

## President's Message

I write this message two weeks before the NASAP convention, two weeks before the end of two terms and four years as President of NASAP. Today is my daughter's second birthday.

Including the years to come as Past President, I will give more than a decade of continuous service to NASAP on the Executive Committee. As Adlerians we can appreciate the "subjective perception", or point of view of another person. Here is my view of our Society:

\*Some of my best friends are Adlerians. You can count on them for support, educational opportunities, and professional leadership. These friendships have made my life better.

\*This organization moves through volunteer efforts, a blessing and a limitation. The many volunteers for conventions, committees and organizations are the best definition of gemeinschaftsgefühl.

\*We are fortunate to have Neva Hefner's skills and perspective in the central office. She keeps the office running well through major challenges and responsibilities.

\*NASAP has moved from financial concerns to a more stable convention and membership base. Recent membership and money reports support this statement.

\*The world of psychology has changed since Dreikurs founded NASAP in 1952. His "guru-like" vision gave us our present opportunities as an organization, but we must look forward.

\*I believe the North American culture continues to shift, and the need for our member's services as counselors, educators, and therapists increases.

\*NASAP has the opportunity to become an influence in the training and education of both professionals and laypeople. It is our responsibility.

\*To accomplish these tasks, we need a fresh vision. Our efforts do not have to be as concerned with keeping the organization alive; we can turn outward and reach others.


I believe the new Executive Committee and Delegate Assembly should assemble a task force which, quickly and clearly, identifies education and training efforts NASAP can achieve. I think we must take a slight financial risk and hire additional professional staff to help implement these goals. Without such support, it will fail.

Ten years ago I began service to NASAP as a delegate to the Assembly. I was single and finishing a doctorate. Today, I am a married father-stepfather with new responsibilities and opportunities. Same person, different (and better!) times.

NASAP moves forward with a collective awareness and commitment. Let's not be overly concerned with budget and membership; they take care of themselves when we have a bigger vision of responsibility and opportunity.

Count me in.

Respectfully Submitted,

  
Don Dinkmeyer, Jr., Ph.D.  
President

FINAL NOTES: Look to next month's issue for results of the elections for the Executive Committee, General Assembly report, and news from the Philadelphia convention.

\* \* \* \*

## Recent Developments in Cognitive Therapy

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

Typically, Adlerians have viewed the cognitive therapies--particularly Ellis' RET and Beck's Cognitive Therapy--as the closest of kin. Ellis has been a NASAP member and on the editorial board of Individual Psychology for years. And although Beck has become less public about his Adlerian roots, recently he indicated in a letter to Betty Lou Bettner, Ph.D. that "...I do consider myself an Adlerian..."

Ellis has made some refinements and extensions of RET in the past 25 years, but it remains essentially a nondynamic, educationally focused approach. Beck's approach has been greatly extended to several target symptoms/conditions beyond depression, including anxiety disorders and addictions as well as groups, couples and very brief--i.e., Emery's Rapid Cognitive Therapy--formats.

Most recently, Beck and his colleagues have taken up the challenge of treating severe personality disorders. To accomplish this challenge, Cognitive Therapy has incorporated features from psychoanalytic thinking. This paper will briefly describe this development called Schema Focused Cognitive Therapy and comment on kinship closeness and responsibility.

----Continued on page 4-->

News About NASAP Members

Heinz L. Ansbacher has been designated a University Scholar for 1990-91 by the Graduate College of the University of Vermont. The position includes presentation of a major lecture to the university community. As Heinz noted, "What pleases me about this honor especially is thereby the University in fact recognizes and honors the work of Alfred Adler."

Tee Dreikurs is back in Chicago after several months in California. She wants to thank all the people who sent her birthday greetings and well wishes.

Gary McKay and Don Dinkmeyer's STEP parent education program was part of the cover story "Why Grade A Execs get an F as Parents" in Fortune magazine.

# # # #

Internships Available

Two positions are open for September, 1990 internships. Outpatient and inpatient experience provided along with a wide variety of therapy opportunities. Excellent supervision along with additional training and educational opportunities available. A stipend is offered. The training provides a unique Adlerian orientation.

Send your curriculum vitae and letter of interest to:

Dr. John A. Abraitis  
Charter Beacon Hospital  
1720 Beacon Street  
Ft. Wayne, IN 46805

These internships are offered through cooperative efforts of the Alfred Adler Institute of Fort Wayne and Charter Beacon Hospital.

# # # #

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!

Newsletters to Know About

Zeitgeist, the official publication of the Rocky Mountain Society of Adlerian Psychology. Published bi-monthly, it is an interesting collection of facts and ideas about getting an Adlerian group started. Information available from Colleen Brennan, 8000 W. 14th Ave #1, Lakewood, CO 80215.

PEP Rally, the quarterly publication of the Parent Encouragement Program of Silver Spring, Maryland. A wide variety of interests and training opportunities are reflected in the pages. Contact 10001 Dallas Ave, Silver Spring, MD 20901.

APABC Newsletter, the newsletter of the Adlerian Society of British Columbia. A recent issue included many fresh articles on areas such as guilt, teacher discipline, and Care for the Caregiver. APABC, 210-2525 Manitoba Street, Vancouver BC V5Y 3A7. Edited by Mavis Lloyd.

MAPS Newsletter from the Maryland Adlerian Society, serving Maryland, Northern Virginia and Washington, D.C. Published monthly, September through May and edited by Marea Hogan, 10240 Prince Place, Apt T-2, Largo, MD 20772.

# # # #

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.

After next month's June issue, a combined July-August issue will be published, deadline July 1st. The following issue, September, will have an August 1st deadline.

# # # #

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. 5

May, 1990

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

1990 Delegate Assembly

The following members are serving NASAP as delegates from the six geographic regions of North America and the six Interest Sections. The semi-annual meeting of the Delegate Assembly is held on May 17 in Philadelphia during the 38th annual convention.

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Chicago, IL  
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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.

Research Funds Available;  
Donations Sought

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

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

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Business and Organization

family constellation. How sad.

In sense it appears that our Cognitive Therapy brethren are attempting to re-invent the proverbial therapeutic wheel rather than develop a collaborative working relationship with those who have already charted these diagnostic trails.

If they are kin I can only conclude they more resemble long lost kin who have lost sight of their heritage and loyalties. In light of the current movement toward integration of the psychotherapies, perhaps it is time for Adlerians to convene a family reunion to reminisce about old times and share plans for current and future theory and practice get-togethers.

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Cognitive Therapy Developments (<--Page 1)  
Initially, Cognitive Therapy offered a brief, problem-oriented here-and-now approach to Axis I depressive disorders. Because of its effectiveness, Beck's Cognitive Therapy was chosen as one of the four-time limited treatment conditions in the touted longitudinal, multisite, NIMH Treatment of Depression Collaborative Research study.

Reference

Young, J.E. (1990) Schema-Focused Cognitive Therapy. In Beck A. and Freeman, A. Cognitive Therapy for Personality Disorders. New York: Guilford Press.

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Reply to Len Sperry's  
"Recent Developments in Psychoanalysis"

However, with characterological depressions and other Axis II presentations, standard Cognitive Therapy was decidedly less effective. Personality disordered patients tend to need longer term treatment, have difficulty reporting automatic thoughts and feelings, and were noted to be less willing or able to complete homework assignments which are a mainstay of cognitive therapy. Furthermore, these patients are difficult to engage in treatment particularly in one that is focused on a collaborative therapeutic relationship.

Len Sperry, in the first two 1990 issues of the NASAP Newsletter, takes me to task for arguing against Freudian psychoanalysis in my debate with Sydney Smith in 1976 and for not arguing against psychoanalytic object relations and self-theories that are now much more popular than they were at that time. I quite agree with Dr. Sperry that these new psychoanalytic formulations are in some ways more sensible than the Freudian sex-drive theories. But I hope that Adlerians will remember that the object relations and self theories of psychoanalysis--especially those of Melanie Klein and Heinz Kohut--are often just as fictional as those of Freud. They hold, for example, that almost all serious emotional disturbance, including borderline states, result from parents' being unresponsive and unloving to their very young children and that therefore therapists have to compensate for this neglect by being exceptionally empathic and warm to adult clients for several years before they become significantly less disturbed. There is a great deal of clinical and research evidence that these post-Freudian theories are in some ways as exaggerated as the original sex-drive theories of Freud. Better, in some ways, yes. But still highly suspect!

For this reason Jeffrey Young, Ph.D. and others have developed Schema-Focused Cognitive Therapy. Whereas standard Cognitive Therapy focused on automatic thoughts, cognitive distortions and underlying assumption, Schema Focused Cognitive therapy primarily focuses on early maladaptive schemas (EMS). EMS are stable enduring patterns of thinking that develop during childhood and result from dysfunctional experiences with parents and peers during the first years of life and severe as templates for processing later life experiences.

Albert Ellis, Ph.D.  
Institute for Rational-Emotive Therapy  
New York City

Reply to Ellis

Essentially, a schema encapsulates the individual's view of self and the world, as with life style convictions. Young (1990) has identified 19 early maladaptive schemas. Examples of these schemas are: subjugation, unlovability, dependence, abandonment and mistrust. Relating schemas to psychopathology, Young notes that these four schemas characterize the Borderline Personality Disorder.

I appreciate Dr. Ellis' comments about the fictional elements of the new psychoanalysis, and agree that the cognitive and decisional dimensions of some self-psychology and object relations writers are notably lacking. I have the utmost respect for Dr. Ellis and his work and am grateful for his clarification.

Young attempts to identify a patient's schemas through techniques such as imagery, past memories, group process, bibliotherapy, and dreams. His discussion of the use of past memories and dreams occupies a mere three paragraphs, and suggest no acquaintance with Adlerian methods of eliciting or analyzing early recollection. Nor, does Young appear to be aware of

Len Sperry, M.D., Ph.D.

\* News and Events from the Regions \*

REGION IV--MIDDLE ATLANTIC

[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. These seminars are sponsored by the Interaction Institute and Adlerian Learning Center of Evergreen Park, IL.

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

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.

Columbia, SC--AIAS offers coursework on 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.

**\*\*Myrtle Beach, SC**--7th annual SCSAP Myrtle Beach Conference will be held on September 21-23 at Springmaid Beach. Contact SCSAP at 1313 St. Andrews Road, Columbia, SC 29210. c/o Frank Walton.

Orlando--The 1991 Orlando Conference will be held February 21-24; for a call for programs contact Don Dinkmeyer, Jr., 236 Crestlake, BG, KY 42104 502/781-9529.

**\*\*Silver Spring, MD**--The Parent Encouragement Program (PEP) will offer a workshop on May 12, "Building a Family Council" with Linda Jessup and Terri Crovato. On June 8, Barbara Fairfield will offer a family counseling demonstration for two hours that evening. For all events, contact PEP at 301-681-3784.

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.

San Diego, CA--AIAS-San Diego County offers coursework on 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. (NASAP is still accepting applications to attend this Congress as a delegate; contact the central office.)