

NASAP

NEWSLETTER

The North American Society of Adlerian Psychology

Volume 23, Number 2

February, 1990

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

President's Message

This month's message is devoted to issues concerning printed words: An Editorial, a new opportunity, and a new Journal.

Publications are the lifeblood of our organization. I have had the opportunity to read the first IP Bulletins written by Dreikurs; yellowed pages, typewritten smudges, apologies for wartime paper shortages and news of Adlerians in the service. You can feel the excitement and challenges of the times.

NASAP continues its responsibilities to communicate through our Journal and Newsletter. I urge you to read and react to Editor Jon Carlson's statement in the latest issue of the Journal. In essence, he challenges us to reach out to the rest of the psychological world. It is an important challenge. What is your opinion?

One way to react is in the pages of this newsletter; a second, to plan to attend the Philadelphia convention. There, "Beyond Adler" is a program addressing Carlson's theme.

* * * *

After hard work and good questions by a number of dedicated NASAP members, I am pleased to report a conclusion to the issues surrounding the \$25,000 Clonick Publications Fund.

The Clonick Grant was established by the estate of Seymour E. Clonick to a "Publications Fund" for NASAP. Through the efforts of Sidney Roth, this fund was made available to our Society. However, there appeared to be confusion over how this fund should be spent.

The Delegate Assembly and Executive Committee have wrestled with this issue for a year, including portions of the meetings in Minneapolis and Chicago this fall.

A complete summary of the philosophy, regulations and forms is now available. If you are interested in obtaining funding from this source, write for a copy of this document. We have concluded the Publications Fund:

* Is a self-perpetuating fund for the promotion of Adlerian materials, not an award or subsidy for authors

* No more than one-fifth the total fund shall be awarded to any project

* Nine specific areas, including translations of works by Adler and others,

reprints of out of date books [the current edition of Alfred Adler as we Remember Him was funded in this manner], editions of currently printed materials such as anthologies, and new works are included in the fund scope.

Again, write or call if you wish a copy of the regulations and proposal forms. The next deadline for review is May 1st.

* * * *

International IP Journal

The International Journal of Individual Psychology has issued a call for papers for its inaugural issue, expected to be published this summer.

According to the Editor, Professor Hans Josef Tymister of the University of Hamburg, the Journal is soliciting articles specifically addressing:

* New developments in Adlerian theory and practice

* Papers which "debate" the meaning and significance of Adlerian theory

* Comparative studies with other schools of thought

* Appropriate papers from the historical-critical Adlerian project

* Personal reports and announcement of events

* Case studies

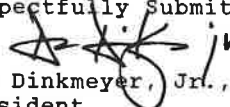
All submissions should include two copies of the manuscript. To ease delivery, send all materials to the managing editor, Hal McAbee, 2421 Kelford Lane, Bowie, MD 20715. He will forward your material to Dr. Tymister.

* * * *

Please note: Central Office staff have suffered much lost time due to personal illness since the first of the year. They are now on the mend and appreciate your understanding and cooperation.

If we've been behind in responding to your request, please understand the situation. Improvement being made. We appreciate their dedication to the organization.

Respectfully Submitted,


Don Dinkmeyer, Jr., Ph.D.
President

NASAP '90: Philadelphia

Thursday thru Sunday
May 17-20, 1990

Scholarships Available

A limited number of scholarships are available for students wishing to attend the NASAP convention. Please contact the central office if you wish to apply for a scholarship.

Brochure Available

The convention brochure will be sent to all members in March. The brochure will list all pre and post convention workshops, 60 and 90 minute program titles and presenters, banquet and luncheon information, and hotel registration forms. NASAP has also arranged a discount on airline tickets, information included in the brochure.

Look for this brochure in the next few weeks, and this space in the Newsletter for additional information.

Discounts Available

NASAP members and students will again receive discounts for their registration fees at the annual convention. Please look in the brochure for specific information and remember to use all applicable discounts.

Speakers Announced

The keynote speaker will be David Burns, cognitive therapist and author of "Feeling Good". One luncheon will feature 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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Donations

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

Leo Gold
Kris Graham
Edward Mel Markowski
Gary McKay
Joyce McKay
Anthony J. Palo, O.Carm.
Hazel V. Udchic

We are grateful for these donations.

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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Newsletter Deadlines

Deadlines are the first of the month preceding publication. Items for the March issue were due February 1st and items for the April issue are due on March 1st.

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.

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Newsletters Requested

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

NASAP NEWSLETTER
The North American Society of Adlerian Psychology

Vol. 23, No. 2

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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
ISSN 0889-9428

Recent Developments in Psychoanalysis II: Self Psychology

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

In a previous article (Sperry, 1989), I highlighted some of the basic concepts of object relations theory (ORT), and noted how these concepts have challenged the very core of classical psychoanalytic thought regarding human nature, basic motivation, and the structure of personality. I noted that ORT views the person as a social or relational being rather than a biological being, and that a person's basic motivation is object-seeking rather than drive reduction. Personality is viewed in ORT as a holistic process of self formation rather than as a polarity of forces involving id, ego and superego. The concepts of splitting projective identification were described, indicating how they could be utilized in the process of assessment and therapy. Just as ORT rose in antithesis to classical psychoanalysis leading to a synthesis of these two schools of thought, self psychology has recently risen in antithesis to the classical and early ORT views questioning the very metapsychology and epistemology of them. This paper highlights some of the basic concepts of self psychology and specifies that most of the attributions Adlerians have made of Psychoanalysis are incorrect. It also indicates the emerging points of convergence between Psychoanalysis and Individual Psychology.

Self Psychology: Theory, Therapy and Epistemology

Heinz Kohut's elaboration of self psychology is in part a refinement of ORT, and at the same time a major challenge to the metapsychology of classical and early ORT. Similar to ORT, Kohut describes an individual's basic motivation as structure-seeking, which is the drive to organize self-experiences into a cohesive identity. The core of Kohut's theory is the experience of the relation between self and the empathic "selfobject", which is the partially fused view of the self and others. Whereas objects in ORT refer to internationalized split representations, Kohut's selfobjects are actual person, not imaginal representations. Communication, particularly empathic interchanges, between child and mother form the building blocks of what ultimately comes to be known as the "self". Kohut describes two basic narcissistic needs the child seeks to satisfy through early selfobject relationships. One is the need to be admired and the other is to form an idealized image of a parent in order to experience a sense of merger and security. By means of "transmuting internalizations" these two needs are transformed into two inner relational configurations, the mirroring and idealizing selfobjects. Healthy development consists of organizing self-experiences into a cohesive sense of self.

For Kohut, psychopathology represents an inability to transcend the narcissistic internalizations of early childhood, and hence, failure to achieve or maintain a cohesive self. In therapy, the client

develops either a mirroring or idealized transference, and through the process of empathy and transmuting internalizations moves onto more mature ways of relating.

Perhaps the major challenge of self-psychology to classical psychoanalysis involves epistemology, or the theory of knowing. Self-psychology emphasizes empathy as the basic tool of analysis and healing. The therapeutic use of empathy places the therapist in the vantage point of the experiencing insider rather than the observing outsider. Thus, self-psychology stands firmly in the philosophical tradition of symbolic-experientialism or subjectivism which puts it in stark contrast to the epistemology and metapsychology of all the classical and many of the early object relations schools which are clearly objectivistic psychologies.

The Challenge to Individual Psychology

For years a hallmark of Adlerian textbooks, articles and teaching has been the "chart" contrasting Freud with Adler. With regard to human nature, the person is a social being for Adler while a biological being for Freud. The basis of motivation for Adlerians is social connectedness while for Psychoanalysis it is reduction of libidinal tensions. Personality is seen as indivisible and holistic by Adlerians, but divided in polar forces of id, ego and superego by analysts. Psychopathology is viewed as psychosexual fixations and inability to discharge libidinal impulses for Freud, while basically discouragement in relating to the life tasks for Adler. And most importantly, the Adlerian view is clearly a subjective psychology and a psychology of use, while psychoanalytic view has been called an objective psychology, and a psychology of possession.

To be fair, it should be stated that currently there is not total accord about theory and practice among the various object relations theorists. And, despite the fact that Kernberg has endeavored to synthesize the classical and object relations positions, there are many analysts who refuse to recognize these new theories or attempts at integration. Kohut's work has been the most discomfiting for classical analysts, and Kohut has been labelled a heretic by some. Nevertheless, there were and remain clear differences between the classical and newer schools of psychoanalytic thought.

In light of the preceding sketch of the differences between object-relations theory and self-psychology with classical psychoanalysis, it is not accurate nor helpful to characterize classical psychoanalysis as representative of all psychoanalytic thinking. Actually, on the issues of human nature, motivation, personality development, psychopathology and epistemology self-psychologists share very similar views as Adlerians. Therefore, the comparison chart that Adlerians have used to contrast psychoanalysis with Individual Psychology are no longer accurate, and have not been for at least the last 15-20 years.

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What's Inside

RETURN TO:
NASAP NEWSLETTER
DON DINKMEYER, JR., Ph.D., EDITOR
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(Self-Psychology, continued from page 3)

Clear differences remain. Even though both present a social psychological or relational basis, the psychoanalytic formulation primarily focus on mother-child relations, while Adlerians contend that siblings also have a significant influence on developmental processes, i.e. family constellation. Adlerian concepts not addressed by the new psychoanalysis includes decision, social interest, life style convictions and cognitions.

We can learn from the analysts, "new" psychoanalysis. The dialectical process seems remarkable compatible with the Adlerian "as-if" philosophy. Individual Psychology as relational, constructivist, and dialectical but we have not seriously applied these notions to further develop our basic theory. To refuse to keep abreast of developments in psychoanalytic theory, and refuse to engage in the messy and challenging work of dialectic thinking, might well leave us looking and feeling as out of step with clinical reality as Dr. Ellis appeared to be thirteen years ago in the Smith-Ellis debate.

References

Sperry, L, (1989) Recent Developments in Psychoanalysis I: Object relations Theory. NASAP Newsletter, 22, 10: 1-2.

Kohut, H (1977) The Restoration of the Self. New York: International Universities Press.

(News and Events, continued from page 5)

San Diego, CA--AIAS-San Diego County offers coursework on April 7-8, 21-22, Septe 20-21 and October 6-7. Contact: Steven A. Maybell, Ph.D., Director, AIAS-SDC, 486 Hillway Drive, Vista, CA 92084 (619) 758-4658.

International

*Abano, Italy--The 18th International Individual Psychology Congress will be held in Abano, Italy, July 29 - August 2nd. Registration for the event will be approximately \$275 for 4 days, with reduced rates for students. Hotel rooms are available for approximately \$65. Contact: Hal McAbee, 2421 Kelford Lane, Bowie, MD 20715.

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 Vilnivs. 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 fee includes airfare and expenses within the Soviet Union. Contact: Amy Lew, Ph.D., CCMHC, 10 Langley Roady, 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.

News of NASAP Members

Alice M. Gosinkski, Ph.D., founder of Psychogenesis, a consulting by mail firm, has been appointed to the Board of Directors for Turning Point, Inc. This organization assists victims of domestic violence. If you wish information on the subject, contact her at PO Box 142, Gilberts, IL 60136.

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IAIP Delegate Openings

The 18th International Individual Psychology Congress will be held in Abano, Italy, July 29 - August 2, 1990. NASAP sends delegates to this convention.

If you would like to be considered for appointment as an official representative of NASAP, please send your name to the central office. Responsibilities include attendance at meetings for one day. There is no reimbursement for this position.

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Publications by NASAP Members

"Natural High Therapy/Practice Newsletter", devoted to the practical applications of theory and research on natural high to a wide variety of settings, has begun publication. A quarterly, it features the work of Walter O'Connell and others working in this area. Subscriptions for one year are \$5. Contact: Ray Bliss Rich, Box 322, Meredith, NH 03253

Winning Children Over, by NASAP Past-Presidents Frank Walton and Robert Powers, has been adopted by the Chicago Public Schools as a text for inservice training of both elementary and high school teachers. The school system printed 30,000 copies in a limited edition as part of its "Tips for Teachers" series.

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Doctoral Internship Seeks Students

Charter Beacon Hospital of Fort Wayne, Indiana has announced a Doctoral Internship Program. It is now seeking candidates for the 1990-91 school year.

Charter Beacon is affiliated with the Adler Institute of Fort Wayne and has major accreditation status with several organizations. Staff includes Adlerians such as Ron Pancner, Robert Doyal, and Homer Kiracofe.

The internship provides experience with both inpatient and outpatients, and a variety of experiences within the hospital as well as the surrounding communities. If you would like additional information, contact John Abraitis, Psy.D., Internship Coordinator and Supervisor, AAI-Ft. Wayne, 535 Home Avenue, Ft. Wayne, IN 46807 (219) 458-2451 x 2447 or 800-444-2001 extension 2447.

Cassette of the Month

We are pleased to offer a variety of low-cost, high quality items through the cooperation of NASAP members and publishers.

"An Introduction to Natural High Therapy" is a 90 minute conversation between NH founder Walter "Buzz" O'Connell and Ray Bliss Rich, M.Ed. It is the first of a five tape set and stands alone as an excellent introduction to the topic.

Regular Publication Price: \$ 10

NASAP Member Special Price: \$ 8

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

Please send copies of An Introduction to Natural High Therapy at \$8 each. (Add \$1p/h, \$2 to Canada)

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 April 15, 1990.

Send your order to:

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

Orders may also be called into the office during regular office hours at 312-939-0834.

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.

* News and Events from the Regions *

[Note: The * symbol indicates a new listing]

REGION I--NORTHWEST

*Boise, Idaho--"Humor in Relationships" is the theme of this year's Idaho Society of Individual Psychology Conference, to be held on March 2 and 3. The featured speaker is Dr. Will Roy. The events will be held at the Owyhee Plaza Hotel, and graduate credit is available. For additional information, contact Elaine Groissaint, ISIP President, 300 Fort Street, Boise, ID 83702 (208) 338-3429.

*Seattle--AIAS offers "Understanding Personality Styles and Dynamics" March 1-4; "Assessing Individual and Group Styles" May 31 and June 3; "Applying Psychological Skills" August 16-19. Contact: Carol Lee Smith, AIAS-WA Coordinator, 2435 30th W, Seattle, WA 98199 (206) 285-3851.

REGION II--MIDWEST

*Omaha--Renee Dushman is doing an Adlerian Psychodrama workshop for the Nebraska Society for Adlerian Psychology on April 21. Contact Stephanie Koraleski, 402-393-1647.

*Highland Park, IL--Judy Sutherland will speak on "Love is not Enough: Managing Misbehavior" at the monthly Family Education Center meeting, Wednesday, February 14, College of Lake County, 7:30pm. On March 14, Marianne Sipe will speak on "Building Self Esteem: Success Strategies for Parents and Teachers" For additional information, contact Bryna Gamson at the Adler Institute, Chicago (see listing below)

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, lunch and continental breakfast included, contact Bryna Gamson, AAI, 618 S. Michigan Avenue, Chicago 60605, (312) 294-7100.

*Chicago--The Americas Institute of Adlerian Studies (AIAS), offers "Understanding Personality Development and Dynamics" March 22-25; "Assessing Individual and Group Styles", June 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 Contact: Jane Griffith, 600 N. McClurg Ct., Suite 2502A, Chicago, IL 60611-3027. 312/337-5066.

REGION III--SOUTH

*Charlotte, NC--David Hanson reports the initial meeting of an Adlerian group in this area. If you would like more information, contact him at 704-332-1279.

Charleston, SC--"Alternatives to Corporal Punishment", co-sponsored by the South Carolina Society of Adlerian Psychology, March 30-31, 1990. The speakers include Dr. Irwin Hyman, Director of the National Center for the Study of Corporal Punishment and Alternatives in the Schools. Contact Patti Agatston or Susan Carter at 803-796-6460.

Columbia, SC--AIAS offers coursework on April 19-22, June 28-July 1, and October 11-14. See Seattle and Chicago AIAS listings for titles. Contact Carey A. Washington (803) 765-7770 (daytime) or David L. Hanson, Suite 400, 201 S. College St., Charlotte, NC 28244 (704) 332-2379.

Orlando--14th Annual Region III Orlando Conference, Thursday, February 22 - Sunday, February 25. Contact: Registration questions should be directed to Ruth Nicholson, Center for Family Education, Valencia Community College, 407-299-5000, ext. 3141.

REGION IV--MIDDLE ATLANTIC

*Silver Spring, MD--Open Forum Family Counseling by Barbara Fairfield, Friday, March 9th at 7:30 pm, Marvin Memorial Methodist Church. Minimal charge, free to members of PEP. Contact: Linda Jessup, Parent Encouragement Program, 10001 Dallas Ave., Silver Spring, MD 20901 (301) 681-3784 or 681-7351.

REGION V--NORTHEAST

*North Conway, NH--"Encouragenesis of the Family" will be presented by Ray Bliss Rich at the New Hampshire Social Workers conference, March 17. Contact: Ray Bliss Rich, Box 322, Meredith, NH 03253 (603) 744-6857.

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

*Clinton, NY -- July 22nd - August 3rd --23rd Rudolf Dreikurs Summer Institute (ICASSI) Course outlines, accommodations, and brochure information available. Contact: Roland Hawes, 2419 Bellevue #113, West Vancouver, BC V7V 4T4 Canada, or the NASAP Central office in Chicago.

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.