

Sonstegard's 80th Birthday
Highlights Region VI Conference

Region VI's first annual Conference will be held in celebration of Dr. Manford Sonstegard's 80th birthday because of his "more than 50 years as an international practitioner and trainer in Adlerian counseling," said Dr. James Bitter, head of the event. The conference is scheduled for February 23 and 24 at California State University at Fullerton. Region VI is a geographical area serving the west and southwestern United States.

Citing Sonstegard's long history in Adlerian counseling, Dr. Bitter noted that he was both a student and colleague of the late Dr. Rudolf Dreikurs and has founded over 24 family education centers during his career. "His recent work in England, Ireland and Norway has led to a resurgence of interest in Adlerian counseling in Europe," Dr. Bitter said.

Dr. Sonstegard is known in his field as an expert counselor with teens. He has extensive experience in working with them individually, in groups and with their families. In his conference presentation he will discuss individual counseling with adolescents.

"Four other prominent Adlerians will share the stage" with Dr. Sonstegard, Dr. Bitter said. These include: Mim Pew, couples counseling; Finis Dew, multi-cultural counseling; Frank Walton, intervening with teens and a pre-conference workshop called, "Psychodrama and Body Image" will be led by Mim Pew and Kirsten Sonstegard, who is Dr. Sonstegard's daughter.

Cost of events includes \$75 for the conference, \$50 for workshop and \$18.50 for banquet. Interested parties should contact Ms. Lorraine Clough, c/o Counseling Department, EC 105, California State University, Fullerton, CA 92634, telephone (714) 773-2254.

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Dual Relationships

The NASAP Executive Committee requests all members having concerns or comments about the issues surrounding dual relationships to contact the EC with their comments.

Send correspondence to:

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

Journal Editor
Call for Applications

A call for applications is being issued for Editor of the Theory and Research issues of Individual Psychology. The NASAP quarterly journal publishes two Theory and Research issues each year, alternating with two Practice and Application issues. The Editor's term is six years, and is renewable upon reapplication and approval of the Delegate Assembly. A modest annual stipend for expenses is available to the Editor.

Interested applicants are asked to submit three copies of a vita with the statement of interest. A committee of three will review applications. The committee will submit its recommendation to the Delegate Assembly meeting in Tucson in May, 1991.

Guy J. Manaster's term as editor of the Theory and Research issue of the Journal expires in 1992.

Send letter and 3 copies of vita by March 15 to NASAP, 202 S. State St., Suite 1212, Chicago, IL 60604, Attention: Journal Editor Committee.

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NASAP as a Professional Organization:
To be or not to be?

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

The front page headline read: "UN Confers with NASAP about World Peace Strategy", and a page 3 story read: "NIMH Depression Study to Compare IP with Prozac". A ringing phone shattered my reverie announcing that my next patient had arrived. Throughout the day the thought lingered on: "Could IP and NASAP really make a difference in world affairs and in clinical practice?"

Based on my experience as a consultant to all kinds of organizations, from Fortune 500 firms to non-profit service organizations, I would have to answer with a qualified "no". Why is that? Basically, because an idea or message is only as viable as its medium, or the organizational structure that markets or advocates it.

I believe that IP is a powerful, attractive and relevant message whose time is now, but I know that IP is severely hampered by its medium, that is, NASAP.

---Continued on Page 3---

NASAP 1991, Tucson

May 30 - June 2, 1991
Sheraton El Conquistador Resort

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.

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Membership

The following figures compare membership numbers as of January 1, 1991. It illustrates increases in memberships received to that point in time, not the total membership of the organization.

However, these numbers are encouraging and indicate substantial gains over the same period the previous year.

Category	1990	1991	Change
New	26	37	+ 42 %
Renewal	397	419	+ 6 %
Total	423	456	+ 8%

Dues Category

Affiliate	8	8	---
General	329	357	+ 8 %
Family	42	43	+ 2 %
Student	44	48	+ 9 %
Life	27	27	---

---Neva Hefner,
Executive Director

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EC Agenda Items Due

Items for the mid-winter Executive Committee meeting in Chicago Friday, March 8 through Sunday, March 10 are due immediately.

Address your items care of Neva Hefner, Executive Director, via the Chicago office.

The Executive Committee meets four times each year. The next meeting will be in Tucson during the annual convention. At that time, the Delegate Assembly will also meet.

Donations

Donations have been received from the following members:

- Murray Bomzer, for Research
- Jean Alessi
- Bryna Gamson
- Joyce and Gary McKay
- Marcia Mullins
- Shunsaku Noda

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

The next issue of the Newsletter is the March, 1991 issue.

Copy for the Newsletter should be submitted with a lead time of 2 months. As you read this, items for the April 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!

NASAP NEWSLETTER
The North American Society of Adlerian Psychology

Vol. 24, No. 2 February, 1991

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

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202 S. State Street, #1212
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---News and Events, Continued from page 5---

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.

FREE Anger Brochure

Dr. Jane Lawther, NASAP member and member of the South Carolina Society of Adlerian Psychology, has developed a brochure/handout for use with late elementary and middle school students.

This can be used with group guidance classes, or individual counseling. Based on the idea that tempers are not "lost", they are thrown away for a purpose, it provides a cognitive approach to an emotional challenge.

Practicing Adlerians should feel free to reproduce it and share it with adolescent as well as adult clients.

To receive this brochure, send a self-addressed, stamped business size (#10) envelope to:

Anger Brochure
c/o Lawther
PO Box 198
Irmo, SC 29063

Please allow 2-4 weeks for delivery of your free, reproducible copy of this brochure.

--NASAP as a Professional Organization

(Continued from page 1)

More specifically, NASAP is not a viable medium because it is not a professional organization. Therefore, IP cannot be expected to impact the helping professions, particularly the clinical specialties. Well, if NASAP is not a professional organization, what is it?

There are three basic kinds of professional groups as I understand them: the scientific organization or learned society, the professional organization, and the guild.

The first is the scientific organization or learned society. They tend to have small memberships, low dues, and small staffs and governing structure, and they provide limited member services such as: annual meetings, and academically-oriented journals. They place a premium on academic values, such as inquiry and the development of knowledge. Furthermore, this kind of organization doesn't intervene in the development of the discipline itself, it more properly serves as a vehicle for the development of scientific or philosophical inquiry.

The second is the professional organization. Professional organizations place a premium on economic and political values, and focus their energies on the development of the discipline or profession. They tend to actively intervene and promote their discipline and advocate for the members of a particular profession. Furthermore, they provide many membership services. In addition to those member services provided by learned societies, professional organizations exact higher dues, provide a monthly--sometimes even a weekly--newsletter, bulletin or newspaper to keep their membership abreast of current changes in professional practices, legislation, and etc., and have a more complex governing structure.

Professional organizations usually have regional groups, delegate assemblies, and operate more on economic, marketplace values. They advocate for their ideological beliefs and serve to protect the economic and professional rights of their membership. Professional organizations appoint highly regarded professionals with political skill and savvy to become their CEOs or executive directors.

These executives not only serve to focus the organizations' energies and galvanize the commitment of its members, but interface and network with other professional organizations, government agencies and officials to achieve the organization's goals and objectives. Highly effective professional organizations have a well articulated mission, engage in regular strategic planning and are strategically managed so that their goals and objectives are achieved. The American Medical Association is a classic example of a professional organization, while the American Academy of Science is more closely identified as a learned society.

The third group might be called the guild. Guilds usually have a small and intimate membership of like-minded individuals who emphasize the emotional, rather than the academic or political and economic support of its members. For example, there are a number of physician's guilds like the Guild of Catholic Psychiatrists. Such groups have little or no impact on their parent discipline, usually because their purpose is primarily the personal rather than professional well-being of its members.

Guilds often have newsletters which tend to be short on professional and academic issues and long on personal support. Guilds typically are insular and usually immunize themselves from professional groups and learned societies within the same or related disciplines. Members go to guild conventions and meetings primarily to spend time with like-minded colleagues. They don't go to have their ideas challenged or enhance their professional skill. They go to meeting to feel good, rather than to change themselves or their profession. Guilds are "ol'boys" networks, private clubs, and summer camp all in one.

Sometimes a group shifts from being a learned society to a professional organization. Over the last five years the American Psychological Association has made this painful transition. On the other hand, it is rare for guilds to transform themselves into professional organizations.

What is NASAP's status? Although it has a few features of a professional organization, it more clearly fits the description of a guild. I can anticipate that some will fear that if we stop being a guild social interest will be lost, and NASAP could take on the airs of anonymity and competitiveness that characterize other professional organizations. This, of course, is a possibility, but very unlikely given the pathos of the individuals drawn to basic Adlerian beliefs.

The time has come for NASAP, both members and leaders, to seriously consider its present status and future prospects: do we want to become a professional organization, and, if so, are we willing to pay the price? Can we plan annual meetings that are both enjoyable and professionally challenging? Are we willing to transform our newsletter into a forum to debate professional ideas, issues, and advocacy?

Do we have the foresight and financial commitment to appoint a highly respected Adlerian to the full time position of CEO or executive director? And, will we give that person the mandate and the resource to guide NASAP into becoming a highly effective professional organization that achieves its stated goals while exemplifying social interest? I hope so, I trust that we have and will sustain the courage to be and become a professional organization.

Editor's Note: Your comments on Dr. Sperry's column are encouraged. Letters submitted by the end of the month will be shared with the Executive Committee.

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

[The ** symbol indicates a new listing]

REGION I--NORTHWEST

Puget Sound Area--The Puget South Adlerian Society sponsors the 6 week "Sanity Circus" with Bob Bradbury. It will begin at Roxhill School on February 21, 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 Main and Jim Bitter, and a number of local speakers. Contact APABC at 210-2525 Manitoba Street, Vancouver, BC V5Y 3A7, or 605-874-4614.

REGION II--MIDWEST

Chicago--The Alfred Adler Institute announces the 5th annual symposium on Friday, April 12. It 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.

****Chicago**--AAI-Chicago announces Special Topics Seminars for the Winter Trimester. Workshops include Aging and the Family with Laurence Keogh, Ph.D., February 9-10; CAST: Children's Apperceptive Story-Telling Test by Mary Schneider, Ph.D., on March 1; Stress Management with Daniel Rybicki, Ph.D. on March 16. Contact Karen Sulikowski, Registrar, at 312-294-7100 or fax 294-0059.

Oak Lawn, IL--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.

****St. Louis**--The Midwest Society of Individual Psychology and the Missouri Association for Multicultural Counseling and Development are co-sponsoring workshops at Washington University. On March 15, Dr. Harold Mosak will present "Successful Strategies for Multicultural Counseling"; on March 16, "You're not my Type: The Understanding of People in Terms of Typological Theory". Dr. Mosak will speak at MSIP's 26th annual meeting on March 15 at 8pm. His topic will be "Laugh a Little: Humor and Health". Contact Florida Bosley, Washington University, 314-889-5970.

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: 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).

REGION VI - FAR WEST

Fullerton, CA--First annual Region VI meeting will be held at the California State University at Fullerton, in celebration of Manfred 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

(See related story, page 1)

ICASSI Scholarships Available

Scholarships for the 1991 ICASSI program in Limerick, Ireland, are available. You must apply before the end of this month, to:

Oscar Christensen
218 Education
University of Arizona
Tucson, AZ 85721
Fax: 602-621-9445

Because the deadline is imminent, you are encouraged to call or fax your requests. Additional information on the ICASSI program is listed in this Newsletter on page 6.

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From Czechoslovakia

Dr. Jan Mlejnek, psychiatrist at the psychiatric hospital in Havlickuv Brod, Czechoslovakia, writes to Dr. H.L. Ansbacher:

"A Psychotherapy Society was finally founded several moths ago. So far it has 1,000 members, with new members still coming. The Society will be divided into sections and groups.

According to the President, Professor Skala, there will be an Adlerian group. Conditions here are much improved, but things are still not easy. We are just a very few, while the psychoanalytic school has strong traditions and influence. For us the contact with the [NASAP] Society is enormously important, to give us an opportunity to spread better and more qualified information about Individual Psychology"

Editor's Note -- If you would like to donate materials or funds for this IP group, please direct them to the central office. In our previous experience, modest donations of books and monies have had a disproportionately positive influence!

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Obituary

David Marshall Braswell, NASAP member and retired psychology professor, died at his home in Belleville, Illinois. He was 79.

Braswell was active in the Midwest Society for Individual Psychology and attended many national and regional Adlerian meetings and conventions. There were more than 500 at the memorial service for him.

Many Adlerians will remember him for his energetic and spontaneous service to NASAP as auctioneer at the Ottawa semi-annual meeting, when funding for the Clonick Grant was vitally important.

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Letters to the Editor are always welcomed. Please send all letters directly to the central office.

Book of the Month

We are pleased to continue the Book of the Month service to NASAP members with:

Do It Yourself Happiness:
How to be Your Own Counselor

Lee Schnebly
Fisher Books, 1988
Paperback, 202 pages.

Topics include:

- * No Two Belief Systems are Alike
- * Early Memories Affect Your Beliefs
- * There Are Ways to Change Your Beliefs
- * Steps to Help Interpret Your Lifestyle

NASAP Member Special Price: \$ 5.55

Regular Publication Price: \$ 6.95

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

Please send ___ copies of Do It Yourself Happiness at \$5.55 each. (Add \$1p/h, \$2 to Canada)

Method of Payment

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Account # _____ Exp Date _____

Please add appropriate postage and handling for your order. See above for correct prices.

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Ship To:

- Please Note -

* This offer is good until April 1, 1991.

* NASAP members receive a 20% discount (reflected in the above price); NASAP also benefits financially from your purchase through this book offer through special arrangements with the publishers.

Send your order to:

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

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

If you are interested in having a book reviewed or serving as a reviewer, contact the central office.