

NASAP NEWSLETTER

The North American Society of Adlerian Psychology

Volume 22, Number 7

August - September, 1989

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

Annual Report to the Membership

NASAP has a bright future and stands on firm financial ground as we enter the 90's.

Publications

1. This Newsletter has added book reviews, and a reduced-price "book of the month". Both items have been favorably received, and the Society is gaining modest income from the book sales. New book reviewers and new books for possible discounted sales are sought.

2. A column by NASAP member Len Sperry, M.D., Ph.D., has been added to the Newsletter. The column addresses significant issues in Adlerian theory and practice, and has been favorably received.

3. A double-issue of the society's Journal, Individual Psychology, was published in 1989. The special issue topic was Brief Therapy.

4. NASAP published several items during the past year:

Alfred Adler as we Remember Him, out of print for several years, is now available for \$5.95. Clonick Publications Fund monies were used for this publication.

A Resource Book, edited by Betty Lou Bettner and featuring contributions from dozens of NASAP members, was published and sold out at the Minneapolis convention. It is now reprinted and available for \$10.

C4R Manual, a summary of procedures, philosophy and practices in the Corsini 4-R System of Individual Education, was completed and published. Manuals are available from the NASAP central office; we also administer the sale of the three videotapes on C4R. Funds for this project are from a grant from the Clonick Estate which NASAP administers.

5. Questions concerning the use, and selection for use, of the Clonick Publications Fund have been raised. The matter was discussed in the Delegate Assembly, and new guidelines and selection procedures are being developed. It is the prevailing perception that this fund shall be used to fund publishing efforts which will replenish the original grant.

Conventions

NASAP's annual convention is a major purpose of the Society. We now attract more than 300 people each year, and depend on it as a training forum as well as significant source of revenue. Concerns over the management and financial aspects of our convention have been solved.

We are now in the third year of an extremely successful relationship with Centennial

Conferences and Linda Wise. NASAP 1990 will be held May 17-20, in Philadelphia. Future conventions are scheduled for Tucson ('91) and Chicago ('92). Additional sites are now being solicited, as NASAP must plan 3-5 years in advance.

Significant issues concerning the size of the convention program are being raised. NASAP now holds 12-14 full day workshops across two days and 80 programs (8 tracks, 5 programs per day) during two other days. Our four day annual convention is becoming increasingly difficult to place into hotels, because we require much meeting space but have few sleeping rooms and meal functions by hotel standards.

It appears the convention will become more expensive, or smaller in scope, or both. Comments from the membership are welcome, as this issue is unresolved and will generate much discussion in the next year.

Audio tapes -- We continue to audiotape all programs and workshops at the annual convention. This provides a modest income for NASAP.

Video tapes -- We have now videotaped presentations at the 1988 and '89 conventions and made them available to the membership at the lowest possible cost.

Although video has become a more accessible medium for the recording of professional presentations, it is clear that high quality video is an expensive proposition.

Summary


Our membership base has remained constant for several years. It can be retained and increased through consistent, professional efforts to provide meaningful services.

As I enter my fourth and final year as President, it is clear we continue to move in positive directions. The volunteer nature of this organization is both a strength and limitation.

I believe we must continue to identify our strengths, goals, and present weaknesses. We must be open to "outside help", where necessary, when it makes us a better organization. Recent efforts in marketing and conventions are examples of this help, and we should explore these types of relationships.

We must continue to purposefully move NASAP forward through meaningful volunteer and professional efforts.

Respectfully Submitted,


Don Dinkmeyer Jr., Ph.D.
President

Philadelphia: NASAP 1990

"Being ignorant is not so much a shame, as being unwilling to learn."

--Benjamin Franklin

Look to this space for updates on the NASAP Convention, May 17-20, 1990, in Philadelphia. We can't mention too often the dates are off the United States Memorial Day weekend, for the first time in recent memory!

The deadline for program proposals (60 and 90 minute presentations held on Friday and Saturday, May 18 and 19) is September 29th. If you do not have a program proposal form, call Neva Hefner at 312-939-0834 (you may call after hours and leave a request on the answering machine).

The deadline for workshop proposals was September 8th. The Executive Committee will select workshops, and the respective delegates from each Interest Section will select programs during their November meeting in Chicago.

If you submit a program or workshop proposal, you will be notified of the decision in November.

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Minneapolis - St. Paul: NASAP '89

Total Registrants: 349
(US 320, Canada 27, Overseas 2)

Attending 6 pre-convention workshops: 127
Attending 6 post-convention workshops: 123

States with the most convention registrants:
Minnesota (114), Illinois (47), California (30), Wisconsin (13), New York (10)

The summary report from Linda Wise, Convention Coordinator, offers the following observations:

* The size of the program (80 presentations) may need to be decreased to cope with increasing hotel costs.

* Presenter requests for specific presentation times are difficult to honor and a new policy may be necessary.

* Audiovisual equipment represents several thousand dollars of expense and new ways to handle this expense may be necessary.

We are pleased to report the Convention has, for the third year in a row, provided the budgeted, necessary income for the Society operating budget.

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Membership Report

Membership by category, as of 8/25/89:

Category	1988	1989	
New	175	143	(-32)
Renew	936	980	(+44)
Life	28	28	
TOTAL	1,111	1,123	(+12)

New Directory Released

The 1989-90 NASAP Membership Directory has been mailed to all members. If you have not received your copy, please contact the central office.

The Directory, published every two years, lists members alphabetically, by state, region, and Interest Section. Self-designated counseling and therapy specializations and self-reported interests in private practice are included.

The Membership Directory is provided to members for information only and is not intended for use as a referral source. Academic and professional qualifications and/or areas of specialization are self-designated and have not been verified by NASAP.

Additional copies of the Directory are available for \$5, postpaid. Send check to the central Chicago office.

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Donations

Donations have been received from:

Region V

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

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Newsletter Deadlines

The June-July and August-September issues have arrived late in that time period. To improve timeliness of the issues, we will be moving deadlines forward. Please note the following changes:

* October issue, deadline September 25

* November issue, deadline October 10

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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 \$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

Minneapolis Convention Scholarships

NASAP offers scholarships to our convention through two avenues; to graduate students and those applying for scholarships from a fund supplied by the Adlerian Counseling and Therapy (ACT) Interest Section.

Scholarships were given to eight individuals across the continent, and we are pleased they were able to join us in Minneapolis:

Phyllis Allison
San Marcos, CA

Kirsten Cook
Tucson, AZ

Lewis Farley
Laramie, WY

Patsy Fox
Vermillion, SD

Myrna Kappler
Rohnert Park, CA

Gloria McArter
New Westminster, BC

John Sullivan
Windsor, ON

Marie Thielen
Minneapolis, MN

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Book Reviews and Book of the Month

We are pleased at the response from the membership concerning book reviewers. Those expressing an interest are being contacted.

To allow time for these reviews to be written, no book review is printed this month.

We are also pleased with the response from the membership for the specially-priced Book of the Month. This feature will resume in the next issue.

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Author's Query

For a forthcoming book on the psychological aspects of illness and recovery and Adler's "organ jargon", we would appreciate hearing from NASAP members regarding their experiences of illness/recovery and the personal meanings they attach to their symptoms. Confidentiality will be respected.

Jane Griffith
Robert L. Powers

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Call for Editorial Board Members

Any NASAP member interested in serving on the Editorial Board for the Practice and Application section of our Journal, Individual Psychology, please send a letter of interest and recent vita to: Jon Carlson, Editor, Route 4, Box 860, Lake Geneva, WI 53147

Institutes and Conferences

* October 13-15 -- San Diego
Third San Diego Conference on Adlerian Psychology; Keynote by James Bitter, demonstration by Jane Griffith and Robert Powers on "What our Symptoms May be Saying to Us", presentation and demonstration on couples counseling by Lynn Lott. Registration \$85 by September 20; \$100 thereafter, student discount. Contact: Steven A. Maybell, President, San Diego Society of Adlerian Psychology, 486 Hillway Drive, Vista, CA 92084.

* February 23-26, 1990 -- Orlando
13th annual Region III Conference; See News and Events (page 5) for details.

* July 22nd - August 3rd -- Clinton, NY
23rd Rudolf Dreikurs Summer Institute (ICASSI) Returning to the United States for the first time since the 1981 Vermont Institute, ICASSI will be conducted on the campus of Hamilton College. Course outlines, accommodations, and brochure information available in November. Contact: Roland Hawes, 2419 Bellevue #113, West Vancouver, BC V7V 4T4 Canada.

* July 29 - August 2 -- Abano, Italy
18th International Congress for Individual Psychology. Submission of papers for this Conference has a deadline of October 31st, and should be directed to: Dr. Donatella Zavalloni, Secretary of Congress, via S. Maria Fulcorina 17, 20123 Milano, Italy.
Note to Membership: As a member organization for IAP, we send 10 delegates to the Conference. If you would like to be considered for nomination as our delegate, please contact Neva Hefner in the central office.

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News of NASAP Members

Morris Mandel of Jerusalem writes a column, "Problems in Human Emotions" for the Jewish Press, the largest English weekly in the world.

Lucy Ackerknecht was invited to lecture on Adlerian psychology at the University of Cologne Medical School.

Hal and Norma Lou McAbee conducted one-week workshops at Iowa State University on Family Counseling and Art in Counseling and Therapy.

Don Dinkmeyer, Jr. has accepted a position as Associate Professor of Counseling in the College of Education at Western Kentucky University.

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Corrected Page - Resource Book

A line was omitted from the "Summary of Adlerian Fundamentals" page by Eva Dreikurs Ferguson in the recently published Adlerian Resource Book. A free replacement page will be sent to previous purchasers (just let us know who you are), the error has been corrected in the current printing of this publication, and we regret the initial error.

*** News and Events from the Regions ***

[Note: The * symbol indicates a new listing]

REGION I--NORTHWEST

***Vancouver**--APABC has issued their coursework schedule for 1989-90, featuring courses taught by Jim Croake, Harold Mosak, Clair Hawes and Robert Armstrong. For a complete schedule, contact APABC, 210-2525 Manitoba St., Vancouver, NC V5Y 3A7, 602-874-4614.

REGION II--MIDWEST

***Chicago**--The Americas Institute of Adlerian Studies (AIAS), Robert Powers, Clinical Psychologist, Chairman, offers coursework throughout the year in three sites: Chicago, San Diego, and Columbia, SC. In Chicago, "Understanding Personality Development and Dynamics", October 19-21. 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 Contact: Jane Griffith, 600 N. McClurg Ct., Suite 2502A, Chicago, IL 60611-3027. 312/337-5066.

***Ft. Wayne**--Alfred Adler Institute of Ft. Wayne has issued the fall class schedule. Classes include work with Ron Pancner, Seymour Schneider, Norman Silverman, and Harold Mosak. A complete schedule is available, and lodging is available for out of town students for \$20/night on a space available basis. For the complete schedule, contact: Kristin Pancner at 219-432-3085.

REGION III--SOUTH

***Columbia, SC**--AIAS offers "Applying Psychological Skills" Nov 2-5, see Chicago notice for complete program details. Contact: Carey A. Washington, 803-765-7770 (daytime) or AIAS-Chicago.

Orlando--A Call for Programs and Workshops for the annual Region III Conference, February 22-25, 1990 has been issued. Contact Don Dinkmeyer, Jr., 236 Crestlake Way, Bowling Green, KY 42104, 502-781-9529.

REGION IV--MIDDLE ATLANTIC

***Montreal**--AAI-Quebec offers C101, Introduction to Adlerian Psychology, with H.L. Ansbacher, October 7/6 and 28/29; C501, Introduction to Professional Issues, with Mark Stone, November 25/26 and December 9/10. A brochure outlining the Institute's complete courses and services offerings is available. Contact: AAI-Q, 4947 Grosvenor Ave., Montreal, Qc., H3W 2M2, (514-731-5675).

REGION V--NORTHEAST

***New York City**--The Alfred Adler Institute has issued a new brochure listing their postgraduate training institute coursework for mental health professionals. Contact: AAI-NYC, 1841 Broadway #410, NY, NY 10023, 212-923-5600 or 974-0431.

***New York City**--Friday, October 13, "Empowering the Family" with noted family therapist Evan Imber-Black, co-sponsored by the New York Committee of Region V, held at Queens College. Contact: Sylvia Robbins at 516-487-7243.

REGION VI--FAR WEST

***Berkeley, CA**--AWIRTH will conduct marathons on September 16 and October 7; fall course schedule available. Contact: Dr. Lucy Ackerknecht, AWIRTH, 226 Stanford Ave., Berkeley, CA 94708 415/524-4929.

***Santa Rosa, CA**--Marathon Group Therapy & Personal Growth Experience, September 30 and November 11, 8:30am - 6pm, groups limited to 10; conducted by Lynn Lott. Women's Support and Problem Solving Groups, Tues-Wed-Thurs and Couple's Groups Wednesday evenings. A number of other services and events will be offered during the next year, and are outlined in a brochure. Contact: Lynn Lott, Summerfield Counseling and Educational Services, 4765 Hoen Ave., Santa Rosa, CA, 707-526-3141.

***San Diego, CA**--Conference October 13-15, 1989 (see complete listing on page 4) AIAS-San Diego County offers coursework in "Assessing Individual and Group Styles" September 16/17 and September 30/October 1. Contact: Steven A. Maybell, Ph.D., Director, AIAS-SDC, 486 Hillway Drive, Vista, CA 92084 (619) 758-4658.

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Results of Survey

A survey in the last Newsletter asked readers whether they read this section, and whether the section should be retained.

Those responding to the survey indicated they do use the information, but the minimal number of respondents poses the question in a different vein -- how many read this section?

It appears to the Editor this section frequently lists events most likely attended by those convenient to the geographical area the event is in; and, since the Newsletter is sent only to members, the lister could reach the people with a separate, direct mailing through labels available from NASAP.

If you have any opinions concerning the News and Events section, please do not hesitate to write. At present, this section is heavily a listing of future events. Any news items reflecting regional events would be welcomed.

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Clarification

Events listed on this page must be of general interest to the membership, open to outsiders, and have a contact person.

Send listings to the Central office by the 1st of the month preceding publication (see page 2 for deadlines the next two months), including contact person, address, and telephone number.

Items may be telephoned to Neva Hefner at 312-939-0834.

Kohut's Self-Psychology, Narcissism and Individual Psychology

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

In 1911 Adler published his classic paper on the masculine protest which pointedly challenged Freud's libidinal theory. In his efforts to refute Adler, Freud postulated the concept of narcissism. In so doing Freud began moving away from an id psychology and toward an ego psychology. This dialectic process:theses--antithese--syntheses continues to occur in psychoanalysis.

Most recently, Heinz Kohut postulated a self-psychology which distinctly challenges Freud's ego psychology and to some extent, object relation theory. This paper will briefly summarize Kohut's theory, its similarities to Adlerian theory, as well as its challenge to the Adlerian approach.

Narcissism can be described as an investment or concentration of energy or interest in the self. For Freud, narcissism referred to the withdrawal of libido and an investment in the self. In Kohut's thinking, narcissism implies the development of self-esteem through a relationship with a selfobject. Narcissism is then basically normal and healthy.

Furthermore, narcissism has its own line of development separate from Freud's structural line of id, ego and superego development. (Kohut, 1971) Kohut believed that narcissism can be fixated at certain points, and, thus, had its own form of pathology requiring its own form of treatment (Kohut, 1977).

The core of Kohut's theory involved the experiential relationship between the self and the empathic selfobject. Selfobject is Kohut's term for the child's partially fused view of self and others. It is the child's internal perception of persons in his environment who serve functions that, if development proceeds normally, will later be performed by the individual's own psychic structure. Kohut believes a normal child grows up in an empathic-responsive environment peopled by other who are in tune with his psychological needs and wishes. As a result, the child experiences a merger with the all powerful selfobject.

When the selfobject is calm and collected, the child's needs, anxieties and rage are calmed, such that he begins to experience the rudiments of a stable, cohesive self. Over the course of time, the child will experience disappointment and frustration or "empathic failure." To the extent that his "failure" doesn't exceed the child's capacity to manage it, maturation continues. But if the empathic failure occurs too early or too violently, the stability of the self is compromised, leading to loss of self-esteem and diminished capacity to function the world.

Kohut postulates that the self disorders, particularly the borderline and narcissistic personality disorders, results from early empathic failure on the part of the parents, particularly the mother. Repeated empathic failures results in a lack of cohesion in the child's sense of self. In adult life the

sequelae of these failures are typically rage, depression, substance abuse, splitting, projective identification, thrill-seeking and sexual perversions. Kohut and his self-psychology colleagues agree that treatment of narcissistic disorders is based on resolution of developmental deficits which interfere with the adult's capacity to deal with the frustrations of everyday life.

Kohut stressed the importance of the mother's mirroring and empathy out of which the infant and young child internalizes a stable and cohesive sense of self. In Adler's self-psychology, which predated Kohut's by a half-century, the empathic/unemphatic mother was not central, but rather the child's adaptiveness to his family environment.

Adler emphasized the child's initial adaptations to the significant persons in his environment--usually the parents. Adler focused on affective values in the parental response to the young child and the child's perception of the parent's response. When the child's feeling toward his parents reflected security and love, the child experienced a sense of worth and belonging.

When the child's feeling toward the parents reflected insecurity, fear or defiance, the child experienced a sense of inferiority, and would resort to neurotic safeguards to ward off his sense of worthlessness. This was Adler's formulation of the neurotic personality in general, rather than of the narcissistic personality in particular.

Both Adler's and Kohut's formulations are radical departures from Freud's drive reduction psychology. Recognitions of similarities between Adler and Kohut seem like closely guarded secrets. In a somewhat obscure 1972 paper Kohut does acknowledge some debt to Adler and that was in regard to the concept of "organ inferiority" (Stepansky, 1983a). Eagle (1984) criticized Kohut for failing to acknowledge the influences of predecessors. Eagle notes the striking parallels between Kohut and Carl Rogers on empathy, but, like so many other commentators, fails to mention Kohut's parallels with Adler.

There are at least five published articles written by Adlerians about the concept of narcissism and the influence of Adler on Kohut's self-psychology, but four are in German. Ansbacher's (1985) incisive essay establishes Adler's significant contribution for the concept of narcissism and careful articulate differences between Freud and Kohut's views of narcissism with Adler's.

Whereas the psychoanalyst postulates that self-love is the critical dimension of narcissism with its social counterpart being primary mutual hostility, Adler emphasized that social interest was the basis of human interactions, and the critical dimension of narcissism was simply the exclusion of others or lack of social interest.

Of the myriad of the recent books and articles on narcissism and self psychology, I'm aware of only one article written by a non-Adlerian, that mentions Adler's contribution (Stepansky, 1983a). Stepansky, a historian of psycho-
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RETURN TO:
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Kohut and IP

(<--Continued from page 3)

analysis, has also written a provocative, biased, and flawed account of Adler's relationship with Freudian thought. (Stepansky, 1983b)

That non-Adlerians have little or no knowledge or appreciation of the Adlerian heritage regarding narcissism and self-psychology concerns me. But I'm more concerned that Adlerians, particularly students in-training, seem likewise, unaware of this heritage and its theoretical significance. And, I continue to be puzzled about the paucity of presentations of Adlerian ideas in non-Adlerian journals and conferences.

I think often of the current NASAP president's challenging statement that unless dissemination and developments in theory occur, the Adlerian approach may cease to exist and become merely a footnote in history. Then I ask myself: can something akin to the dialectic process, which has and is revitalizing psychoanalytic thinking, occur in Individual Psychology?

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Stepansky, P. (1983a) Perspectives on Dissent: Adler Kohut, and the Idea of psychoanalytic research tradition, in The Annual of Psychoanalysis, Vol. XI New York: International Universities Press.

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Editor's Note to the Reader

My apologies for the mailing of this newsletter late in its cover-date period. The transition to a new setting and challenges delayed this issue; we look forward to being back on schedule with the next issue.

For information on new deadlines for the Newsletter sections, see pages 2 and 5.