

NASAP

NEWSLETTER

The North American Society of Adlerian Psychology

Volume 23, Number 1

January, 1990

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

President's Message

This month's message is brief, and focused.

Adlerians have a rich tradition and ability in education and public demonstration of our skills. One of my earliest recollections of IP is seeing Rudolf Dreikurs demonstrate with a teenage boy and his mother, in front of hundreds, in a Chicago hotel ballroom.

Our tradition in research, "numbers and statistics", is not as well-known and probably underemphasized. We know it works, but not much attention is given to the empirical evidence.

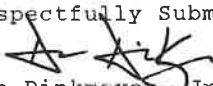
NASAP's Theory and Research Section has begun an effort to improve our support of research. T & R is soliciting proposals and donations for this effort. It is hoped, for example, that a graduate student will turn to us for support when materials are needed for research.

This effort is in addition to our Adlerian Research Bureau, where completed research is cataloged and indexed. I believe the new program will help many Adlerian professors encourage their graduate students to pursue relevant research with some support from the Adlerian society.

If you would like to apply for funds, learn more about this program, or make a donation toward the research fund, please contact the central office.

It is a welcome opportunity.

Respectfully Submitted,


Don Dinkmeyer, Jr., Ph.D.
President

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Recent Developments in Psychoanalysis I: Object Relations Theory and Therapy

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

Thirteen years ago while teaching in southern California, I witnessed a memorable debate about the future of psychoanalysis. Sydney Smith Ph.D. had recently joined our faculty from the Menninger Clinic where he had been the Chief of Psychology. He debated Albert Ellis Ph.D., one of our visiting faculty. Smith spoke of the developments in psychoanalytic theory since 1960, while Ellis reviewed the criticisms he made of pre-1960

psychoanalysis in his now classic book, Reason and Emotion in Psychotherapy.

Smith repeatedly reminded Ellis that object relations theory and self psychology had significantly evolved beyond the classical psychoanalytic formulations that Ellis was castigating. Thirteen years later, we are witnessing a similar phenomenon among fellow Adlerians who seem to have little awareness or appreciation of the significant changes and developments among the various psychoanalytic schools.

This article briefly overviews some of the more noteworthy psychoanalytic developments in the past forty years, and specifically focuses on object relations theory. A forthcoming article will focus on self psychology and suggest certain traditional Adlerian characterizations of psychoanalysis that are in need of revision.

Leopold Bellak (1983) describes four dialectical phases of development in psychoanalysis which provide a useful context for understanding both the theoretical developments and the reasons for these developments. He calls the first development, the "heroic phase" which extends from 1896 to about 1938.

During this stage early developments in psychiatric thought were greeted with excitement and exhilaration, particularly in Vienna. Freud's basic theoretical propositions about personality were formulated, articulated and spread throughout Europe. The Nazi invasion of Vienna in 1938 brought this stage to an end as Freud and many of his group fled Vienna for America.

The years 1940 to 1960 are dubbed the "growing/maturing phase". The theoretical formulations that had been developed in the first phase were now widely promulgated in America primarily through the development of psychoanalytic institutes in the United States. Psychiatry became synonymous with psychoanalysis, and Bellak notes that it was unlikely that anyone could become chairman of a psychiatry department in a hospital or medical school if he was not a psychoanalyst.

This growing/maturing phase was challenged in the 1960's by the widespread introduction of psychotropic medications and the Community Mental Health movement. The net result was that psychoanalysis as a method of treatment declined appreciably. Bellak refers to the 1960-1975 period as the "phase of restless somnolence".

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Last NEWSLETTER unless membership renewed by January 31, 1990

Philadelphia: NASAP 1990

Thursday thru Sunday
May 17-20, 1990

Keynote speaker: David Burns, cognitive therapist, author "Feeling Good".

Luncheon speaker: Lettie Cottin Pogrebin, founder, Ms. magazine and author, "Family Politics".

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. If you would like additional information, contact:

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

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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. Thanks for your support of NASAP!

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Brief notes: The Executive Committee will meet March 3/4. If you have any items for their attention, please be aware of this meeting date...New enrollment panels for our membership brochure are now available - contact the central office if you want some new membership application brochures...

Conventions: If anyone has access to a good price on a videotape camera, please contact the central office. As previously reported, we will be doing our own taping of programs at the 1990 convention...

Donations

The annual renewal of your membership is an opportunity many have taken to donate to the Society. Donations have been received from:

- Marvin Nelson
- Barbara Ainsworth
- Jack LaCicero
- Keith Armstrong
- Jean Alessi
- Eva Sansom
- Stuart Borg
- Cam and Betty Meredith
- Lu Watson
- Bryna Gamson
- Barbara Nash
- Guy Manaster
- Peggy L. Foege
- Sylvia Robbins, in honor of Robert Sherman
- David MacDougall, in honor of Oscar Christensen
- Ron and Kristin Pancner, for the Research Fund

We are grateful for these donations.

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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. Please check page 5 for the format and information needed on this section.

Letters to the Editor, Book Reviewers and books to be reviewed are always welcome.

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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
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Since 1975 he suggests that a "new heroic phase" has begun primarily due to the rise of object-relations theory (ORT) and self-psychology, and because of the synthesis of psychoanalytic formulations with the neurosciences.

Bellak points out that the dialectical process has had significant impact on the growth and development of psychoanalysis. The dialectic process involves an interplay between thesis and antithesis which is resolved in a new synthesis. ORT rose in antithesis to classical psychoanalysis and now a synthesis of the best of both classical and object relations thinking has already begun to emerge, most notably in the work of Kernberg. Self-psychology has likewise risen in antithesis to the classical and early object relations schools, and a new synthesis is expected to emerge.

Object Relations Theory

Very briefly, ORT posits that an individual's basic motivation is object-seeking--the drive to attach to another person--in contradistinction to libidinal tension reduction which is the basis of motivation in classical psychoanalysis. ORT emphasizes the importance of internally represented objects and partially incorporated parental images that reside in the individual in split-off and incomplete memories.

"Splitting" is a basic construct in ORT. Self-development involves "splitting" and the change in good-bad splitting as it is transformed from the experience of the good-bad mother to the experience of the various identities that make up the adult self. Most object relations theorists view the infant's psyche as a relational tabula rasa, in that early interactions with the mother are internalized as relational configurations that eventually become experience as the "self".

In ORT, psychopathology is viewed as a disturbance in the make-up of the self. This contrasts with the classical view wherein psychopathology is viewed as psychosexual fixations and the inability to adequately discharge libidinal tensions. Another basic construct of ORT is "projective identification". These are patterns of interpersonal behavior in which an individual induces another to behave or respond in a prescribed fashion. This is different than the defense of projection which is basically a mental act not requiring an emotional or behavioral response from the other.

In projective identification, the individual unconsciously projects a part of self into another in order to convert an inner struggle over badness and unacceptability into an external one, hoping that the forces of goodness will prevail and the individual will feel better about themselves. Cashden (1988) describes four major projective

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School Social Worker Info Requested

Persons serving as a school social worker, or having access to them are requested to send job descriptions (formal or informal) to Ray Bliss Rich.

Ray is co-chair of the New Hampshire School Social Workers Association; they are investigating the image and role of the profession across the nation.

If you have this information, please contact: Ray Bliss Rich, P.O. Box 322, Meredith, NH 03253 (603) 744-6857.

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Newsletters Requested

If you publish a regional or local chapter newsletter, please place us (NASAP) on the mailing list.

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News of NASAP Members

Don Dinkmeyer Sr. has been named recipient of the Association for Couples and Marital Enrichment (ACME) Mace Award, given for outstanding contribution to the profession.

Ellen Mendel, graduate of the New York City Institute, has received the Frances E. Nederberg Award as outstanding elementary school counselor by the NYC association for Counseling and Development.

David Lemire has published an article "IE/C4R Compared to Traditional Public Schools: One Assessment of Improvement". If you would like a copy, contact him at PO Box 16, Worland, WY 82401.

Ray Bliss Rich was the subject of an article on his painting abilities and uses in his counseling with children. One quote we find interesting: "Painting for me is a dedication, not really a hobby. It is good for me. It gives me a concrete, finished product that I don't get in my work counseling children. How much credit can I take if a child makes some progress with my counseling? I can't claim the credit."

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International IP Congress; Journal

The 18th International Individual Psychology Congress will be held in Abano, Italy, July 29 - August 2, 1990.

Registration for the event will be approximately \$275 for 4 days, with reduced rates for students. Hotel rooms are available for approximately \$65.

The first issue of the new International Journal of Individual Psychology is now issuing a call for papers. It plans to publish prior to the Abano Congress.

Contact: Hal McAbee, 2421 Kelford Lane, Bowie, MD 20715.

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What's Inside

RETURN TO:
 NASAP NEWSLETTER
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identifications: dependency, power, sex and ingratiation. A third basic concept of ORT is countertransference which is the emotional reaction of the therapist occurring in response to the client's projective identification.

This contrasts with the classical view that countertransference is an unresolved oedipal conflict within the analyst which interferes with the analysis. In ORT, countertransference is a valuable and necessary therapeutic part of the treatment process. By monitoring his own emotional reactions to the client, the therapist can diagnose or confirm a diagnosis. Furthermore, countertransference serves to direct the confrontations and interpretations that are basic to the process of relational restructuring which is the goal of object relations therapy.

Object Relations Therapy emphasizes the client--therapist relationship, instead of focusing on transference, defense mechanisms and insight as in more classical analytic treatment. Presently, ORT has assumed a prominent role in the areas of infant and

developmental psychology research, marital and family theory and therapy, and management and organizational studies.

ORT is particularly useful in understanding marital attraction and marital discord. Dreikurs description of the attraction process in The Challenge of Marriage is remarkable similar to the descriptions of contemporary object relations marital therapists.

Briefly then, we have described the dialectical phases of development in psychoanalytic theory and have focused on the basic concepts of ORT and Therapy.

In a forthcoming article, this discussion continues with an overview of self-psychology, and a comparison of contemporary psychoanalytic thought with Individual Psychology.

References

Bellak, L. (1983) Psychoanalysis in the 1980's. American Journal of Psychotherapy. 37:476-492

Cashdan, S. (1988) Object Relations Therapy: Using the Relationship. New York: W.W. Norton

Publications by NASAP Members

"Cooperative Discipline", an inservice teacher training program, authored by NASAP member Linda Albert, with contributing authorship by Andy LePage, and Will Roy will be published this spring by American Guidance Service.

A series of free, two-hour breakfasts are being scheduled across the country to introduce this program.

"Early Childhood STEP", a parent education program for parents of children through age six, authored by NASAP members Don Dinkmeyer, Sr., Gary McKay, and James Dinkmeyer, has been published by American Guidance Service.

A series of one-day leadership training workshops is being held across the country in both this program and the companion STEP program.

For additional information on the workshops or publications, contact the publisher at 1-800-328-2560. You may speak direct with the workshop coordinator, Jacqui Thone, at extension 273.

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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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Minneapolis Videotapes Available

These videotapes have professional sound quality and good, 2-camera visual selection. The tapes were recorded during the Minneapolis convention. We are pleased to offer the videotapes to the membership:

Mim Pew,
Adlerian Marriage Therapy
60 minutes, includes demonstration, \$33

Richard Kopp,
Holistic-Metaphorical Therapy and Adlerian Brief Psychotherapy
90 minutes, \$35

Oscar Christensen,
Open Forum Family Counseling
90 minutes, includes demonstration, \$35

To order, send a check, money order, or Visa or MasterCard information to the Central Office.

Please send the following tapes:

- ___Pew, Adlerian Marriage Therapy, \$33
- ___Kopp, Brief Psychotherapy, \$35
- ___Christensen, Open Forum Family, \$35

Please add \$4 postage and handling for the processing of your order. All payments in U.S. Funds, please.

Book of the Month

This month's selection is a part of the recently published "Early Childhood STEP" parent education program. Parenting Young Children was written by Don Dinkmeyer, Sr., Gary D. McKay and James Dinkmeyer.

The 7 chapters and 152 pages show a pragmatic approach from the Adlerian perspective for working with the three groups in ages 0 to 6 - babies, toddlers, and pre-schoolers.

Regular Publication Price: \$ 9.95

NASAP Member Special Price:\$ 7.95

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

Please send ___ copies of Parenting Young Children at \$7.95 each. (Add \$1p/h, \$2 to Canada) [Limit of 2 copies per order, please]

Method of Payment

___ Check enclosed (US Funds)

___ Bill my Visa or MasterCard:

Account # _____ Exp Date _____

Please add appropriate postage and handling for your order. See above for correct prices.

Total materials + p/h = \$ _____

Ship To:

- Please Note -

* This offer is good until March 15, 1990.

Send your order to:

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

If you are interested in having a book reviewed or serving as a reviewer, contact the central office.

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Video Catalog Items Requested

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!

* News and Events from the Regions *

[Note: The * symbol indicates a new listing]

REGION I--NORTHWEST

Vancouver--APABC's 11th annual conference, "Tuning In 1990", features a keynote on Friday, February 1 at Robson Square Theatre by Lynn Lott, "Parenting in the 90's", tickets \$15. The conference runs February 1-4. For a complete schedule, contact APABC, 210-2525 Manitoba St., Vancouver, BC V5Y 3A7, 602-874-4614.

REGION II--MIDWEST

Chicago--AAI-Chicago's fourth annual Founder's Day on Friday, February 9, features internationally recognized psychologist Arthur Freeman on "Cognitive Therapy and the Individual Psychology of Alfred Adler". The program will offer CEU or graduate credit, runs from 9:30 to 3:30, and Dr. Bernard Shulman will be one of the afternoon respondents. It will be conducted at the Institute downtown location, 618 S. Michigan Avenue. Advance registration \$50 (\$35 students) until January 20th. Lunch and continental breakfast included, contact Bryna Gamson, AAI, 618 S. Michigan Avenue, Chicago 60605, (312) 294-7100.

Chicago--Parent Education Group Leadership Training Workshop, Friday, January 26, 9am to 4pm, with Barbara Borden. .6 CEU's for NBCC, offered by AAI-Chicago (see above listing for contact information).

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. 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.

REGION III--SOUTH

Charleston, SC--"Alternatives to Corporal Punishment", co-sponsored by the South Carolina Society of Adlerian Psychology, March 29-April 1, 1990. Features workshops with realistic alternatives to discipline in schools. Contact Patti Agatston or Susan Carter at 803-796-6460.

Columbia, SC--AIAS offers "Understanding Personality Development and Dynamics", February 1-4. Contact Carey A. Washington (803) 765-7770 (daytime). See also Chicago AIAS listing.

Orlando--14th Annual Region III Orlando Conference, Thursday, February 22 - Sunday, February 25. Brochures have been sent to all NASAP members. 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 Individual Psychology, instructor Heinz Ansbacher, Ph.D., on January 20-21 and February 3-4. C102, Introduction to Individual Psychology II, instructor Michael Hartings, Ph.D., on February 16-18. Contact: AAI-Q, 4947 Grosvenor Ave., Montreal, Qc., H3W 2M2, (514-731-5675).

REGION V--NORTHEAST

Clinton, NY-- Scholarships for ICASSI '90 are available to qualified applicants. Contact: Dr. Oscar Christensen, ICASSI Scholarship Chairperson 7002 Soyoluna Place, Tucson, AZ 85715. March 1st, 1990 closing date.

REGION VI--FAR WEST

*Tucson, AZ--James Bitter will present an intensive training experience March 15-17 on "Adlerian Family Mapping: A Practical Use of Adler's Theory and Genograms". It will be held at a retreat northwest of Tucson. Contact the hosts, Adlerian Society of Arizona (ASA), PO Box 40635, Tucson, AZ 85717.

Santa Rosa, CA--"The Next Step", personal growth and self-esteem building experience, will be offered on February 16-18 on the Monterey Peninsula. Contact: Lynn Lott or Carol Rivendell, 4765 Hoen Avenue, Santa Rosa, CA 95405 (707) 526-3141.

San Diego, CA--AIAS-San Diego County offers "Applying Psychological Skills", February 3/4 and 17/18, 1990. Contact: Steven A. Maybell, Ph.D., Director, AIAS-SDC, 486 Hillway Drive, Vista, CA 92084 (619) 758-4658.

International

*Soviet Union--Betty Lou Bettner and Amy Lew invite you to join them for an exciting opportunity to travel in the USSR and meet with Soviet psychologists in Moscow, Leningrad and Vilnius. A letter of verification of study will be given by the University of Moscow. Graduate credit is available through Bowie State University and the Alfred Adler Institute of Chicago. Tentative dates are March 25 though April 7, 1990 and fees are approximately \$2600 - \$2900. This cost includes all food, lodging and travel within the USSR for 10-12 days and round trip transportation from New York City. Contact: Amy Lew, Ph.D., CCMHC, 10 Langley Road, Suite 200, Newton, MA 02159, (617) 332-3220 or Betty Lou Bettner, Ph.D., CCMHC, 1 Old State Road, Media, PA 19063 (215) 566-1004.

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Events listed in this section 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. Include contact person, address, and telephone number.

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