

NASAP

NEWSLETTER

The North American Society of Adlerian Psychology

Volume 23, Number 4

April, 1990

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

President's Message

46 of 48 months as President of NASAP have passed, eventually. I'd like to close my tenure with a series of messages reporting facts and futures.

How are we doing on membership? I believe guarded optimism is realistic. Look at how we are doing compared to this time last year:

	1989	1990	Change
Renewals	806	837	+ 4%
New members	73	83	+14%
Life member	28	27	- 3%
Total m'ship	907	947	+ 4%

We have more than 114 student members, approximately 12% of our organization. We are also impressed with the return of more than 40 people who renewed after letting membership lapse for 2 to 10 years!

NASAP has hovered at or near the one thousand member mark for quite a while. I believe we must couple any membership drives with a realistic appraisal of what a person gets for joining. Obvious and traditional aspects such as the journal, newsletter, convention discounts should be expanded into other areas we believe will serve our members well.

To that end, I believe NASAP has the opportunity to become a significant educator in the psychology profession. More on this in our next Newsletter.

Perhaps the most interesting statistical picture is painted by the professional interests and degrees held by our membership:

Type of Degree % of Members

M.A.	25.6
M.Ed.	8.6
M.S.	6.6
M.S.W.	5.1

46% of the membership has a master's degree

Ph.D.	20.9
Psy.D.	1.1
Ed.D.	7.0
M.D.	2.8

32% has the doctoral level degree

78% of the membership has an advanced degree, not a surprising number for a professional organization.

However, the most interesting statistic relates to the number who report a private practice. We have 51.6% who are involved in private counseling. This strikes me as somewhat low, although I realize many members counsel within agencies, schools and other facilities and do not get counted in a private practice category.

One aspect of membership should not be overlooked. We increased the membership dues in 1990, hoping it would not dent our renewal rate. Clearly, it has not.

Member dues account for approximately half our income. By increasing our dues, we have (to date) increased income from this source 15%. This gives us a stronger annual income base with which we provide the services.

To summarize the membership numbers, one has to balance satisfaction with our present progress and hopes for the future. I believe NASAP's membership represents the tip of an iceberg. Clearly, there are thousands, not just one thousand, in North America who belong to our philosophy. Making belonging a meaningful activity for our present and future members is the task for the 1990's.

* * * *

The following message was received as part of the IPNL (International newsletter for Individual Psychology), which has been edited for some time by West German Horst Groner. I think it important enough to reprint as received:

Following the enormous changes in Eastern Europe, we do not want to miss the opportunity to support our colleagues there in their efforts to organize themselves. The priority will be to help them improve their possibilities of communication, eg by purchasing photocopiers, etc.

For this reason we are appealing to you, our colleagues throughout the whole world, to show your sympathy with our colleagues in Eastern Europe with a financial donation...

We shall let you know how the money raised has been spent either in the IPNL or at the Congress in Abano.

Please accept our sincere thanks for your help; we hope that we shall shortly be able to report how Individual Psychology is also flourishing in the countries of Eastern Europe...

If you would like to donate to this cause, send your check to either NASAP in Chicago (we will forward all received by our convention) or Horst Groner, Ruffinstrabe 10, D-8000 Munchen 19, West Germany.

Respectfully Submitted,


Don Dinkmeyer Jr., Ph.D.
President

Philadelphia Points to Remember

May 17 - 20
Adams-Mark Hotel

Lowest possible airfare = 1-800-443-5697
(NASAP also benefits from your purchase)

\$84 single or double room
Call 1-800-231-5858
(subject to availability)

"Being ignorant is not so much a shame, as being unwilling to learn" - Ben Franklin

These items relate to our annual convention May 17-20 in Philadelphia:

Individual Education International

IEI will conduct its annual meeting Sunday May 20, 7:30-9am. If you wish additional information, contact Claudia Milliren, 3548 Crittenden St., St. Louis, MO 63118, 314-664-8817.

At the convention, look at the bulletin board near the registration desk for information as to where the meeting will be held.

The Collected Works of Alfred Adler

Efforts to continue the translation of Adler's writings from German to English are the focus of a special task force. This group is open to all interested parties, and will meet during the Philadelphia convention.

If you are attending the convention, look at the bulletin board near the registration desk for information on the meeting, or contact Dr. Henry Stein. If you are unable to attend the convention but would like to learn more about this effort, contact Dr. Stein at the Alfred Adler Institute of San Francisco, 7 Cameo Way, SF, CA 94131 (415) 567-4729.

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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!

Social Equality Interest Section

If you are interested in forming a new Interest Section within NASAP to become more visible in social equality issues, contact either Betty Lou Bettner, One Old State Road, Media, PA 19063 (215) 566-1004 or Amy Lew, 10 Langley Road, Newton Centre, MA 02159 (617) 332-3220.

Amy and Betty Lou have expressed concern as to why NASAP is not attracting minority members, and only 50 current members are needed to start an Interest Section.

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Donations

Donations have been received from:

- Lawrence Casey
- Sally Moore
- Howard Garrell
- Dennis Lipoff
- Celia Harrison
- Robert McBrien
- Susan Patricia Golden
- R. John Huber,
- in memory of Nicholas Ionedes
- Sylvia Robbins,
- in honor of Dr. Lucia Radl
- Rocky Mountain Society of Adlerian Psychology,
- in memory of Robert L. Bridjette

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.

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Vol. 23, No. 4

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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

Recent Developments in Group Therapy

Len Sperry, M.D., Ph.D.
Medical College of Wisconsin
Contributing Editor, NASAP Newsletter

The term "group therapy" often brings visions of Bob Newhart as Dr. Robert Hartley and his group consisting of individuals like Mr. Carlin, Mr. Peterson, Mr. Hurd, Michelle and Mrs. Bakerman. In many ways Hartley's group accurately captured the essence of traditional outpatient therapy: 6-8 middle aged, middle class adults meeting weekly for about 90 minutes to work on interpersonal issues and daily life problems in an ongoing, open-ended format.

This image of the group in the 1950's and 60's has in large part given way to various types and formats of group treatment influenced by changes in not only clinical presentation but also economic realities. This column will briefly describe some of these changes and reflect on their relevance to Individual Psychology.

Irvin Yalom, M.D. has become the most well known chronicler of group process in the past two decades. In his most recent publication, he and a coauthor describe four different types of outpatient groups as well as two forms of inpatient groups.

Five Innovative Group Formats

1. Interpersonal and Dynamically-Oriented Groups: These include psychoanalytic groups, Gestalt groups, and psychodrama groups. The goal of interpersonal and dynamic groups is for individual participants to understand their own inner dynamics and their interpersonal interactions. Patients appropriate for such groups tend to be high functioning and possess a certain degree of insight and motivation to change. Usually presenting problems are often vague and global, including "unsatisfying relationships with people", "inability to feel real emotions", "depression", or "marital strife".

Even though membership composition is heterogeneous in terms of presenting problems in underlying pathology, members must be highly similar in ego strength, psychological mindedness, motivation to change, inability to tolerate interpersonal stimulation. The goals of this kind of group is not simply relief of a presenting symptom or chief complaint, but rather character change, accompanied by long lasting change in interpersonal behavior. Optimal group size is eight participants, ideally four males and four females with a male/female co-therapist team. Usually such groups are long term, ongoing therapeutic experiences wherein graduating patients are replaced with new members. However, these groups tend to be fairly stable since most members remain in them for one or more years.

2. Behaviorally and Educationally-Oriented Groups: Examples of such groups are eating disorders, anxiety disorders, depression, substance abuse, or medical problems specialty groups. The focus of the behavioral, cognitive or educationally

oriented groups--which we will refer to as "structured, time-limited groups"--is on discrete change in a given pattern of behavior. Such groups may or may not make explicit use of behavioral or cognitive behavioral techniques per se, but they shared similar goals of promoting change in a patient's maladaptive behavior. In addition to being time-limited, these groups are closed in membership, and structured in nature. These groups vary in their use of different therapeutic factors, but all rely heavily on cohesive, universality, information/imparting, and skill training. Some of these groups make limited use of interpersonal learning or self-understanding.

3. Support Groups: Examples of these are general homogeneous support groups, like AA, Narcotics Anonymous, Adult Children of Alcoholics, and similar groups, or more specialized support groups like bereavement and other catastrophic life event support groups have become the most common type of treatment at least in the U.S. Usually support groups have no special requirement for membership other than willingness to participate, nor do they charge fees. Support groups have also been formed, like psychotherapists and attorneys, who are relatively asymptomatic but experience job isolation work with very difficult and stressful clients. Often, these groups are led by non-professionals or peers. But there are other kinds of groups, such a Family Education Association groups that have a professional consultant present.

4. Maintenance and Rehabilitation Groups: Examples of these are Day Hospital and halfway house groups, and medication clinic support groups and aftercare groups. Often, these groups are designed to accommodate the needs of lower functioning patients with major psychiatric disturbances in outpatient settings.

5. Inpatient Groups: Inpatient groups may be acute such as those that meet on psychiatric wards in general hospitals or chronic such as one encounters in a V.A. hospital or in a long-term psychiatric facility for the chronically mentally ill. The chronic groups are somewhat similar to maintenance and rehabilitation groups described above. Acute groups, on the other hand, are radically different from other groups in terms of time frame and structure. The inpatient group leader must think of the time span of the group to be only a single session and attempt to offer something useful for as many patients as possible during that session.

Even though a patient may be in an inpatient group for more than one session, it is unlikely that group membership will be the same for more than a single session. Therefore, the therapist must think in terms of having only a single opportunity to engage each patient and be very active as a facilitator in activating the group, calling on members, supporting them and interacting personally with them. Rather than adopting a non-directive stance, the leader must provide structure by orienting patients to the nature

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What's Inside

RETURN TO:
 NASAP NEWSLETTER
 DON DINKMEYER, JR., Ph.D., EDITOR
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<--Innovations in Groups (from page 3)

and purpose of the group, establishing clear boundaries and providing a stabilizing influence for confused and anxious patients.

Implication for Individual Psychology

At least four trends can be noted in group treatment during the past decade. First is the shift from group therapy for the few, to group treatment for the many. Support groups have become so common place that even residents in small towns have access to them. Second, there has been a shift from generic or heterogeneous groups to more specialized and homogeneous groups. Third, there has been a shift from groups that are primarily insight and dynamically-oriented to more psychoeducational in nature.

Finally, groups are as likely to be short-term, time-limited and closed-ended as they are ongoing and open-ended. These trends all are quite consistent with the tenets of Individual Psychology such as social interest, cooperation and encouragement.

In the 1950's and 60's Adlerians like Dreikurs, Corsini, Rosenberg and Starr were recognized for important contributions to group process, group therapy and psychodrama. With the possible exceptions of individuals like Don Dinkmeyer with numerous publications

and training workshops on group counseling, and family and marriage enrichment groups, there has been a noticeable lack of input from Adlerian circles to the professional literature and to professional organizations like the American Group Psychotherapy Association and the American Society for Group Psychotherapy and psychodrama.

At one time, Adler was considered by some to be the father of contemporary group therapy. Although Yalom doesn't share this belief, he has a one sentence mention of Adler's historical contribution to group therapy in the third edition of his text (Yalom, 1985). Could it be that this is another instance wherein Individual Psychology has already become a footnote in history?

References

Don Dinkmeyer and Jon Carlson, Time For a Better Marriage. Circle Pines, MN: American Guidance Service.

Irvin Yalom (1985) The Theory and Practice of Group Psychotherapy 3rd ed, New York: Basic Books.

Sophia Vinogradov and Irvin Yalom (1989), Concise Guide to Group Psychotherapy. Washington, D.C.: American Psychiatric Press.

Special Issue

Articles for a special June, 1991 issue of Individual Psychology: The Journal of Adlerian Theory, Research and Practice are being requested.

The special issue will focus "On Beyond Adler" and will seek to address and stimulate the utilization of concepts from the wider fields of psychology, philosophy, sociology, etc. as catalysts to further the development and practice of Individual Psychology in the 1990's and beyond.

All potential articles that enhance Adlerian ideas and procedures as they apply to the issues of the 1990's will be considered. Particularly sought are those articles which integrate Adlerian ideas and procedures with those already proven procedures and methods of other disciplines.

Authors interested in submitting articles for the special issue should contact Guest Editor Charles H. Huber, Ph.D., for a copy of the special issue prospectus and guidelines for authors: Department of Counseling and Educational Psychology, Box 30001, Dept 3CEP, New Mexico State University, Las Cruces, NM 88003-0001, phone (505) 646-2121.

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Free Video Catalog Available

We are pleased to offer a catalog of videotapes and films. The list runs more than 12 pages and includes title, rental or purchase price, running length, and where to order.

The materials listed in this catalog were submitted by NASAP members. We plan to revise the catalog on an annual basis.

If you would like to receive this catalog free of charge, please fill out the following information:

Please check all statements which apply:

- I purchase videos with personal funds
- I purchase videos with institutional funds
- The videos would be for personal development
- The videos would be for training purposes (Please fill in this statement)

I buy _____ (number or \$) videos/films each yr.

Enter your name, address, city, state/prov and zip or postal code

Name

Address

City/State-Prov/Zip-PCode

(Please allow three weeks for delivery)

Resource Material of the Month

Will return next month. If you have a book, booklet, audio or videotape you would like to offer to the membership, please contact the central office. Items for review are also welcomed.

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Family Education Resource Directory

The Family Education Interest Section is in the process of compiling a Resource Directory of Family Education programs. If you would like your organization or program listed in this directory, please send for an information form from Jean Alessi, 11834 Helta Drive, St. Louis, MO 63128.

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IAIP Delegate Openings

NASAP sends delegates to the IAIP convention July 29-August 3 in Abano, Italy (see news and events, page 5)

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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Research Funds Available; Donations Sought

Funds for research projects are now available through a program administered by the Theory and Research Interest Section.

To receive a proposal form, write the central office. Proposals will be considered at future meetings. It is believed the funding for any project would initially be no more than several hundred dollars.

This research support program is funded by donations from the membership. Region III has announced a \$750 donation, contingent upon matching donations from other organizations and the membership. Donations are now being accepted.

The research fund is intended to support graduate research projects whose emphasis is the advancement of Adlerian Psychology. A grant might cover research expenses such as computer time, postage, printing and other basic expenses.

Please send a request form for the Research Project Fund

Please use my enclosed donation of \$ _____ to be used for the Research Project Fund.

Name

Address

C/S/Z

* News and Events from the Regions *

[Note: The ** symbol indicates a new listing]

REGION I--NORTHWEST

Seattle--AIAS offers "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

****Chicagoland**--Help for parents experiencing stress in their relationships is available in local community parent support groups sponsored by the Alfred Adler Institute of Chicago. These groups are currently available in Glenview, Northbrook, Mount Prospect/Des Plaines, and Oak Forest. Individual and family counseling is also available. For additional information, contact Bryna Gamson at the Adler Institute, Chicago 312-294-7100.

****Oak Lawn**--Community Wellness Seminars are held each Sunday, 7:30 to 8:30pm, conducted by Helen Cooley, M.A., SCAC, at the Salem Church, 97th and Kostner, Oak Lawn. Contact 708-422-1848 for additional information.

Chicago--The Americas Institute of Adlerian Studies (AIAS), offers "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

****Atlanta**--The Medical Association of Atlanta will host a program entitled "Parenting Your Teenager", featuring psychologist Frank Walton, on Saturday, April 21st, 9am-3pm, at Dunwoody High School. Cost is \$10, contact 404-881-1020.

****Charlotte**--The Charlotte Area Health Education Center will sponsor a program on "Parenting Your Teenager" at 7pm, June 7 for the general public. Mental health professionals can attend "Winning the Cooperation of Teenagers at Risk" on June 8. Both presentations by Frank Walton, contact Dr. Sharon Alexander, 704-355-3120.

Orlando--A call for workshops and presentations for the 1991 Orlando Region III Conference has been issued. The event will feature full day, half-day, and 70 minute workshops and presentations on Thursday thru Sunday, February 21-24, 1991. Contact Don Dinkmeyer, Jr., 236 Crestlake Way, Bowling Green, KY 42104, 502-781-9529.

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.

REGION V--NORTHEAST

****Montreal**--AAI-Quebec offers c.115, Theories of Personality, on two weekends, May 12/13 and May 26/27 taught by Vadney S. Haynes. Contact AAI-Q, 4947 Grosvenor Avenue, Montreal, Quebec H3W 2M2, (514) 731-5675.

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

****San Francisco**--Adlerian Summer Intensive with Dr. Henry Stein, July 20-23, "Creative Applications of Classical Adlerian Psychology". The featured presenter will be Dr. Stein, who was trained by Sophia de Vries according to Alfred Adler's original techniques. The week includes brief counseling techniques with graphics, early recollections with interest and trait inventories, Socratic method in psychotherapy, and case analysis and treatment planning. Tuition for the four day program is \$450; on-site accommodations available, \$105 double and \$154 single for 7 nights. Held at San Francisco State University, Seven Hills Conference Center. Contact Henry T. Stein, Director, AAI-SF, 7 Cameo Way, SF, CA 94131 (415) 567-4729.

****Laramie, WY**--Wyoming Mental Health Conference will feature psychologist Frank Walton presenting "Treating the Troubled Adolescent" on September 13, 9am-4pm, sponsored by the SE Wyoming MH Center. Contact Jane Warren, 367-745-8915.

Orange, CA--Jane Griffith and Robert Powers will present a workshop on lifestyle assessment as part of the California AMFT, on Saturday May 5. The entire conference occurs May 3-6 at the Doubletree Hotel, Orange. Contact: Mary Riemersma, CAMFT, 3465 Camino del Rio South, # 350, San Diego, CA 92109, 619-280-0505.

San Diego, CA--AIAS-San Diego County offers coursework on April 21-22, September 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.