

President's Report

The Executive Committee and Delegate Assembly met in Chicago, with these highlights:

Conventions

* Programs and workshops for the 1990 Philadelphia convention were selected. We are pleased with the increase in the number of proposals received, and look forward to many new presentations.

* The site and dates for the '91 Tucson convention were confirmed (see page 2). Sites for the Chicago '92 convention are still being explored, and solicitations for '93 and beyond are welcomed by potential host groups. If you wish to be considered, contact us.

* Strong appreciation for the work by Centennial Conferences was expressed, with approval for renewal of the convention management contract.

* Videotaping continues to be a priority, if not yet a polished product. In light of our experiences of the last two years and advances in the technology, NASAP will not hire an outside firm this year. We will videotape selected convention presentations through our own efforts.

Membership and Dues

* Membership presents both good and puzzling news. We continue to increase the rate of retention of members, and the number of people belonging to Interest Sections continues to increase. Membership continues to remain in the 1,100 area, and there has been no substantial increase.

* Both the Executive Committee and Delegate Assembly have begun specific efforts to recruit new members, and the new central office administrative assistant is focusing efforts on these projects.

* A modest dues increase, the first in four years, was approved by the EC and DA. This increase covers the inflationary increases over the past four years, anticipates and avoids NASAP financial problems over the next few years.

Bequests and Wills

* The bequest from the Carol Arnold estate will be managed as follows: the principal shall remain untouched in an interest-bearing account. The interest shall be spent on innovative publicity projects.

This year, the Carol Arnold Memorial Publicity Project will increase NASAP's visibility in professional journals. Advertising space to promote the Philadelphia convention will be purchased.

Carol Arnold was devoted to the publicizing of NASAP through many vehicles. This management of her bequest most accurately conveys her talents and wishes.

* A committee to study will and bequest opportunities was formed (and is open to all members).

Business and Organizations Approved

* A sixth Interest Section was approved. Business and Organizations is now fully recognized, and will seat delegates at the May, 1990 meeting.

* If you are interested in joining this interest section, contact Neva Hefner at the Central Office.

Research Fund Approved

* A request from the Theory and Research Interest Section for a Research Fund was considered. This request has been approved, with administrative control of this program remaining with the T&R Interest Section.

* T&R also requested that NASAP fund this proposal as a line item in our annual budget. This request was not accepted. At this time, the funding will come from membership donations.

* If you would like to learn more about this opportunity to fund small research proposals, please contact the central office.

---Best wishes for you and yours as we move into the new year and decade!

Respectfully Submitted,

Don Dinkmeyer, Jr., Ph.D.
President

---Editor's Note---

My apologies for the delays which made this last, brief newsletter of the '80's extremely late.

The good news: Your January issue will arrive shortly.

Philadelphia: NASAP 1990

Thursday thru Sunday
May 17-20, 1990

Thursday, May 17 -- Workshops

Friday, May 18 -- Programs, General Assembly,
Region Meetings, Interest
Sections

Saturday, May 19 -- Programs, Luncheon speaker

Sunday, May 20 -- Workshops

The complete conference brochure and registration packet will be sent to you. If you would like to receive quantities for distribution to students, co-workers, or within your society or group, please contact us now at the central office.

Networking and Ad Book Announced

A Networking/Ad Book is planned for the Convention. Rates range from \$10 to \$150 for a full page listing.

Your ad can communicate your well wishes, your product or service in a way not available through the Newsletter.

This is a first for a NASAP convention, and participation is encouraged by convention planners. If you would like additional information, contact:

Dolores Sudhop, NASAP 1990
890 Paxton Hollow Road
Media, PA 19063

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Tucson 1991

The date and place for our 1991 convention have been set: May 30 - June 2, 1991 at the Sheraton El Conquistador resort. Our hosts will be the Adlerian Society of Arizona (ASA).

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Membership

Most new NASAP members come from a specific contact by a present member. If you'd like to help us spread the word, let us know how to help:

___ Please send me ___ membership brochures

___ Please send me ___ extra Newsletters

___ Please send me ___ Interest Section information panels.

Your name, address, city/zip-postal code:

___ Please send information on NASAP directly to:

Simply clip and send this sheet to the central office in Chicago, and we'll do the rest. Thank you for your support of NASAP!

Tee Dreikurs 90th Birthday

Tee Dreikurs celebrates her 90th birthday on February 28th. She is currently enjoying a respite from the Chicago winter while staying with a niece in California. If you would like to drop her a note or card, write c/o Dr. Mosheim, 612 N. Crescent Drive, Beverly Hills, CA 90210.

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Research Subjects Needed

Receive Life Style Personality Inventory (Wheeler-Kern-Curlette) and MCMI-II profiles free for adult clinical clients. Contact Dr. Mary S. Wheeler, Psychology Dept., Western Carolina University, Cullowhee, NC 28723 (704/227-7361).

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Donations

Donations have been received from:

Heinz Ansbacher
Max Colpetzer
Mary Alice Lausell
Hagen Oenicke
Barbara Porter
Joyce Waksman
Francis X. Walton

Barney Lane, in memory of Gloria Lane
Rosalind Frey, in memory of Danica Deutsch
Elaine Davies, in memory of Bill Carson
Jean Burkholder, in honor of Genevieve Painter

We are grateful for these donations. Donations can be made in honor of an individual or organization, earmarked for specific purposes or projects.

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Newsletter Deadlines

Deadlines are the first of the month preceding publication. Items for the "News and Events from the Regions" can be called into the central office. Letters to the Editor, Book Reviewers and books to be reviewed are always welcome.

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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

**Combining Drugs with Psychotherapy:
The Real Test of a Clinician's Attitude
Toward Mind-Body Interaction**

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

"Mind affects brain and brain affects mind...various attributes of mind that seem to have a purely psychological origin are frequently a product of the brain's interpreter rationalizing genetically-driven body states...That is the message, and by accepting it you commit yourself to a special view of the world." M. Gazzaniga, Mind Matters

About 12 percent of the general U.S. adult population uses a psychoactive drug at least once during a calendar year. That the majority of these drugs are prescribed by non-psychiatric physicians and that upwards of 40 percent of psychotherapy patients being prescribed medication is noteworthy.

Clinicians have been deeply divided in their attitudes toward combining drugs with psychotherapy since the mid 1950's when effective antidepressants, antipsychotic and anti-anxiety agents became available. Despite the availability of these drugs and results of double-blind randomized studies attesting to the efficacy of these agents, the majority of profession viewed psychotherapy as "the treatment of choice" for most psychiatric conditions. This attitude persisted until the early 1970's, largely due to the ideological dominance of the dynamic approaches, including Classical Psychoanalysis and Individual Psychology.

A number of forces, including research data, converged to question the efficacy of psychotherapy as the treatment choice, and propelled biological psychiatry to its current ascendancy. By the mid 1980's research on the interactive efficacy and synergistic effect of psychotherapy combined with psychopharmacology began to be reported.

The question was no longer which is more effective: psychotherapy or psychopharmacology, but rather, under what circumstances is psychotherapy or medication alone or in combination more effective?

Reviews of published controlled studies of outpatients treated for major psychiatric disorders such as unipolar depression and schizophrenia showed that combined drug and psychotherapy treatment had the best treatment outcome. Gerald Klerman, M.D., who has written the review chapter on drugs and psychotherapy for the past editions of the Handbook of Psychotherapy and Behavior Change, has noted the superiority of combined treatment for schizophrenia, all of the affective disorders, agoraphobia and panic disorders, and opiate dependence, and data suggests the same for other classes of disorders such as eating disorders, chronic pain, alcoholism and the borderline personality disorder.

Biased Perceptions of Adlerians Toward
Combined Treatment

Despite the unequivocal nature of these research results, clinicians hold a wide range of perceptions regarding the use of medication in reference to psychotherapy. These perceptions span a continuum with end points of "unabashed enthusiast" and "unbridled critic" and several positions between these extremes. Each of these positions probably reflect ideology, past training, and experience as well as the level of functioning of current clients/patients that clinicians treat.

"Unabashed enthusiasts" are advocates of biological psychiatry who believes that major disorders such as depression and schizophrenia result from biochemical change and a genetic predisposition, and that such conditions are best treated with targeted psychotropic medication. For these individuals the role of psychotherapy is minimal. A majority of psychiatrists and a growing number of clinical psychologists and others constitute the "moderates" or "pragmatic combiners".

Typically, they work with moderately disturbed patients who are manifestly symptomatic. By necessity and irrespective of their ideological bent and previous training, these clinicians have experience combining drugs with psychotherapy on a trial-and-error-basis. They expect drugs will reduce target symptoms such as anxiety attacks, insomnia, hallucinations, and the like, so that psychotherapeutic intervention can follow.

"Theoretical skeptics" tend to be skilled psychotherapists who work with relatively high functioning individuals who are the least likely candidates for psychotropic medications and combined therapy. These clinicians are well aware of the placebo effect and believe that if there is any therapeutic benefits attributed to drugs it is basically a placebo effect.

The "unbridled critics" openly condemn the use of medication in combination with psychotherapy, believing that drugs have adverse effects on both the patient and the treatment process. These clinicians view psychopathology from a dynamic perspective, believing that psychiatric disorders are primarily psychogenic in origin and are treatable entirely with psychotherapy.

Furthermore, they believe that if drug therapy is too effective, patients would no longer seek psychotherapy because they would be satisfied with mere symptom relief. The "integrator" is the clinician who believes in both the efficacy of psychotherapy and of drug therapy and of their potential positive synergistic interaction. Such a clinician is more concerned about collaborating with patients and tailoring treatment to their needs and styles, than with dogmatic ideologies and therapist-centered practices.

---continued on page 6-->

Philadelphia Workshops announced.....	1
Author's Query: Subjects needed.....	2
Membership Up.....	2
Adlerians and Drugs.....	3
Letters to the Editor.....	4
Book of the Month.....	4
News and Events from the Regions.....	5

What's Inside

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<---from page 3---Len Sperry's Column

At the present time, this perspective reflects the beliefs and practices of a small but growing number of clinicians. The full range of these five viewpoints was much in evidence among both presenters and participants at the symposium on drugs and therapy at the 1988 NASAP Convention.

I suspect that the basis of one's position on the drug-psychotherapy issue is one's commitment to a holistic rather than a dualistic philosophy mind-body interaction.

Is Adlerian Psychotherapy a Biological Treatment?

I have challenged doctoral students at the Alfred Adler Institute-Chicago to be prepared to intelligently discuss the proposition: "Might Adlerian Psychotherapy be a biological treatment?" Germane to this proposition is a basic tenet of Individual Psychology: The person is understood to be whole and indivisible, meaning that life reflects the biological as well as the sociopsychological. Research, as well as clinical experience confirms the biological response of the brain to hope and encouragement in both placebo effect experiments and clinical practice. Thus, it is not surprising that there are both biological and psychological methods to reverse the cycle of distorted neurochemistry, thought, and behaviors.

Perhaps it would be valuable to extend the aforementioned challenge to all NASAP members. In particular, can Adlerians sincerely maintain their belief in the basic tenets of Individual Psychology and champion the dualistic positions of "unbridled critic" or "theoretical skeptic", with regard to the use of medications as a synergistic adjunct to psychotherapy? And more generally, even though Adlerians espouse an interactional view of mind-brain functioning, the development of their theory and clinical practice has remained fixated on the "mind" side of the continuum and has been little influenced by recent advances in the brain and cognitive sciences.

Yet, our psychoanalytic, cognitive therapy, and even reality therapy colleagues are working diligently to integrate these advances into their theory and clinical practice. Why aren't we? Our words say we abhor reductionism, but our actions say otherwise.

References

Gassaniga, Michael (1988) Mind Matters: How Mind and Body Interact to Create Our Conscious Lives. Boston: Houghton-Mifflin.

Klerman, Gerald (1986) "Drugs and Psychotherapy". In S. Gargield and A. Bergin (eds). Handbook of Psychotherapy and Behavioral Change (3ed). New York: John Wiley and Sons.