

Tucson Workshops Selected

Nine full-day workshops were selected by the NASAP Executive Committee for the 1991 convention:

Pre-Convention: Thursday, May 30

Working with Aggressive Clients

Marion Balla, M.Ed.

Bob Brassington, Ph.D.

Adlerian Family Therapy:

Process and Intervention

James Robert Bitter, Ed.D.

Empowering Teenagers and Yourself in the Process

Lynn Lott, M.A.

Jane Nelson, Ed.D.

Dealing with Illness

(Yours or Theirs)

Lee Schnebly, M.Ed.

Laurie Schnebly, M.C.

Family Violence Containment

Peter Neidig, Ph.D.

* * * *

Post-Convention: Sunday, June 2, 1991

Helping Adult Survivors

Heal from Child Abuse

G. Hugh Allred, Ed.D.

An Adlerian View of Psychodrama

Renee Dobin Dushman, M.A.

Mim Pew, M.S.W.

On the Current Evolution of Psychotherapy and Beyond:

How Adlerian Psychology Can Lead the Way

Richard R. Kopp, Ph.D.

Adlerian Play Therapy

Terry Kottman, Ph.D.

* * * *

An insert in this issue of the Newsletter provides additional information on the Convention. Please check page 2 for details on the Graduate Student Forum.

EC Urges Videotape Standards

The Executive Committee has recommended that NASAP continue to videotape presentations, for later sale to the membership. This service has been offered for the past three years, with varying degrees of video and audio quality. It has been a learning experience.

The EC recommended the following policies for videotaping presentations at the '91 convention:

- * Use two cameras for each presentation
- * set aside one convention room exclusively for this purpose
- * increase audio quality by using lapel microphones
- * have edited copies of the taped programs available no later than the following September.

The EC also has requested the local host to investigate the possible costs of the entire project.

Videotape from the 1990 convention is not yet available. However, tapes from the prior two years is available. Contact the central office for additional information.

(For information on additional Adlerian video projects, see page 4)

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AAI-Chicago Graduates First Psy.D. Class

Seven individuals became the first recipients of the Alfred Adler Institute of Chicago Doctorate in Psychology, at commencement exercises on October 21st.

The degree was conferred upon:

Jon Carlson
Bernd Gaubatz
Christopher Higgins
Carl Jylland
Laura Lashever
Michael Maniacci
Douglas McKinley

Commencement speaker was Guy J. Manaster, Past President of NASAP. He also received the Distinguished Alumni Award.

Other awards included the Distinguished Service Award to Lilliane and Frank Bensinger of the Alfred Adler Institute of Montreal, and Leo Lobl of the Chicago Institute.

Master of Arts in Counseling Psychology were awarded to 75 individuals; Master of Arts in Substance Abuse Counseling to three people, and the Certificate in Substance Abuse Counseling was awarded to 9.

Many of the degree and award recipients are members of NASAP.

NASAP 1991, Tucson

Date: May 30 - June 2, 1991

Location: Sheraton El Conquistador Resort
Tucson, Arizona.

Theme: "Focus on Families -- the 90's"

See the convention information insert provided
in this Newsletter for additional information.

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NASAP 1992, Chicago

Date: June 11 - 14, 1992

Location: Chicago O'Hare Marriott.

Host: Alfred Adler Institute of Chicago

The format of this workshop is a topic for the
Delegate Assembly meeting this fall. Look for
details of those discussions in the next issue
of the Newsletter.

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NASAP 1993, '94, '95

The annual convention rotates across the
continent in three broad geographic sections;
eastern, central, and western.

In 1993, the east is the host. At press time,
southeastern United States city was offering
an invitation to host the convention. Look to
the next Newsletter for developments.

The 1994 convention will be held in the
western section of the continent, and the 1995
convention in the central section. If you
would like information about the process of
hosting the convention, contact the central
office.

#

Membership

Here are pieces of membership information that
you probably didn't know:

* Student memberships are at an all-time high,
with 186 in this category.

* 175 memberships are paid by credit card.

* 431 of our members belong to the Interest
sections. They belong to as few as one IS, and
as many as five. (There are six IS.)

* The largest Interest Section is ACT (230);
the smallest (and newest) is Business and
Organizations (65).

* 29 NASAP members are from outside North
America.

* There are 28 life members (Life memberships
cost \$1,000).

* Current membership: 1,137 (General 851,
Student 153, Life 28, Family 75, Affiliate 30)

Tucson '91 Graduate Student Forum

At the annual convention, time is devoted to
papers by graduate students. Presentations may
refer to theoretical issues in Adlerian
Psychology, report findings from empirical
studies of Adlerian concepts or practice, or
introduce innovations and advances in Adlerian
clinical counseling, business and
organizations, family or education practice.

A graduate student may present a program
individually, or a group of graduate students
may propose a presentation.

This is an excellent opportunity for graduate
students nearing the end of their professional
preparation to experience presenting at a
professional convention. A brief abstract of
the presentation will be published in the
quarterly journal of NASAP.

Some scholarships to offset registration fees
will be available. An endorsement by a
graduate faculty sponsor is needed, regardless
of scholarship.

Deadline for submission of proposals for the
Graduate Student Forum is November 26, 1990.
For additional information and an application
form, contact the Chicago central office.

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Newsletter Deadlines

The next issue of the Newsletter is November.
The newsletter is published ten times each
year. This year's set will end with the
December issue.

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. You may
place your call on our answering machine after
regular business hours, 312-939-0834.

Newsletter Fax Number

Information for the newsletter can now be
faxed directly to the Editor at 502-781-1550.
Please note this fax number is for Newsletter
items only, not other NASAP business.

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We encourage readers to send contributions of news, sug-
gestions, ideas, opinions by the first of the month. We re-
serve the right to edit.

Don Dinkmeyer, Jr., Ph.D., Editor
ISSN 0889-9428

Recent Developments in Behavior Therapy:
Paradigm Shifts and Epistemological Changes

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

Psychology in the 1960's was ripe with ferment and debate. The penultimate debate of that era involved "Freedom vs. Control" and contrasted Carl Rogers representing humanism with B.F. Skinner representing behaviorism. Then, the battle lines between these divergent ideologies were clear and drawn tightly. Today, few, if any, vestiges of these battle lines are to be found. Why?

There have been major paradigmatic changes in paradigms and epistemologies in the recent past, the present, and predicted changes in the future. We will also suggest some lines of convergence with Individual Psychology and some challenges that the behavioral approach extends to Individual Psychology.

Behavior Modification: 1940's to 1960's

The therapeutic implications of the work of Pavlov, Watson, Hull and Skinner is represented in the behavior therapies of Wolpe, Stampfl, and Krumboltz. Behavior modification involved both the classical and operant conditioning paradigms which are based on the logical positivist epistemology.

Positivism is a form of objectivism wherein the external is viewed as independent of human experiences and objective knowledge of the world could only be known through direct sensory experience. Simply stated: "if something exists it can be measured, and if it can be measured it exists." In the conditioning paradigm the therapist's role is to assess and change maladaptive behaviors in a client which are assumed to result from deficits or faulty learning.

Therapy consists of extinguishing or preventing maladaptive behaviors and replacing them with more prosocial behaviors. Therapist and environmental control is considered essential in the change process.

The "Cognitive Revolution" and Cognitive Behavior Therapy

The 1970's and 80's witnessed a cognitive revolution which resulted in a shift from the conditioning paradigm to a cognitive behavioral paradigm. This occurred because the conditioning paradigm could not account for cognitive-mediated behavior and because of developments in information processing and computer technology which have significantly changed some of our conceptions about human nature and the human condition.

As behavior therapy incorporated assumptions such as cognitive activity affects behavior and behavior can be affected through cognitive change, the relationship between therapist and patient/client changed to one that was more collaborative. That cognitive behavior therapy has assumed major stature in mental health circles, witness that the recent NIMH

multisite Treatment of Depression Collaboration Research Study chose cognitive behavior therapy as one of the four treatment conditions. Some well known forms of cognitive behavior therapy are Ellis' Rational Emotive Therapy, Maultsby's Rational Behavior Therapy and Beck's Cognitive Therapy.

In a poll of influential behavior therapists, there was consensus that the dominant paradigm in behavior therapy today is the cognitive behavioral, but that the dominant epistemology continued to be positivism (Fishman, Rotgers and Franks, 1988).

Predicted Development in Behavior Therapy

When polled on future trends, the majority of this same group agreed that the dominant epistemology would shift to social constructionism. Constructionism espouses the belief that object reality does not exist apart from the perceiver's construction of it which, of course, is the same epistemology underlying Individual Psychology. Linehan's Dialectical Behavior Therapy is perhaps its most evolved version. But there was little agreement about the future dominant paradigm, which ranged from a return to the conditioning paradigm to a very Adlerian-like version of cognitive behavior therapy.

Two colleagues at the Medical College of Wisconsin are working to integrate cognitive therapy with constructs and methods from object relations theory. Presently, object relations theory is the dominant paradigm within psychoanalysis today. The movement toward the integration of the various traditional schools of psychotherapy appears to be increasing its momentum.

Implications for Individual Psychology

What do these paradigm shifts and developments mean for Individual Psychology? Well, for one thing, behavior therapy is becoming more like IP, in terms of its epistemology and basic assumptions, as well as its focus on collaboration and cooperation between therapist and patient/client. For another, the plethora of research studies and new journals, as well as the continuing expansion of theory and methods devoted to cognitive and behavioral therapy, offer a challenge to Adlerians to further grow and develop.

There is no question that there has been significant soul-searching and heated discussions within both psychoanalysis and behaviorism about epistemologies and paradigms. Individual Psychology might have something to learn from this process. It may be time to reexamine and perhaps revise our own epistemology and paradigms, and attend to the ever increasing trend toward integration of psychotherapy approaches.

Fishman, D., Rotger, F., Franks, C. (1988) Paradigmatic Decision-Making in Behavior Therapy. In Fishman, Rotger and Franks (eds) Paradigms in Behavior Therapy: Present and Promise. New York: Springer.

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Books & Resources for Members

Please send ___ copies of Adlerian Resource Book at \$10 each. (Add \$3 p/h, \$4 to Canada)

Please send ___ copies of Alfred Adler as we Remember Him at \$5.95 each. (add \$1 p/h)

Please send ___ copies of C4R Manual at \$10 each. (add 3p/h, \$4 to Canada)

Note: Maximum p/h for an order is \$5,

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Ship To:

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

Philadelphia Off-Site Yields Returns

During the NASAP 1990 Conference in Philadelphia, a series of off-site workshops were offered by those who might be attracted by a particular topic but not an entire conference.

Kathy Walton was one of the NASAP presenters. Members of the Delaware County Early Childhood Educators Association were in attendance at this workshop. Kathy was subsequently invited by this group to return for their fall workshop on September 29th.

This presentation attracted 100 participants who work in pre-school and daycare settings and they got lots of useful tips. It is a clear indication of the value of the off-site workshops.

---Betty Lou Bettner
Boothwyn, PA

#

ICASSI '90 Report

The secluded, peaceful, well-equipped Hamilton College in the unique colonial town of Clinton, New York was an ideal setting for the 23rd Rudolf Dreikurs Summer Institute (ICASSI).

The 300 individuals, couples and families from 14 countries participated enthusiastically in the program, and in informal and spontaneous activities. The large numbers from Switzerland, Germany, Israel, and Costa Rica facilitated a high degree of international camaraderie and cultural exchange for a North American settings.

The friendships and sharing will continue until the next renewal. For many, that will be in 1991 in Limerick, Ireland, July 21 through August 2nd. The Irish Committee, lead by John Murphy, is planning a very special welcome for the first ICASSI in their beautiful country. [See page 5 for details]

---Edna Nash
Vancouver, B.C.

#

News About NASAP Members

Betty and Cam Meredith celebrated their 50th wedding anniversary. Both are NASAP members and continue a private practice in Alton, Illinois.

Don Dinkmeyer, Sr. has been honored as a Distinguished Senior Contributor to Counseling Psychology by the American Psychological Association Division 17. The award was made during APA's recent convention in Boston.

Tee Dreikurs will be honored at dedication ceremonies, adding her name to that of her husband's in the Alfred Adler Institute of Chicago's Psychological Services Center. A reception will follow the ceremony.

NASAP to Co-Sponsor Satellite TeleConference

NASAP will take part in a national videoconference, "Taking Time for Love: Moving Toward a Successful Marriage", on Thursday, November 15th.

This is the first teleconference which NASAP has co-sponsored. Other sponsors include professional organizations such as APA Division 43 (Family Counseling); Association for Couples in Marriage Enrichment (ACME); and the AACD International Marriage and Family Counseling (IAMFC) division.

The teleconference will be broadcast via satellite from Governors State University, located in the southern suburbs of Chicago. It will be sent as a live feed from a satellite from 10am to 1pm, Central time, including a 30 minute break.

NASAP member Jon Carlson will serve as moderator and participant in a panel. Carlson has co-authored materials such as TIME for a Better Marriage and serves as Editor of the Practice and Applications issues of the NASAP journal.

Other panel participants include Augustus Napier, author of The Family Crucible and Letty Cottin Pogrebin, author of Family Politics. Pogrebin was also a luncheon speaker at the 1990 NASAP convention in Philadelphia.

Prerecorded materials to be included in this program include demonstrations of marriage skills, documentary footage, and participation by a studio audience. Interactive segments from remote sites via telephone and fax response are possible.

Additional information concerning reception of this event can be obtained by contacting Dr. Dominic Candeloro, Office of Conferences and Workshops, Governors State University, (708) 534-5000, extension 2320.

#

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.

* News and Events from the Regions *

[The ** symbol indicates a new listing]

REGION I--NORTHWEST

****Vancouver**--APABC schedule includes Introduction to Substance Abuse, C201, James Croake, Nov 30 and Dec 1/2; Interviewing, C313, Howard Pollock, December 14/15/16. Contact APABC at 210-2525 Manitoba Street, Vancouver, BC V5Y 3A7, or 605-874-4614.

****Boise, Idaho**--"Developing Capable People", featuring H. Stephen Glenn, will be held February 11-12, sponsored by Idaho Society of IP and endorsed by Region I. Contact Elaine Groissant, PEC, 300 Fort St., Boise, ID 83702 (208) 338-3429.

REGION II--MIDWEST

****Chicago**--The Alfred Adler Institute announces Founder's Day will be held on Friday, February 8, 1991 from 9am to 3pm. On Friday, April 12, the 5th annual symposium will feature Dr. Theodore Millon on Personality Disorders. This workshop continues on April 13th and can be taken as a course from the Institute. Contact AAI at 312-294-7100.

****Oak Lawn, IL**--Free Community Wellness Seminars are held every Sunday at 7:30pm at the Salem Church, 97th and Kostner. These seminars are a unique integration of Adlerian theory and the 12 steps of AA and Al-Anon. The topics will be of interest not only to recovering persons but will provide support for family members and co-dependents as well. Contact 708-422-1848 after 10am, Monday through Saturday, for additional information.

Chicago--"Understanding Personality Development and Dynamics", November 8-11. The Americas Institute of Adlerian Studies (AIAS), offers the three course program for Professionals in Individual Psychology for clinicians, managers, and educators. Participants make take any one, or all three courses. Those electing to take all three and writing a paper to demonstrate mastery earn the AIAS Certificate of Professional Studies in IP. Courses may be taken in any sequence at any location 30 APA or NBCC credit hours per course, BRN credit available, Category 2 credit for physicians. Contact: Jane Griffith, 600 N. McClurg Ct., Suite 2502A, Chicago, IL 60611-3027. 312/337-5066.

REGION III--SOUTH

Orlando--The 1991 Orlando Conference will be held February 21-24. Contact Don Dinkmeyer, Jr., 236 Crestlake, BG, KY 42104 502/781-9529, fax 781-1550. Brochure on conference offerings available in early December.

REGION IV - MIDDLE ATLANTIC

****Harrisburg, PA**--"Memory as Metaphor: A Model for Short-Term Therapy Using Early

Recollections" will be presented on November 9th by Betty Lou Bettner, Ph.D., and Amy Lew, Ph.D. Sponsored by the Pennsylvania Counseling Association as a Professional Development Institute. Contact Douglas E. Weirich, 1-800-338-8806.

REGION V - NORTHEAST

****Montreal**--AAI-Quebec offers "Every Child a Winner" by Janice K. Clark and Patricia A. Clark of Sanford, Florida, on Saturday, January 26th. This is a full day workshop. Other offerings include: Course C102, Introduction to Individual Psychology II, instructor Michael Hartings, Ph.D., on November 30, December 1-2. Continuing Case Seminar, C471, with Robert Sherman, December 7-9. All events are held at the Institute of Community and Family Psychiatry. Contact: AAI-Q, 4947 Grosvenor Ave., Montreal, Qc., H3W 2M2, (514-731-5675).

REGION VI--FAR WEST

San Diego, CA--AIAS-San Diego County offers the three course Program for Professionals. Contact: Steven A. Maybell, Ph.D., Director, AIAS-SDC, 486 Hillway Drive, Vista, CA 92084 (619) 758-4658.

San Francisco--AWIRTH fall quarter classes will be held through December 13. Individual Psychology marathons will be held on November 18, and December 9. Contact AWIRTH, 226 Stanford Avenue, Berkeley, CA 94114, 415-524-4929 for additional information.

INTERNATIONAL

****Limerick, Ireland**--ICASSI '91 will be held July 21 through August 2 at the University of Limerick, Ireland. This site is just 12 miles from the Shannon International airport and is in a modern, university setting. More details in future newsletters. Contact Roland Hawes, ICASSI Administrator, 2419 Bellevue #113, West Vancouver, BC V74 4T4, Canada.

Continental

Throughout the United States--Two series of workshops, featuring Adlerian-based educational programs authored by NASAP members, will be conducted across the United States through June.

Cooperative Discipline, authored by Linda Albert, will conduct a series of free workshop breakfasts to introduce the program. A new 20 minute, free-on-loan video introducing the program is also available.

STEP and **STEP/Teen**, authored by Don Dinkmeyer and Gary McKay, and **Early Childhood STEP**, authored by Dinkmeyer, McKay, and James Dinkmeyer, will be the focus of 60 one-day parent education leadership training workshops. All programs include video.

For information on either set of workshops, call the publisher, American Guidance Service, at 1-800-328-2560, extension 273.