

NASAP NEWSLETTER

The North American Society of Adlerian Psychology

Volume 24, Number 1

January, 1991

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

Dual Relationship Ethics and Adlerian Psychology

Steven A. Maybell, Ph.D.
Secretary, Executive Committee

I have been appointed by the NASAP Executive Committee to act as a coordinator for issues and concerns related to the ethical principles of dual relationships in professional practice. The following is my first report to the membership.

Most professional organizations have adopted ethical principles outlining the non-acceptance of dual relationships for their members. For example, it is unethical in a membership organization of which I am a member in California for a supervisor to provide psychotherapy to a supervisee, or for a teacher to provide psychotherapy for a student. Ethical policies of other organizations prohibit members to engage in social relationships and at the same time counseling or teaching relationships.

The Adlerian theoretical position and tradition emphasizes equality, the commonality of human experiences and human problems, the sense that we are all in this together and a negation of artificial human barriers. Adler was known to socialize appropriately with his clients and students, and to recognize them as "fellow human beings."

It is very likely that members of NASAP have had experiences involving ethical dilemmas in the area of dual relationships and/or conflict with other professional membership or licensing organizations in this area. If so, I would very much appreciate hearing from you. It is also hoped that members have already given consideration to this ethical domain and would be willing to share their positions with me.

I invite your correspondence on dual relationships, look forward to hearing from you and seeing that NASAP has a role in the development of principles and guidelines in this area.

Send correspondence to:

Steven A. Maybell, Ph.D.
486 Hillway Drive
Vista, CA 92084

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The September issue of NASAP's journal, Individual Psychology: Practice and Application, has been delayed due to production problems at UT Press. Expect to receive the issue by mid-January.

NASAP Executive Committee Advocates Adlerian Psychology with AAMFT

Is Adlerian Psychology a legitimate theoretical orientation for membership and approved supervision status with AAMFT (American Association for Marriage and Family Therapy)?

This issue has been before NASAP's Executive Committee (EC) for the past year. The EC maintains as a priority the accurate understanding and approval of the Adlerian model with professional organizations such as AAMFT.

Steven A. Maybell, Executive Committee member has engaged in a correspondence with Francine Proulx, the Membership Director of AAMFT during this past year. The result of the interchange has been very productive.

Through the NASAP advocacy and education efforts, AAMFT now seems to recognize that while Adlerian Psychology is not among the contemporary family systems models, it is a recognized pioneering influence on these models. AAMFT is also now aware that the Adlerian model includes a legitimate approach to family therapy which should enhance the acceptability of future membership and supervisory status with AAMFT.

The Executive Committee appreciates those members who brought this issue to our attention. Dr. Maybell expresses his appreciation for the dialogue made possible by Francine Proulx and asks that NASAP members keep the Executive Committee apprised of any developments in AAMFT actions involving membership and supervision status approval.

#

EC to Hold Extended Meeting in Chicago

As reported in the previous issue, the Executive Committee will hold an extended (3 day) mid-winter meeting in Chicago Friday, March 8 through Sunday, March 10 at the NASAP central office on South State Street.

Agenda items should be submitted to the central office no later than February 15th. If you have an item for the EC to discuss, please submit it by this deadline.

The EC's next meets on Wednesday, May 29, in Tucson, prior to the annual convention.

The Delegate Assembly will meet on Thursday, May 30, the day of the pre-convention workshops. The DA meets for 1 day at each convention, and for 2 days each November.

Last NEWSLETTER unless membership renewed by January 31, 1991

NASAP 1991, Tucson

May 30 - June 2, 1991
Sheraton El Conquistador Resort

Keynote Speaker--Peter H. Neidig, Ph.D., will deliver the keynote on Friday, May 31st. His topic is "Domestic Violence Containment".

Neidig is an author and consultant. He is nationally recognized in the field of family violence.

The keynote topic is part of the convention's theme, "Focusing on Families in the Nineties".

Religion and IP Meeting? If you have an interest in the interface between religion and Individual Psychology, including the application of concepts in pastoral counseling centers, and would like to discuss this informally during the Tucson convention, contact Dr. Jack Huber, Chairman of Department of Psychology, Meredith College, 3800 Hillsborough Street, Raleigh, NC 27607-5298, phone 919-829-8603/fax 829-2828.

Questions About Programs?--Questions concerning the program should be addressed to the NASAP Central Office in Chicago. First Vice President Robert Armstrong is responsible for the convention program.

Questions About Site and Logistics? Contact our convention coordinating firm, Centennial Conferences, 5353 Manhattan Circle, Suite 103, Boulder, CO 80303 (303) 499-2299.

The convention brochure, indicating all convention programs and the registration form, is expected to be mailed to the membership in March. If you have questions prior to receiving this flyer, contact either the central office or Centennial Conferences.

Note: A one-page, bulletin-board type of poster is currently available on request.

#

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.

Donations

Donations have been received from the following members:

David B. MacDougall

Denise Soucisse

Guy J. Manaster

Peggy L.Foege

Paul J. Kahn, in honor of
Achi Yotam

Sylvia Robbins, in honor of
Heinz Ansbacher

Donations may be made for a specific project or for general use. We remind members of the tax benefits of your donation. NASAP is a not-for-profit organization.

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Newsletter Deadlines

This is the first issue of Volume 24, the 1991 set of Newsletters. The next issue of the Newsletter is the February, 1991 issue.

Copy for the Newsletter should be submitted with a lead time of 2 months. As you read this, items for the March issue are being prepared.

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.

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.

Affiliate and other organizations are encouraged to place NASAP on their mailing list. Please send the issues to the Central Office at the address below. Thanks!

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Vol. 24, No.1 January, 1991

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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

Report from the Soviet Union

Judy Sutherland
Alfred Adler Institute of Chicago

[Editor's Note: The following article describes a visit by NASAP members to the Soviet Union, the atmosphere in that country, and the appeal for materials to be sent to professionals in the USSR. If you wish to help, note the appeal at the end of the article. We found the concept of Soviet professionals wanting to "belong" with us an interesting opportunity.]

Last spring, a group traveled to Moscow, Tallinn (Estonia) and Leningrad with Betty Lou Bettner and Amy Lew who had been invited to the Soviet Union to introduce Individual Psychology. In the seminars Betty Lou and Amy presented and demonstrated an Adlerian understanding of personality problems and the meaning of Early Recollections in personality development to psychiatrists, psychologists and counselors from all over the Soviet Union.

There was much interest in learning about Adlerian theory and practice everywhere we went. They recognized Adlerian ideology as a democratic approach to living and in the practice of psychology.

As much as the Russians we met at these workshops wanted practical training in Adlerian psychology they also very much wanted a link-up with us. Ever since our return to the United States it seems that in everything we hear and read from Russia there is the sometimes not-so-subtle longing to belong...a longing to belong to the rest of Europe and to the world.

The open communication (glasnost) and perestroika is the message to the rest of the world that Russia now wants to rejoin civilization. This seems particularly true among the members of the younger generation, many of whom we met while there. In the evolving Soviet Union there is a new consciousness among the young...to no longer be afraid to fight for the values they want, for freedom, for democracy.

The Communist Party still controls the army, the KGB, the ministries that distribute goods and services, paper and printing presses. Its leadership elite still enjoy what should not even be considered special privileges - food, health care and cars. But right now troops would have to be used to regain full power over those who are ready for freedom and democracy.

Communism fails because of the vast amount of information from the West through VCRs, cassette recorders, computers, and yes, even fax machines. The Russian people know what is happening in the rest of the world, and they want it for themselves. Because many are also seeking and eager for any information we can give them about Adlerian psychology I invite you to join us in this effort through NASAP.

NASAP has developed a US/USSR Adlerian Committee. Delegate Assembly members Edna Nash, Betty Lou Bettner, Amy Lew and Judy Sutherland will serve as liaisons. If you are interested in:

- * contributing books, articles, or money for books
- * corresponding with a Soviet
- * trying to arrange a sponsorship to bring a Soviet here for training
- * joining this committee

Please send tax-deductible contributions and inquiries to a member of this committee, c/o NASAP, 202 South State Street, Suite 1212, Chicago, IL 60604.

Specific interest has been expressed for books and articles on basic theory, education, suicide, depression, parenting, clinical skills and substance abuse.

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Letter to the Editor

The theoretical articles by Len Sperry which have been appearing in the Newsletter are superb contributions.

Please allow me to take issue, however, with one statement Len made in his October, 1990 article. He wrote, "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."

I do not agree with the "of course" part. Adlerian psychology does not deny the reality of the object world. What we like to emphasize is phenomenology in the sense that one's perceptions of objective reality are psychologically important.

They may immediately influence one's behavior more than the objective facts about reality. But we do not deny that objective reality exists. If this were true we would not be trying to improve our environment, our families, and our educational systems.

We are not followers of Hume, who held that nothing exists unless it is perceived. Adlerians need not be solipsists nor philosophical idealists.

Norman N Silverman, Ph.D.
Loyola University of Chicago
AAI of Chicago

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Letters to the Editor are always welcomed and may be edited for space considerations.

Please send all letters directly to the central office.

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RETURN TO:
 NASAP NEWSLETTER
 DON DINKMEYER, JR., Ph.D., EDITOR
 202 S. State Street, #1212
 Chicago, IL 60604

---News and Events from the Regions,
 Continued--(from page 5)

REGION VI - FAR WEST

****Fullerton, CA**--First annual Region VI meeting will be held at the California State University at Fullerton, in celebration of Manford Sonstegard's 80th birthday (February 23, 1991). The Conference will be held on Saturday and Sunday, February 23-24, at the University Center, from 9am to 4:30pm each day, with a banquet on Saturday night at the University. Four presentations are planned on couples counseling (Mim Pew); multi-cultural counseling (Finis Dew); intervening with teens (Frank Walton); and individual counseling with adolescents (Manford Sonstegard). The meeting will feature a pre-conference workshop on "Psychodrama and Body Image" led by Mim Pew and Kirsten Sonstegard. Cost: \$75 for conference, \$50 for pre-conference workshop; \$18.50 for banquet. Contact Ms. Lorraine Clough, c/o Counseling Department, EC 105, California State University, Fullerton, CA 92634, (714) 773-2254.

****Berkeley**--AWIRTH features coursework with Lucy K. Ackerknecht, Ph.D., including marathons and classes in Individual Psychology. For the complete schedule, contact 226 Stanford Avenue, Berkeley, CA 94708, (415) 524-4929.

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.

****Vienna, Austria**--A tour of Vienna, birthplace of Individual Psychology, is being planned for April, 1992. The tour is now in the formative stage and will be sponsored by the Alfred Adler Institute of Chicago. For additional information, contact AAI-C Director of Development Bryna Gamson, AAI, 618 S. Michigan Avenue, Chicago, IL 60605, (312) 294-7100.

Notice

Please send your news and notes for this section at least three months before the event to assure timely listing. All events must be open to the general public, and list a contact person. Most notices will appear in two consecutive issues before being revised or deleted.

"Ask Marion"

NASAP Books & Resources

Marion C. Rosen, NASAP Member, former Delegate Assembly member, and counselor in the Washington, D.C. public schools for 17 years, has shared some of her expertise and warmth with readers in the metropolitan Washington area the past few months. We thought you would be interested in this excerpt from her column, "Ask Marion":

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 symember Him at \$5.95 each. (add \$1 p/h)

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

Videotapes (New Listing!)

Please send ___ copies of the C4R (Individual Education) Introductory videotape at \$15 each (approximately 30 minutes).

Please send ___ copies of the complete C4R viideotape set (three tapes, approximately 6 hours), at \$50 for the set.

[Videotapes are available only in VHS]

For any videotape order, p/h is \$3, \$4 Canada.

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

Method of Payment

___ Check enclosed (US Funds)

___ Bill my Visa or MasterCard:

Account # _____ Exp Date _____

Total materials + p/h = \$ _____

Ship To: _____

Send your order to: NASAP Books, 202 S. State, Chicago, IL 60604. Allow 2-4 weeks for delivery.

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Delegate Assembly Members

Our error in the last issue resulted in the omission of the following members of the Delegate Assembly:

Sylvia Robbins, M.S.Ed.
9 Myrtle Drive
Great Neck, NY 11021
516/487-7243
Region V--Northeast

Judy H. Sutherland, M.A.
926 Lake Avenue
Wilmette, IL 60091
312/256-1285; 925-8664
Region II--Midwest

Marti A. Wilson, M.A.
1461 Roads End
Columbus, OH 43209
614/237-6122; 460-3065
Business and Organization

"Dear Dr. Rosen:

My four year old son is getting very hard to handle. Whatever I tell him not to do is just the thing that he WILL do. Even after I spank him he still continues to be bad. If I cannot control him now, what will he be like as he gets older?"

--I can understand your concern, both for now and the future. By now you must have decided that spanking and other physical punishments do not have a lasting effect. While for the moment your son may stop his annoying behavior, he soon goes back to it or to some other equally frustrating behavior.

Since this method is not working for you, how about trying something different? Look at your son's behavior in terms of "what purpose does it serve?" He gets your attention, doesn't he? Even a spanking is better than no attention at all. He also shows you his power. You may try to force his obedience, but he refuses to obey.

Look within yourself. Are you feeling angry with him? If so, and I guess you are, then you may be pretty sure that you are in a power struggle with him. Power struggles are not good for either of you, neither are they winnable, least of all by the parent. Children find all sorts of ways to outwit us.

So, give up the power struggle. Misbehaving children are discouraged children. What your child needs is encouragement.

Pay attention to him when he is behaving properly. Let him know that you appreciate his good behavior. If he has played quietly for a while tell him how pleased you were to see him do that.

Offer to read him a story, not because he was good (we'll talk about bribery in another column), but because that would be a pleasing thing for both of you to do together.

Use encouraging words and phrases with him. (Send a stamped, self-addressed envelope for my list of encouraging words.) Watch for little signs of improvement. A quick hug and no words will make him feel SO GOOD.

Let me know how things are going".

Editor's Note--If you want to receive a copy of the list of encouraging words, or wish to communicate with Marion, contact her at:

1301 Delaware Avenue, S.W.
Apt. N-801
Washington, DC 20024

*** News and Events from the Regions ***

[The ** symbol indicates a new listing]

REGION I--NORTHWEST

****Puget Sound Area--**The Puget South Adlerian Society (PSAS) sponsors many events for parents and teachers, including weekly parenting classes beginning in early and mid-January, Call 525-4796...On January 23, Toby Gonzales will give a talk on "Family Meetings" at Overlake Hospital Education Center, \$10/couple. Contact 462-5259...On February 21, the 6 week "Sanity Circus" with Bob Bradbury will begin at Roxhill School, contact 789-4223 (9am-11am) for information.

Vancouver--APABC will conduct "Tuning In 91" on April 26-27, at the University of British Columbia. Speakers include Frank Walton and Jim Bitter, and a number of local speakers. Contact APABC at 210-2525 Manitoba Street, Vancouver, BC V5Y 3A7, or 605-874-4614.

****Vancouver--**A reunion of ICASSI participants will be held on February 9th at the Faculty Club, UBC, 7:30pm - 10pm. Contact Edna Nash at 922-0870 or Claire Hawes at 926-6665.

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.

Evergreen Park, IL--Interaction Institute will present a five class series starting in January. The series is entitled "Is it possible to love too much?" The course is designed for people who want to learn about limit-setting and standing firm with people you love. It is particularly helpful for those in difficult relationships, ACOAs, and co-dependents. IACCB CEU's are available. ****Community Wellness Seminars** are held on Sunday evenings at 7:30pm at the Salem Church, 97th and Kostner, Oak Lawn. Contact 708-422-1848 after 10am, Monday through Saturday, for additional information.

Chicago--The Americas Institute of Adlerian Studies (AIAS) offers the three course program for Professionals in Individual Psychology for clinicians, managers, and educators. Participants may 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, February 21-24. There is a 10% discount off the \$120 four-day fee for NASAP members, and a 20% discount for full-time students. Daily fees also available. Both include a luncheon on Saturday. Hotel is \$73 single or double, Ramada Resort. Contact Don Dinkmeyer, Jr., 236 Crestlake, Bowling Green, KY 42104 502/781-9529, fax (502) 781-1550.

Myrtle Beach, SC--South Carolina Society for Adlerian Psychology (SCSAP) 9th annual fall conference at Myrtle Beach will be held on September 27-29, 1991. More than 150 from seven states attended last year's conference. Calls for programs will be listed in future Newsletters. Contact SCSAP, c/o Frank Walton, 1313 St. Andrews Rd., Columbia, SC 29210

Atlanta--The Medical Association of Atlanta will sponsor a program entitled "How to Be a Good Parent Without Being a Bad Guy", February 16, 9am to 3pm. Featured speaker is Dr. Frank Walton. Registration fee, including lunch, is \$20. Contact Melodie Palmer, 404-881-1020

Myrtle Beach, SC--The 2nd annual South Carolina Conference on the Abolition of Corporal Punishment in the Schools will be held on March 8 and 9. Contact SCSAP, c/o Frank Walton, 1313 St. Andrews Street, Columbia, SC 29210.

REGION V - NORTHEAST

New York City--Alexandra Adler informs us of the current schedule of the Alfred Adler Institute. The Fundamentals of Psychopathology course will be offered on March 28, April 11, 18, and 25, and May 2. For additional information, contact AAI-NYC, 1841 Broadway, Suite 410, NY, NY 10023, phone 212-974-0431 and 923-5600.

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 C101, Introduction to Individual Psychology, taught by Heinz L. Ansbacher, Ph.D. will be held on February 2-3 and 16-17...A one weekend intensive course, "Dream Interpretation" (C316), with Leo Gold, Ph.D., will be offered on Friday through Sunday, April 19-21, 1991. C313, Interviewing Techniques, with Robert Sherman will be held March 22-24, 1991. ****Psychodynamics of Psychopathology, C301,** with Gerald Mozdzierz, March 8-10; ****Research Seminar, C498,** with Randall Thompson will be held on March 2-3, 1991. 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).