

## Chicago Convention Workshops Announced

The Executive Committee selected the following workshops for the 40th annual convention:

### Thursday, June 11 (pre-convention)

#### **Theatre of Dreams**

Leo Gold

#### **Clean and Sober Parenting:**

##### **Picking Up the Pieces**

Riki Intner, Jane Nelsen, Lynn Lott

#### **Lifestyle and Complementarity**

##### **in Couple Therapy**

Amy Lew and Betty Lou Bettner

#### **Treating Adult Survivors of Incest**

William McKelvie

### Sunday, June 14 (post-convention)

#### **Utilizing Hypnotherapy to Treat**

##### **Adult Survivors of Childhood Abuse**

G. Hugh Allred

#### **Cooperative Discipline**

Patricia Kyle and Nila Marchant

#### **Assessment Techniques in Brief Therapy**

William G. Nicoll

#### **Adlerian Interviewing Techniques**

Robert Powers

#### **Group Training Experience in**

##### **Classical Adlerian Psychotherapy**

Henry T. Stein

### June 11 and 14 (2 day, pre and post)

#### **The Psychology of Illness and**

##### **The Art of Healing**

Bernard S. Siegel and Jane Griffith

# # # #

### Call for Convention Sites

The annual NASAP convention is held on a 3 year rotation basis (west, middle, east) across the North American continent. This policy was established by the DA to maximize accessibility and minimize travel costs.

Information letters and application forms were recently sent to known potential sites. If you are interested in hosting the convention but have not received this information, please contact the central office.

1992 - Chicago (central) June 11-14  
1993 - Toronto (east) June 8 - 12  
1994 - (west)  
1995 - (central)  
1996 - (east)

## AAI-C Opens New Gender/Cultural Center

By Jerianne Garber  
Central Office Staff

The new Adler Center for Gender and Cultural Studies will feel right at home at the Alfred Adler Institute of Chicago, according to Marilyn Marks-Frey, Ph.D., Director.

"Adlerian Psychology is appropriate for dealing with culture and gender issues based on principles of social responsibility and social interest. Adlerians clearly feel the necessity of modifying their work to incorporate the diversity that exists in our present society." Individual Psychology, she noted, "emphasizes the uniqueness of each person and environmental factors that influence development and pathology."

Beginning full operations this fall, the new Center aims to incorporate awareness of gender and cultural differences into the therapeutic process. "To me this orientation is critical and has been ignored by the psychological field for too long," said Dr. Marks-Frey. "Teaching a course or two is not enough."

"I feel it important to educate students and professionals to the difference in the experience of being female vs male, and of diverse sexual orientation. Additionally it is imperative that clinicians are aware of the different experience that minority persons have in our society. How institutional racism effects self esteem has to be incorporated into one's education. Helping students to see that what is pathology in their cultural/class value system may not be pathology in a diverse culture/class."

The Center plans to expose persons to gender/cultural diversity through both formal and informal means: conducting monthly seminars with presentations by experienced persons; facilitating and promoting research; developing curriculum courses; providing AAI-C students with supervised practicum experience; developing educational options that encourage women and minorities academically; providing role modeling; as well as informal brainstorming and exploring related art and music. "I feel that this Center will serve as a 'spring board' for change in the field," she said.

Dr. Marks-Frey's experience with Adlerian Psychology began in graduate school when she took a seminar with Dr. Rudolf Dreikurs. "I was impressed with his rapport and effectiveness with the young children. I appreciated his concepts of birth order analysis and early recollection work and incorporated them into my style of therapy." She said she believes in an integrative approach to treatment. "I have always lived my

(Continued on page 6)

**COME TO CHICAGO!**

Celebrate the 40th Anniversaries  
of NASAP and Convention Host,  
the Alfred Adler Institute of Chicago  
June 11-14, 1992

**Bernard S. Siegel, M.D.**, well-known author,  
will highlight the 1992 Chicago Convention  
with a keynote speech opening night, Thursday,  
June 11. His two books, Love, Medicine and  
Miracles and Peace, Love and Healing speak of  
his experiences with patient self-healing. As  
a surgeon in private practice in New Haven,  
Connecticut, Dr. Siegel is committed to  
humanizing the medical profession by bringing  
awareness of the mind-body connection to both  
patients and professionals.

# # # #

**Associate Membership Effective in '92**

The General Membership of NASAP approved the  
constitutional changes necessary to institute  
an Associate Membership by a vote of 159 to 7.  
The Associate Membership category will take  
effect January 1, 1992. Local organizations  
will receive further information about  
processing applications this November.

The new membership will allow individuals who  
are members in good standing of an Affiliate  
of the Society to join NASAP for an annual fee  
of \$25. They will receive the NASAP  
Newsletter, discounts on NASAP books and tapes  
and the membership discount for the NASAP  
Annual Convention.

# # # #

**Membership**

Membership is up this year, and it comes  
through YOUR appreciated efforts!

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 Requested**

NASAP has outgrown its computer and is seeking  
donations to defray cost of new equipment.  
Region III has donated \$1,000 toward this  
purchase.

If you wish to donate to help us update our  
central office equipment, send your donation  
(check, money order, or credit card  
authorization) to the central office. Thanks!

# # # #

**Video Tape Editorial Assistance Requested**

A followup on families featured in a family  
council video ten years ago is being  
completed. Video interviews with these  
families need to be edited. If you have  
interest and ability in this area, please  
contact Rob Guttenberg, 7553 Spring Lake  
Drive, Apt C-2, Bethesda, MD 20817,  
301/365-9156.

# # # #

**Kurt Adler Recovering**

Kurt Adler is recovering from recent heart  
surgery. His wife, Tanya, reports that he is  
doing well. Cards and letters can be sent to  
262 Central Park West, New York, NY 10024.

# # # #

**Newsletter Sequence / Fax**

The next Newsletter is the December issue.  
Deadline October 31st. Deadline for the  
January, 1992 issue is November 29th. Items  
for the Newsletter can be faxed directly to  
the Editor at 1-502-781-1550, 24 hours a day.  
Please note this number is for the Newsletter  
and not other NASAP business.

# # # #

**NASAP NEWSLETTER**  
The North American Society of Adlerian Psychology

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Members of NASAP automatically receive the Newsletter.  
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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

What "Causes" Borderline Personalities?

Len Sperry gives an excellent brief description of the borderline personality in the June-July 1991 issues of the NASAP Newsletter, but he too cavalierly says that "The borderline personality appears to be an increasing diagnostic entity brought about by the marked social changes in family instability over the past three decades as well as abuse and other traumas in childhood." He also states "This individual often has a history of childhood abuse and trauma in which the mother is often absent, neglectful or in other ways emotionally unavailable or unpredictable. As a result, the child does not develop a secure sense of the mother as a good and caring figure."

It is highly probable that borderline personalities indeed are frequently abused and traumatized in their childhood and that they often have mothers (and fathers) who are absent, neglectful or in other ways emotionally unavailable or unpredictable. But I have seen literally hundreds of them over the past forty years who were reared by devoted and emotionally available and predictable mothers (and fathers) and who were not abused nor traumatized during their childhood. My experience, as well as much other clinical and research data, tends to show that most borderline personalities are born with a very strong tendency to "split", to have difficulty tolerating both negative and positive feelings simultaneously for the same person, to see others as all good or all bad, and to have other important disturbances that Sperry nicely describes.

Object relations theory, spawned of psychoanalytic overemphasizes on early environmental influences, and neglectful of innate biological vulnerabilities of borderline individuals, is followed too closely by Sperry and had better be skeptically viewed and assessed by Adlerians.

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

# # # #

The Neurotic Personalities  
of Our Time:

**The Narcissistic Personality**

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

In part I (Sperry, 1991) the borderline personality was described. Along with the borderline personality the narcissistic personality is clearly a "neurotic personality of our times". The "me" generations' values of immediate gratification and self-aggrandizement are syntonetic with the narcissistic personality. Because of self-absorption they have difficulty showing empathy towards others and as a result have

significant problems in an interpersonal relationship. Recently, this personality pattern has become relatively common in our culture which touts such slogans as "have it your way", "you can have it all", "looking out for number one", and the like. As such, the narcissistic personality reflects our current societal norms and values.

Subtypes and Dynamics

Typically, narcissists uses other persons to indulge their desires. They are described as manifesting an unrealistic sense of self-importance, exhibitionistic attention-seeking, inability to take criticism, and interpersonal manipulation. They live lives of grandly assumed "entitlement" believing that what others do for them is only what they deserve and what they are entitled to. The personal integrity and rights of others are disregarded while at the same time special favors are expected, assumed or demanded of themselves. Classic narcissistic personalities defend against underlying vulnerability through devaluation and boastfulness, and correspond to the current DSM-III-R criteria of narcissistic personality disorder.

In addition to this grandiose personality pattern, there is another subtype of the narcissistic personality. It has been labelled the "closet narcissist" by Masterson and the "narcissistically combined type" by Kohut. This subtype is characterized by vulnerability and hypersensitivity vulnerable with grandiose features. These individuals are more likely to defend against omnipotent and grandiose feelings by projecting them on others, viz, idealization. Actually, this subtype may be more common than the grandiose subtype. They tend to be quiet and passive and hide behind a facade of compliance or shyness.

How do these narcissistic personality subtypes develop? As children, they were probably viewed by others as special in terms of looks, talent, of "promise". They were probably keenly sensitized to interpersonal cues. Psychologically, narcissistic personalities tends to view themselves as: "I'm special and unique and so I'm entitles to extraordinary rights and privileges which I don't have to earn" (grandiose type) or, "I'm entitles, special, but shy and reserved" (vulnerable type). Similarly they view life as: "Life is a banquet table to be sampled at will. People owe me admiration and privilege" (both types). Consequently, their life strategy becomes: "Therefore I'll expect and demand specialness even though I may not have earned it (grandiose type); or, "I'll be passive and compliant and just expect others to read my mind and meet my needs" (vulnerable type)." As children, special indulgence and overvaluation characterize their relationship with their parents. Their parental injunction probably was: "Grow up and be wonderful, for me." Often narcissists are only children and have learned exploitive and manipulative behaviors from their parents.

(Continued on page 4)

Neva L. Hefner, B.A.  
5532 S. Shore Dr., #20F  
Chicago, IL 60637

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RETURN TO:  
NASAP NEWSLETTER  
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**---AAI-Chicago Opens New Center**  
(continued from page 1)

----**Neurotic Personalities:  
The Narcissist**

(Continued from page 4, begins on page 3)

behaviors than the narcissist.

Additional discussion of the concept of narcissism, its dynamic and treatment can be found in Sperry and Ansbacher (in press). In a classic publication, Ansbacher, (1985) describes the psychoanalytic development of the concept of narcissism, in part, as Freud's reaction to Adler's critique of infantile sexuality. Ansbacher then shows how the current criteria for the narcissistic personality disorder matches Adler's characterization of the neurosis.

References

Ansbacher, H. (1985) "The significance of Alfred Adler for the Concept of Narcissism," American Journal of Psychiatry, 142, 2:203-207.

Sperry, L. and Ansbacher, H. (in press) "The concept of Narcissism and the narcissistic personality disorder." In : Sperry and J. Carlson, Psychopathology and psychotherapy: From diagnosis to treatment. Muncie, IN: Accelerated Development.

Sperry, L. (1991) The neurotic personalities of our times: Part I - The borderline personality. NASAP Newsletter, June-July 1991.

life with a sense of social interest and social responsibility."

Beginning her education with a bachelor's degree in Sociology and Cultural Anthropology, Dr. Marks-Frey has focused her career on gender and cultural issues. "In the 60's I taught college in a predominantly African American and Hispanic community. It seemed ludicrous to teach theories that were developed on Caucasian middle class males to this population. So using sociology and history books, I modified theories to apply to the population with which I was working."

"Non-sexist child raising was another one of my interests. Raising children to have choices rather than to incorporate what society said they 'should be' simply because they were male or female was not something that I could morally teach. Additionally, I believe that being lesbian/gay is a person's right and that psychologists must view this as a life style equal in acceptability to being heterosexual."

In the Center participants will be addressing issues related to women's issues, men's issues, lesbian/gay issues and issues of cultural diversity which includes culture, class, religious and ethnic differences. There also will be a combining of gender issues with cultural issues -- "For example, the experience of being an Hispanic lesbian is not the same as being a Caucasian lesbian," she noted.

Soviet Union Update

By Judy Sutherland

In the January '91 NASAP Newsletter I wrote an article describing a visit to the Soviet Union by NASAP members. The trip was made possible primarily by Betty Lou Bettner and Amy Lew who had been invited to Russia to introduce Individual Psychology to psychiatrists, psychologists and counselors from all over the Soviet Union.

The Russian professionals we met recognize Adlerian ideology as a democratic approach to living and to therapy. The younger generation especially is very much interested in learning as much as possible about Adlerian theory and practice and is also extremely eager to find ways to link up with people from the United States.

In the article I also made an appeal for contributions that would help in the effort to bring information about Adlerian Psychology to the Soviets. Those who responded sent books, articles and money which have been forwarded to Russia, as well as a request to correspond with a Soviet and interest in serving on our committee. Thank you to Linda Albert, Jean Alessi, Ruth Egel, Sally Hall, Ron Jacques, Jane Lawther, Harold Mosak, Mim Pew, Judy Sutherland.

We are at a momentous turning point of world history. More than ever the people of USSR need our continuing help and interest as they fearlessly struggle to reverse a thousand years of autocracy. They want freedom and democracy and are no longer willing to acquiesce to brutal rule. We know the Soviet professionals want to "belong" to the world.

Please take this opportunity to help by responding in any way you can with your tax-deductible contributions to a member of the US/USSR Adlerian Committee: c/o NASAP, 202 S. State Street, Suite #1212, Chicago, IL 60604. NASAP Delegate Assembly members and other members of the US/USSR Adlerian Committee: Betty Lou Bettner, Ron Jacques, Amy Lew, Edna Nash, Judy Sutherland

# # # #

About NASAP Members

Buzz O'Connell has a weekly column for The Bastrop Advertiser on Matters of Aging and Health. As always, he emphasizes the creation and ongoing training of encouragement peer groups as a solution to health care and prevention.

His Natural High Groups are based on an awareness of the interactive effects of physical, psychological, social, interpersonal, and spiritual health. At least half of his practice is devoted to non-fee activities. Groups for seniors on encouragement, grief and loss and psychospiritual are part of this plan.

NASAP Book of the Month

**Parents Who Encourage,  
Children Who Succeed**

by  
Don Highlander

List Price: \$7.95  
NASAP Member Price: \$6.35

Order form

Please send \_\_\_ copies of Parents Who Encourage, Children Who Succeed by Don Highlander, at \$6.35 each. Please add \$2 postage and handling, Canada \$3.

\_\_\_ Check or Money Order enclosed (US funds)  
\_\_\_ Bill my Visa or MasterCard:

Account # \_\_\_\_\_  
Exp. date \_\_\_\_\_

Total books + p/h = \$ \_\_\_\_\_

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Send to:

NASAP, 202 S. State #1212, Chicago, IL 60605

# # # #

Books, Tapes for this column welcomed

Books, tapes and other Adlerian materials are welcomed for inclusion in the above column. If you are interested in this opportunity, send a copy of the materials direct to the central office, or contact us for additional details.

# # # #

**---Neurotic Personalities of Our Time: Common Features** (Continued from page 3)

In returning to the theme of "neurotic personalities of our time" in Part I, (Sperry, 1991), it has been observed that both narcissistic and borderline personalities share sufficient commonalities, and thus may be confused diagnostically. Both gravitate toward opposing stances: dependency and vulnerability vs. independence and superficiality for the narcissistic subtypes, and distancing vs. clinging for the borderline. This parallel may be noted in the diagnostic overlap that is observed with narcissistic and borderline disorders. Brief shifts from one pole to the other are noted in both disorders and can be diagnostically confusing. However, while the narcissistic stays in one position for extended periods of time, the borderline is likely to vacillate frequently and rapidly between clinging and distancing. Furthermore, the borderline tends to resort to more impulsive and dramatic

(Continued on page 6)

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

[The \*\* symbol indicates a new listing]

**REGION II--MIDWEST**

**Chicago**--The Americas Institute of Adlerian Studies (AIAS) offers a 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. Current schedule: February 27-March 1, Assessment; June 25-28, Applications. Contact: Jane Griffith, 600 N. McClurg Ct., Suite 2502A, Chicago, IL 60611-3027. 312/337-5066.

**Chicago**--The Alfred Adler Institute of Chicago offers a wide variety of classes. To receive a complete schedule, contact AAI-Chicago, 618 S. Michigan Avenue, Chicago, IL 60605, 312-294-7100, fax 294-0059.

**REGION V - NORTHEAST**

**Montreal**--AAI-Quebec fall offerings include C303, Pathology III, with Dr. Ron Pancner, December 6-8. Contact AAI-Quebec, 4947 Grosvenor Avenue, Montreal, Que., H3W 2M2, Canada. 514-731-5675.

**REGION VI - FAR WEST**

**\*\*Carlsbad, CA**--4th annual San Diego Conference on Adlerian Psychology, February 28 - March 1, 1992, Olympic Resort Hotel, Carlsbad, CA. Featured presenters include Renee Dushman, Richard Kopp, Tim Evans. Pre-registration is \$100, student \$85, with discount for SDSAP and NASAP members. Single day registration also available. Contact Jacqueline Cardinale, 941 Dale Court, San Marcos, CA 92069, 619/744-0159.

**\*\*Vista, CA**--AIAS-San Diego County announces coursework (see AIAS-Chicago for complete details): Applying Psychological Skills, February 6-9; Understanding Personality Development and Dynamics, June 25-28. Contact Steve Maybell, AIAS-SD, 486 Hillway Drive, Vista, CA 92084, 619/758-4658.

**California**--Lynn Lott and Jane Nelson will present Empowering Teenagers workshops (eg, Monrovia, November 8-9) at a number of cities throughout the next year. For a complete schedule of cities and dates, please contact Sunrise Associates at 916-961-5551.

**Oakland, CA**--AWIRTH schedule of courses includes IP Marathons on Nov 10, and December 8. Contact Lucy K. Ackerknecht, Ph.D., Director, AWIRTH, 100 Bay Place, #1520, Oakland, CA 94610, 415-891-8194, or Nancy Hawkins-Randall, 415-864-5248.

**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, 1992.

**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 50 one-day parent education leadership training workshops. All programs include video.

**Cooperative Discipline**, authored by Linda Albert, will be the focus of a series of workshops. Free-on-loan video introducing the program is also available.

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

**INTERNATIONAL**

**ICASSI Scholarships**--for the 25th annual Rudolf Dreikurs Summer Institute (ICASSI), July 26 - August 7, 1992, in Noordwijkerhout, Holland. Two types of scholarships are available: Major (tuition and full board); Tuition (portion of tuition for those in financial need). Application forms and information can be obtained from Contact: Dr. Roy Kern, Counseling Psychology, Georgia State University, University Plaza, Atlanta, GA, 30303

# # # #

**EMPLOYMENT OPPORTUNITIES - Higher Education**

**Western New Mexico University**

Associate or Assistant Professor and Coordinator of the Child Development/Early Childhood Training Program. Teach classes and short-term training in related areas such as nutrition, behavior management, parenting classes. Contact: Dr. Bob Rapp, 505-538-6351, or Connie Ruiz, Director of Human Resources, WNMU, College Avenue, Silver City, NM 88062.

**University of British Columbia**

Department of Counselling Psychology, appointment at Assistant Professor level effective July 1, 1992. Teaching courses and practicum in family counselling. AAMFT supervisory status desirable. Priority given to Canadian citizens; "appointment may be considered at a higher rank for a woman with exceptional qualifications"(sic). Closing date for applications December 31st. Contact: Dr. William Borgen, Dept. of Counseling Psychology, University of British Columbia, Vancouver, BC V6T 1Z4.

# # # #

Send your notices for events, ideas for articles, and reports on events. See page 2 for details.