

# The NASAP Newsletter

February, 1992

Volume 25, Number 2

### Membership Update

Renewals are coming in well in spite of the economy and the slow mail service due to moving. We have the same number of renewals in 1992 as 1991 as of January 17 (571). However, the new member figure is lower--26 in 1992 as opposed to 51 in 1991. Please contact the central office for brochures and applications for friends and colleagues!

### Associate Membership

in NASAP is open to members of an Affiliate of the Society for only \$25. If you have not received Associate Membership applications, please contact central office at 312/629-8801.

### Executive Committee

will meet in Chicago on March 14 - 15. This is the last quarterly meeting of this Executive Committee, elected to a two year term at the '90 Philadelphia Convention. If you have items for the EC, please send them to Neva Hefner by March 1st.

### Chicago '92 Convention

brochures will be sent to you by the end of February. The brochures contain the complete registration information, hotel information, and listings of all convention workshops and programs. Mark your calendars for June 11 - 14 at the O'Hare Marriott Hotel.

### This Issue

is the second using the new typeset format. It is being prepared before you've had a chance to see the January issue, so your comments are as yet unheard. We have increased the text space on the inside pages; it gives us more space for copy. Let us know what you think.

### Book of the Month

will resume next month. If you have a book or other material for possible consideration, please send it to us. Everyone wins; your books are sold, NASAP benefits, the membership gets books at a very good price.

## Regionals Increase Attendance

by Jerianne Garber, Central Office Staff

Three NASAP Regions attribute an increasing awareness of Adlerian Psychology as the primary reason behind the expanding attendance at their annual conferences. These three Regions (1, 3 and 6) will all be holding their 1992 events in February and March.

In the Southeast, Frank Walton of Region 3 said they hope to equal or surpass last year's attendance of 250 people, a considerable growth over the 50 people the conference attracted at its inception 14 years ago. The four-day event (Feb. 27-Mar.1) will feature 10 full-day workshops, three half-day workshops, 16 smaller presentations and numerous social events. Since 1984, Valencia College has functioned as co-sponsor of the conference.

It is the combination of Adlerian training with socializing in the warm Florida atmosphere that draws people from 10 states to the Region 3 conference every winter, according to Walton. "Folks gather to talk and play as well as learn," he said. "We have a lot of repeats, the same people keep coming back year after year. It's kind of like homecoming weekend." The great majority of attendees (over 80%) are not NASAP members, he noted. This helps greatly in spreading the word about Adlerian Psychology.

On the other side of the continent, the San Diego Society of Adlerian Psychology will host its biannual three-day conference that same weekend (Feb. 28-Mar. 1) at the Olympic Hotel in Carlsbad, CA. They expect to have about 100 people attend their meeting, a healthy increase over the some 60 attendees at the first conference in 1985. "More people in the region are becoming familiar with Adlerian Psychology," explained Lois Nugent.

This year SDSAP's meeting will function as the Region 6 conference. "Although we are considered the regional conference this year, SDSAP will probably stay biannual and rotate the conference every other year with Jim Bitter's group in Fullerton, CA," Nugent said. Most of the attendees come from a variety of professions and are not NASAP members but familiar with Adlerian Psychology. "We try to have several topics appealing to various interests."

Rotating the region conference is also a concept used by the Northwest group

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**Coming Soon - Chicago Convention Info**

## Parenting Forums in Puget Sound

*The Regional Delegates have initiated reports about Adlerian ideas in a variety of settings. In this issue, Northwest Region delegate Marcia Mullins reports:*

Parenting forums for the faculty and staff at the University of Washington are held during the lunch hour. Members of the Puget Sound Adlerian Society have been asked to lead some of these forums. The participants bring brown bag lunches and the sessions include 20-30 minutes of didactic instruction along with 30-40 minutes of discussion about practical application of the theory to problems introduced by the attendees.

Adlerian principles are presented to a group of parents eager to gain knowledge and skills for use on the front lines in their own homes. Many of those attending are also in a position to share the information with a large audience or to actually influence curriculum in their own departments. Most recently the sessions have been focussed on parenting of adolescents. *A Teleoanalytic Approach to Adolescence* authored by James Croake and Nancy Catlin has been a valuable resource.

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## Thank You, Adler School and Randall Thompson

We are grateful to Randall Thompson and the Adler School of Professional Psychology (formerly the Alfred Adler Institute of Chicago) for all that they have done to help the NASAP central office to find a new home.

While there is an abundance of office space in Chicago at this time, a small office such as ours cannot negotiate as good a deal as one such as the Adler School, which now occupies two floors of the same building. Randall aggressively negotiated with the real estate people so that NASAP could obtain the same kind of financial package as the School. In addition, thanks to a special purchase of office furniture by the school, NASAP received four files, three chairs and two desks.

Our thanks for the donation of the furniture, for the expression of support, and for the time and energy expended by Randall and the School on our behalf.--- *Neva L. Hefner, Executive Director*

### *The NASAP Newsletter*

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## In Memoriam

**Roland G. Hawes** of Vancouver, British Columbia, passed away in early January after a short bout with cancer. He was very active in ICASSI as an attendee, staff member and, more recently, as Administrator. He was highly regarded as a counselor in British Columbia, working in a practice with his wife, E. Clair Hawes, a former officer of NASAP. He will be remembered for his good humor, hard work and organizational skills.

**Frank Bensinger** of Montreal, Quebec, passed away January 13 after a long illness. In spite of his illness he was very active and helpful to the Alfred Adler Institute of Quebec, where his wife, Liliane, is Director. He was so dedicated to the work that even on his last day, he reminded Liliane of the Parent Study group to be held the next day.

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## Donations

We are grateful for donations from  
the following members:

Ruth Hoffberg Egel

Don Dinkmeyer Sr

Leo Gold

Paul J. Kahn

Ronald J. Pancner, for videotaping

Lu Watson

*Donations can be made for a specific program or purpose, or in memory or honor of an individual.*

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## Next Issue

*The March issue deadline for copy is February 15. We are catching up with deadlines and appreciate your understanding. All information concerning what to send, where to send it, is now in the masthead to the immediate left.*

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## Alfred Adler in San Francisco

by Daniel Benveniste, Ph.D.

In the course of my research into "The Origins of Psychoanalysis in San Francisco," I've recently discovered that Alfred Adler was among the earliest of the emigre depth psychologists to lecture in the Bay Area. The first of the emigre analysts to settle in San Francisco arrived between 1936 and 1939. They included Bernhard Berliner, Siegfried Bernfeld, Suzanne Bernfeld, Anja Maenchen, Emanuel Windholz, and Erik Erikson - all Freudians. In addition, visiting emigre analysts, including Franz Alexander, Otto Rank, and Alfred Adler, gave lectures and held seminars in the San Francisco Bay Area. While the late 1930's saw the arrival of most of these emigre analysts to this area, Adler's two visits, in 1929 and 1936, occurred before most of the others had arrived.

### About the Article

*Heinz Ansbacher brought this article to our attention. It contains a new and comprehensive summary of Adler's work in the San Francisco area, as well as Kurt and Alexandra Adler's recollections of the visit to San Francisco in 1936.*

### About the Author

*Daniel Benveniste, Ph.D., is a psychoanalytic psychotherapist in private practice in San Francisco, California. He continues to research the history of depth psychologies in the Bay Areas. Comments concerning his article can be addressed to him at 1939 Divisadero, Suite 3, San Francisco, CA 94115.*

*We appreciate his contribution to the Newsletter.*

Alfred Adler arrived for his first visit in San Francisco on February 3rd 1929. The following day the San Francisco Chronicle ran an article, entitled "Inferiority Complex Cause of all Ills - Prohibition Just Remorse, Says Adler." It summarized Adler's notion of the 'inferiority complex' and its various social manifestations. It reported Adler's assertion that prohibition would never succeed in America, and it listed Adler's schedule of lectures in the coming days. In this article, Adler is quoted as saying, "The United States is like an ocean. An individual has infinite possibilities for development in such a country but he has also greater difficulties to overcome. The incentive to ambition is great but the competition is also very keen. In Europe they are still swimming around in a bathtub; life is circumscribed, opportunities are few and the need for such knowledge is limited." (1)

In a second S.F. Chronicle article, dated February 10, 1929, Adler is quoted extensively describing the suffering in post World War I Austria. He speaks of the 100,000 Viennese who are unemployed; of the psychologists, medical doctors, social workers, and teachers who are staffing the clinics for the children of poor families; and of the lack of money to pay these professionals. He is quoted as having said, "I felt throughout the War as a prisoner feels. The only solution to the problem of future wars is for science to organize the world so as to make war unnecessary, and to educate mankind to become more socially adjusted and more interested in each other." (2)

Alfred Adler delivered his first Bay Area lecture on Wednesday, February 6, 1929, in Wheeler Auditorium on the campus of the University of California at Berkeley. It was entitled "Understanding Human Nature." He gave a second lecture Thursday evening at the University of California Extension Auditorium in San Francisco. In this lecture he developed his ideas about American culture and prohibition. On Friday evening he delivered a lecture at Wheeler Auditorium in Berkeley, where he spoke about various social problems.

Prior to his Friday evening lecture in Berkeley (at 4:15 pm), Adler gave a lecture at Mills College (in Oakland) in their Alumnae Hall. This lecture was entitled "Individual Psychology." The next evening (Saturday, February 9, 1929) Adler was the guest of honor at a dinner hosted by Dr. Ethel Sabin-Smith, the Director of the Psychology Department at Mills College. After dinner (at 8:00 pm), Adler delivered a lecture, again in Alumnae Hall. His topic for this lecture was "The Inferiority Complex." (3) Adler also gave a course on psychology, at Mills College, which had been arranged for by Dr. Aurelia Rhinehardt. (4) An interview and summary of his lectures at Mills College was published in the Mills College Weekly on February 13, 1929. Upon discovering this article, I sent a copy to Dr. Heinz Ansbacher. (*Editor's Note: The article will appear in a future issue.*)

On July 25th 1936 Alfred Adler returned to the San Francisco Bay Area and brought with him his son Kurt Adler and his daughter Alexandra Adler. It was an extended visit for the Adler's during which Alfred Adler taught a summer course at the Williams Institute in Berkeley (4) In addition to his work at the Williams Institute, he also spoke at U.C. Berkeley

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*What's Inside*

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*Alfred Adler in San Francisco (continued from page 4, starts page 3)*

of the Alfred Adler Institute of San Francisco where he teacher courses and is a training analyst in classical Adlerian psychotherapy. He is also the editor of “Adlerian Classics: Newsletter from the Alfred Adler Institute of San Francisco.” He is also working diligently to revive interest in Adler’s work and create an Adlerian renaissance here in the San Francisco Bay Area and throughout the United States.

Recalling Adler’s fondness for San Francisco and watching the work being done now in this area, one cannot help but wonder what the San Francisco psychotherapeutic community would have looked like had Adler lived long enough to fulfil his vision of establishing the San Francisco Bay Area as his Western Headquarters. In any case, the vision of a Western Headquarters appears to be well on its way to fulfillment under the able guidance of Dr. Henry Stein.

Some of the biographical material contained in this article was gathered by Henry Stein and his associates, Jennifer Wanner, M.S. and James Wolf, M.A. As a Freudian psychotherapist, doing research on “The Origins of Psychoanalysis in San Francisco” I have found my contacts with the local Adlerian community to be characterized by professionalism, scholarly rigor, clinical competence, and personal warmth. I am grateful to Dr. Stein, Ms. Wanner , and Mr. Wolf for their scholarly research, their on-going enthusiasm for this project, and their willingness to share their data.

I hope this article will provide them, and others in the Adlerian community, with a sense of continuity and some articulation of the linkages in the chain of descent from Alfred Adler in Vienna to their own creative work as Adlerian psychotherapists here in the San Francisco Bay Area.

- (1) San Francisco Chronicle, February 4th, 1929, “Inferiority Complex Cause of all Ills - Prohibition Just Remorse, Says Adler.”
- (2) San Francisco Chronicle, February 10th, 1929, “Noted Scientist tells of Serious Austrian Problems: Dr. Adler Says Nearly 100,000 Are Unemployed, but Progressive Work Goes On Despite Handicaps and Limitations.”
- (3) Mills College Weekly, January 23 (anonymous), & February 13, 1929 (by Jane Reeve), “Vienna Psychologist Comes as College Guest in February” & “Famous Psychologist is Guest on Campus.”
- (4) Bottome, Phyllis (1939) Alfred Adler: Apostle of Freedom, London, Faber and Faber Ltd. P. 233.
- (5) San Francisco Chronicle, July 26, 1936, “A Laugh for the Little Woman.”
- (6) The Daily Californian, January 28, 1937, “Adler Chooses: Returns to Berkeley.”

## Region Conferences

(from page 1)

(Region 1). This year the conference is sponsored by the Oregon Society of Individual Psychology March 13 and 14 at the Holiday Inn in Wilsonville, OR. Miller Garrison said that OSIP has had a state conference every year for the past 15 years which sometimes functions as the Region 1 conference.

"Because of the spread-out rural nature of the region, we have organized at the level of the state more than the region," he said. OSIP is expecting over 125 people this year. "We did our budget on 125 people last year and had to turn folks away."

Other annual state/province meeting in Region 1 are held by Idaho, Washington and British Columbia. The largest is Idaho where the Idaho Society of Individual Psychology boasts 274 members. "Most of the general public in Idaho is Adlerian," said Elaine Grossaint of ISIP. This year the Society is expecting over 350 people at their two-day event March 6 and 7.

For more information on these Conferences and other Regional Events, see page 5.

## About NASAP Members

Robert Sherman has co-authored a new book, *Solving Problems in Couple and Family Therapy: Techniques and Tactics* (New York: Brunner/Mazel). The book provides a detailed family therapy model followed by 14 chapters, each of which describes therapeutic issues in a major aspect of therapeutic work followed by many techniques and tactics to accomplish the task.

Among the kinds of therapeutic work considered are defusing and redirecting the power play, grief work, involving the child and adolescent in the session, stopping violence, and coping with resistance.

Send your notes and contributions to the Editor; see page 1 concerning book of the month.

## Adler in San Francisco, continued from page 3

where he addressed schoolteachers and discussed with them how to deal with children presenting behavior problems in their classrooms.

On August 12, 1936 he delivered a lecture on the radio at NBC Studios. The lecture was sponsored by the California State Chamber of Commerce. In his lecture he compared the independence of people in America to the relative dependence of those in Europe. He also spoke in support of psychological education for children. He gave another lecture on August 12, 1936 at the Argonaut Club in San Francisco before the Directors and Medical Staff of Mt. Zion Hospital. His lecture was on child guidance and its contribution to the development of personality.

In a newspaper article dated July 25, 1936, Adler's feminist stance became evident. In this article, condescendingly titled (by the reporter) "A Laugh for the Little Woman," Adler is quoted as having said, "Women have been treated as weaker by men and gradually they got the habit. They begin to recognize limitations which do not exist mentally." (5)

When I asked Dr. Alexandra Adler about this 1936 visit she recalled being in San Francisco but confessed that the details of this trip, fifty five years ago, had escaped her. When I asked Dr. Kurt Adler about this trip, he too remembered coming to San Francisco but the details were vague for him as well. When I asked if he recalled the content of his father's lectures he replied, "I didn't participate in the lectures." "No? Where were you?" I asked. "Riding horses!" he exclaimed.

It was on this second trip to San Francisco that Alfred Adler was said to have fallen in love with California and the San Francisco Bay Area. Speaking of Alfred Adler's second visit to the San Francisco Bay Area, Phyllis Bottome says, "A most energetic and delightful band of people worked with him; and still work for his ideas. It was the only personal wish the writer ever heard Adler express - to return to California every summer and perhaps to let it take the place of his beloved Vienna." (4)

On Thursday January 28, 1937 an article, entitled "Adler Chooses: Returns to Berkeley," appeared in *The Daily Californian*, the U.C. Berkeley student newspaper. The article reported Cora L. Williams announcement that Alfred Adler had chosen Berkeley as his Western Headquarters. (6) A two week seminar with Alfred Adler was planned by Cora L. Williams to take place that summer at the Williams Institute from August 16-27, 1937. Unfortunately, on May 28, 1937, only three months before this planned return to the Bay Area, Dr. Alfred Adler suffered heart failure and died in Aberdeen, Scotland at the age of 67.

Subsequently a number of Alfred Adler's students settled in the San Francisco Bay Area. Rollo May, Ph.D. studied with Adler in Vienna in the early 1930s and later settled in Marin County just north of San Francisco. Though he speaks highly of Adler and cites his work, May doesn't identify himself primarily as an Adlerian. Anthony Bruck, on the other hand, not only studied with Adler but identified himself as an Adlerian. He, like Rollo May, also settled in Marin County. Edward Schneider was another Adlerian who had studied with Adler in Europe. He came to San Francisco in the early 1950s and was for a time associated with Lincoln University. Blance Weill studied with Adler and practiced in the East Bay (Berkeley/Oakland area) in the mid-1950s. Sophia de Vries, Ph.D., a classical Adlerian, studied with Alfred Adler from 1935 to 1936 and settled in San Francisco in the early 1950s. Her closest student and colleague is Henry T. Stein, Ph.D.

Dr. Stein is a classical Adlerian psychotherapist in San Francisco. He is the Director

(continued on page 6)



# News and Events from the Regions

## Region I - Northwest

**Portland, OR**--Oregon Society of Individual Psychology (OSIP) sponsors the NASAP Region I Conference, March 13-14. Oscar Christensen presents two one day workshops: "Holistic Family Interviewing in School and Treatment Settings" and "Holistic Couples Therapy". Cost for nonmembers is \$50 one day, \$90 for both days; add \$10 if postmarked after 3/5/92. The conference will be held at the Holiday Inn Wilsonville, 10 miles south of Portland. Contact OSIP, 511 SW 10 Suite 400, Portland, OR 97205, or call 502-224-4744.

**\*\*Boise, Idaho**--Idaho Society of Individual Psychology (ISIP) will be presenting its 16th annual spring conference "Strengthening Families in the '90's", on March 6 and 7, 1992. The conference will be held at the Boise Convention Center. Featured presenters are James Bitter, Frank Main, and John Taylor. Cost of early registration is \$65. Both college and NBCC credit available. Contact Elaine Grossaint, ISIP, Parent Education Center, 300 Fort Street, Boise 83702, (208) 338-3429.

## Region II - Midwest

**Chicago**--The Americas Institute of Adlerian (AIAS) offers a three course program for Professionals in Individual Psychology for clinicians, managers, and educators. 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 Adler School of Professional Psychology observed Founder's Day on January 31st. A larger celebration of the new facilities will be held in April. Contact Bryna Gamson, Adler School, 65 East Wacker Place, # 2100, Chicago, IL 60601-7201; Note new phone number: (312) 201-5900; new fax: 201-5917.

## Region III - Southeast

**Orlando**--The 15th Annual Region III Conference will be held February 27 - March 1 at the Ramada Resort (\$68/nite). Cost of all four days of conference is \$120, luncheon included; NASAP members 10% discount; students 20% discount. Daily rates, \$45; contact Don Dinkmeyer, Jr., Conference Coordinator, at 502-781-9529, fax 781-1550.

## Region IV - Middle Atlantic

**Wayne, PA**-- "Fundamentals of Adlerian Psychology" will be offered by the Family Forum, Inc. Instructor is Betty Lou Bettner. Contact Carol Tatta, Director, 215-688-8881.

## Region V - Northeast

**\*\*Montreal**--AAI-Quebec offerings include C101, Intro to Adlerian Psychology, with Dr. Heinz Ansbacher, February 1,

2, 17, 18. Course C 313, Interviewing Techniques with Dr. Robert Sherman, March 13, 14, and 15. C471, Continuing Case Seminar, April 10 - 12, with Dr. Harold Mosak. Classes are now held at the Institute of Community and Family Psychiatry, 4333 Cote Ste-Catherine Road, Contact AAI-Quebec, 4947 Grosvenor Avenue, Montreal, Que., H3W 2M2, Canada. 514-731-5675.

**\*\*New York City**--Sylvia Robbins reports the Adler Mental Health Center will hold a program on Friday evening, March 27 or April 3, speaker to be announced. This program will honor Kurt and Alexandra Adler. In a breakthrough move, she and Ellen Mendel have been asked to speak to parent groups in public junior high schools. The AAI-New York and Adler Center are now at 1780 Broadway (57-58 Street), Contact 212-974-0290 for additional information.

## Region VI - Far West

**Oakland, CA**--AWIRTH classes run 3/26/92 through 5/28/92. Courses include Adult Crisis, Aging and Death; Marriage and Partnership Counseling I; Understanding Human Nature. Marathon on 3/8, 4/12, and 5/10. Contact Nancy Hawkings-Randall, M.A. 415-864-5248.

**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): Understanding Personality Development and Dynamics, June 25-28. Contact Steve Maybell, AIAS-SD, 486 Hillway Drive, Vista, CA 92084, 619/758-4658.

## International

**Noordwijkerhout, Holland**--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). Contact: Dr. Roy Kern, Counseling Psychology, Georgia State University, University Plaza, Atlanta, GA, 30303. Dr. Kern's fax number is 404-651-1160.

**Argeles-sur-Mer, France**--German and English language courses with Lucy Ackerknecht, July 25 through August 6. Contact Lucy K. Ackerknecht, Ph.D., Director, AWIRTH, 100 Bay Place, #1520, Oakland, CA 94610, 415-891-8194.

**\*\*** Denotes new item. Send items direct to the Central Office, or fax to 502-781-1550, 24 hours/day.