

*Silver Spring, MD--More than 150 have registered for Parent Encouragement Program (PEP) winter programs. Now in its sixth year, PEP begins its spring classes April 9th, including a new babysitting course for adolescents. Call 301-681-3784 for additional information.

REGION V--NORTHEAST

*New York City--The Alfred Adler Institute of New York and the Alfred Adler Mental Health Center are holding an Open House on Saturday, April 15th, 3pm-5pm, at their headquarters: 1841 Broadway, Suite 410 (corner of 60th Street). All students, alumni and friends of Adler are welcome.

*New York City--Helen Cooley will present "Loosening the Grip of Substance Abuse: The Addict, the Family, and Recovery" on Saturday, May 6, 9am - 4:30pm. Held at the Roosevelt Hotel, 45th and Madison, NYC. Contact: Sylvia Robbins at 516-487-7243 or Mimi Diamond at 212-982-1635.

REGION VI--FAR WEST

*Denver--The 14th annual Association for Humanistic Education Conference will be held April 27-29 in Denver. College credit available; contact David Lemire, Box 1325, Laramie, WY 82070; 307/721-8935.

Tucson--The Adlerian Society of Arizona will meet April 28, Ruth Unger on the dynamics of sex abuse. A \$5 donation is requested at each event. 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.

San Francisco--AAI of San Francisco conducts Continuing Case Study Seminar with Sophia de Vries and Henry Stein April 8. Fourth annual "Adlerian Summer Intensive" featuring "Creative Individual, Couple, and Marriage Family Techniques" with Stein and de Vries, July 14-19; low-cost housing available. Contact: Henry T. Stein, Director, AAI-SF, 7 Cameo Way, SF, CA 94131 (415) 282-1661.

*Berkeley, CA--AWIRTH spring quarter classes are March 16th through May 18: Psychodynamics of Psychopathology, Individual Counseling in the Group Setting II, Understanding Human Nature. Contact: Nancy Hawkins-Randall, Associate Director, AWIRTH, 226 Stanford Avenue, Berkeley, CA 94708, (415) 524-4929.

INTERNATIONAL

*Argeles-sur-Mer, France--AWIRTH summer Seminar, August 8-15, Dr. Ackerknecht on "Adler's Vision of the New Paradigm". Contact: see Berkeley, CA listing in Region VI.