

The NASAP Newsletter

March - April, 1992

Volume 25, Number 3

Chicago '92 Convention

brochures were sent to you last month. If you have not received a brochure, contact the Central Office immediately! The brochures contain the complete registration information, hotel information, and listings of all convention workshops and programs. Note the deadline of April 30th to register and still receive a 10% discount on registration and workshop fees. (You must take the discount directly on the registration form. Mark your calendars for this 40th annual convention, to be held June 11 - 14 at the O'Hare Marriott Hotel.

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

met in Chicago on March 14- 15. This was the last quarterly meeting of this Executive Committee, elected to a two year term at the '90 Philadelphia Convention. Elections for the new Executive Committee will be held at the Chicago Convention in June. A full report on the recent EC meeting will appear through the Executive Director and Presidential Messages, which will appear in subsequent issues.

This Issue

is the third using the new format. Because of the increase to eight pages for this issue and logistics, it is one of our two double-month issues of the year (This Newsletter is published ten times each year). Please also note the Book of the Month resumes with a re-issue of a Dreikurs classic in paperback. Also, we have increased the text space on the inside pages; it gives us more space for copy. Let us know what you think of this new Newsletter format.

Anatomy of a Friendship: Bernie Siegel and Me

By Jane Griffith, M.A.T., M.A.

Editor's Note: Jane Griffith will do a workshop with Bernie Siegel at the Chicago Convention. See page 8 and the convention brochure for details.

Picture 1978. Picture medicine in 1978, before the insurance company-consumer revolution of recent years, before the era of the second opinion, back when hospitals were shrines to Aesculapius, not Wall Street.

Picture doctors in 1978, a time when "my doctor said so" made it true, when we only wanted to know "Did you get it all?", when neither we nor our medical advisors were concerned about "our" role in our illness. In those days it seemed they had only our interests at heart; they took all the responsibility and we were glad to yield it. In return, society granted them privileges, rewards, and status. They were the high priests of scientific medicine who needed only time and money to solve all the physical mysteries of human being.

Picture cancer in 1978. Picture The Big C, the illness patients weren't told about because it was a death sentence. (Many even thought it was contagious - friends who used to drop by sent cards, and some vanished altogether.) Cancer was in 1978 what tuberculosis had been to an earlier generation, and what AIDS is now. When someone died of The Big C in 1978, the obituary read "She died at home after a long illness." These were code words; we all knew what they meant.

Now picture me in 1978, a woman in her forties, apparently healthy, even robust. I noticed a swelling in my breast and went to see the doctor. Three days later I had instead of a breast a raw concavity from below the shoulder to the lower ribs and the loss of a string of lymph nodes. These were also malignant and, (with other factors) that put me in severe jeopardy. A younger doctor on the team dared to be frank: "You have about eighteen months if you do nothing medically. With chemotherapy and radiation, we can at least extend your life, but there are no guarantees."

I rebelled. Chemotherapy and radiation meant more harm, indeed an assault, at a
(continued on page 3)

In this Issue

Orlando Regional Draws 291, Features Scholarships	2
<i>15th annual event honors three who've been there from the start</i>	
Latvia Distress Fund.....	4
<i>Bill Linden describes an opportunity to help professionals in need</i>	
Book of the Month is back	5
<i>Dreikurs' "Challenge of Parenthood" at special member price</i>	

Chicago Convention is June 11 - 14

Meet Carol Tatta of Family Forum

By Betty Lou Bettner, Region IV Delegate

We know there are many thousands of people using Adlerian ideas and courses who are not members of NASAP. Sometimes one of them joins and we discover they never knew we existed but wished they had known. Carol Tatta is one of those people. Carol has been the Director of the Central Nursery School in Wayner, Pennsylvania and a parent educator for fifteen years and currently uses the STEP program. Parents whose children attend this nursery school and those whose children have gone on to elementary school keep returning and asking her to give more courses. They can't get enough of her warm and encouraging support and useful ideas. Carol has influenced hundreds of grateful parents.

During the past year she founded the Family Forum, Inc. with extended training for parents and teachers including an Adlerian fundamentals course and open forum family counseling. Carol is an early childhood specialist with the Learning Center and an instructor at Eastern College--a very busy and dedicated woman and a welcome addition to NASAP membership.

Fifteenth Orlando Regional draws 291

The southeast, Region III Conference drew 291 participants and honored three who have been there from the start. Roy Kern of Atlanta, Frank Walton of Columbia, South Carolina, and Don Dinkmeyer, Sr., of Coral Springs, Florida were honored for their continuous service by presenting at every Region III Conference. All have also served the Regionas members of the Conference/Region Board.

The Conference has now had more than 3,500 registrants over the years and covers four days with workshops and presentations. The first conference drew approximately 50 people for two days of workshops and presentations. For the first time, a dozen two-day tuition scholarships were given to professionals across the southeast.

The 1993 Orlando Conference is scheduled for February 25 - 28 (details, p. 7)

The NASAP Newsletter

**Volume 25, Number 3
March - April, 1992**

Published ten times each year by
The North American Society of Adlerian Psychology,
a not-for-profit Corporation.
65 East Wacker Place, # 400, Chicago, IL 60601-7203.
Telephone 312-629-8801
fax 312-201-5917

Members of NASAP automatically receive the Newsletter.
Subscription rates for non-members \$10 per year.

Don Dinkmeyer, Jr., Ph.D., Editor
502-781-9481; fax 502-781-1550

ISSN 0889-9428

Donations

We are grateful for donations from the following members:

Shunsaku Noda

Joan List

William Lee White

In memory of Roland Hawes:

Edward Abelson

Maple Ridge Family Education-
Center

In memory of Frank Bensinger:

Eve Sevack

In honor of Tee Dreikurs' birthday:

Judy Sutherland

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

Next Issue

This eight-page (aka large) issue is extremely late, for which we apologize. The May issue is right on its heels; expect to see it in less than three weeks.

There will then be one more issue (June) prior to our Chicago Convention. Please send information, articles, or letters to NASAP or the Editor per the information to the immediate left.

Deadline for submission of items for calendars is rolling; get it in, and it appears in the next available issue. Thanks!

--Anatomy of a Friendship (from page 1)

time when care and nurturance were needed to achieve optimal health. Picture the pressure from the doctors when they learned that I would not submit to further treatment. When they learned that I would neither be patient nor compliant they were through with me. I was on my own.

But I was not alone. Fortunately, fresh ideas were seeping into cultural consciousness from the fringes to challenge medicine as it was then practiced. Outside the mainstream, New Age writers emphasized holism and the value of medicines from other cultural traditions; alternative cancer therapies, though branded "quackery" by the establishment and forced underground, could be scouted out and used selectively; the self-help movement was beginning to flower, having the potential of spreading non-orthodox approaches to healing; biofeedback showed that we had access to cellular processes.

The Books

By 1978, a number of books were schooling the public to think in terms of bodymind, including Herbert Benson's *Relaxation Response* (1975); Rolf Alexander's *The Renewing Powers of the Mind* (1976); Joseph Shorr's *Go See the Movies in your Head* (1977); and Lawrence LeShan's powerful *You Can Fight for Your Life* (1977). Other books important to my recovery were Kenneth Cooper's *Aerobics* (1968); Richard Passwater's *Cancer and its Nutritional Therapies* (1978); and George Berkley's *Cancer: How to Prevent It and How to Help your Doctor Fight It* (1978). Seminal books were *Mind As Healer, Mind as Slayer* by Kenneth Pelletier (1977) and the Simontons' (Carl Simonton and Stephanie Mathews-Simonton) *Getting Well Again* (1978). 1979 brought books that would further the trend toward holistic thinking, including Irving Oyles's *New American Medicine Show: Discovering the Healing Connection*; *Cancer and Vitamin C* by Linus Pauling; and a book that took the matter out of the sub-culture and put it squarely in front of the public via the best seller lists: Norman Cousins's *Anatomy of an Illness*.

I had the benefit of the work of these authors and many others as I put together a regimen for making my way back toward health, a regimen consisting of aerobic exercise; a metabolic emphasis, including diet and nutrition; relaxation, meditation, and imagery; immune system boosters; psychotherapy; and self-care.

I also had the benefit of meeting a new kind of physician when I met Bernard S. Siegel, a doctor who had abandoned medicine's traditional stance of "detached concern" toward patients for one of involvement with them; from a practice of medicine that was organized to keep people from dying to one oriented toward patients' successful living.

Siegel had read a number of the books that influenced me and

had been as intrigued as I was by these ideas. He had also attended Simonton's seminar - a rare act of physicians in those days. As it has turned out, Siegel's interests and activities in that period later put him in the forefront among physicians in the still developing bodymind movement (a movement sometimes ambiguously called behavioral medicine). At the time I met him, Siegel was a surgeon with a pediatric specialty who was teaching at Yale Medical School.

The Meeting

In the fall of 1978, Siegel decided to start a support group for some of his (adult) cancer patients, and to open the group to others. I heard that this new group was forming and, having failed in my personal efforts to start a group through an advertisement in a local paper, I called to make an appointment with Siegel to find out what sort of a man he was and what he had in mind for the group. We sat in his office and talked about my surgery, my general health, my ideas for getting well, my experiences with other doctors. We talked about our mutual interests in the new medicine, and his excitement over his growing awareness of the importance of mindbody healing.

I experienced a great relief as I got to know Siegel that day. Here was a physician who, though he didn't agree with the course I had chosen, didn't fight me, didn't pressure me to do as he wished; a physician who accepted my right to go about my own cure in my own way; a physician who was a fellow human being who called me Jane (as they all do) but surprised me by insisting that I call him Bernie. (Now tens of thousands of people call him Bernie!) Here was doctor who had his own ideas about medicine and life and yet was open to mine - even enthusiastic about them.

I was impressed with the warmth and consideration he showed not only to me but to his staff. I also liked the fact that his well-appointed office was crowded with cardboard boxes of books which he gave away to his patients. These included the Simonton book and also an inspiring book that is now, sadly, out of print, Arnold Hutschnecker's *The Will to Live* (1951). I discovered that here was a physician I could work with because of his beliefs that "All healing is scientific" (1989, p. 16), and "It's the body that heals, not the medicine" (1989, p. 207). He examined me and I became his patient.

The Group

For the next six months, I met weekly with Bernie and the group. We had no special meeting place for a while, and found ourselves in bank boardrooms and elsewhere, until finally he was able to persuade Yale to provide a meeting place for us. Our group varied in membership from four or five to nine or ten, and our ailments varied as well. Most were cancer patients (not necessarily Bernie's), but there were members with other diseases as well. He was a faithful leader, never

(Continued on Page 6)

Roland Hawes

February 20, 1939 - January 9, 1992

Roland died surrounded by his wife Clair, his children Christy, Stefan and dear friends. He had waited for Stefan's arrival home from Montreal because it was important to him that they should all be together for this last significant passage of his life. He wanted to do it right, according to his own light. He went in peace, with the blessing of those who loved him.

Roland's career commenced with teaching and ended with therapy. Throughout he retained a special interest in the young, cheering on his own and other children in all their endeavours. Like many teachers he was also a student. He learned about building and repairing and navigation, and gliding and mediation and computers, and a host of other things. Like the best of teachers, he shared his knowledge freely with others.

Roland became a staunch supporter and disseminator of Adlerian ideas. He strove to live according to the egalitarian model of mutual respect with "social interest". He believed in the strength of family, in justice, in fair play. He had high standards and expectation always softened by a rollicking sense of humor and a good laugh. NASAP members will remember Roland and Clair's marriage enrichment workshops.

In 1976 Roland went to ICASSI in Vienna. Only slightly travelled until then, the event changed his life and he became a committed traveller. His subsequent dedication to the job of administering ICASSI allowed him the foreign adventures he sought. At the same time he did splendid work for ICASSI, demonstrating a talent for cross borders organization combined with a knack for obtaining the best deal. (He had a thing for deals - hats, meals, tools, accomodation, whatever. If there was a deal to be had, he would find it.) His shoes will be hard to fill but he is sure to have left a handy "how to" manual.

In the end, at the review, Roland's was a life to celebrate. He has left behind many people who are glad to have known him, people who learned something from him and people who received from him those human gifts of care and consideration which came in a myriad ways in the course of daily living. We can honor him best by remembering the grace of his life, and by passing on to others whatever it was about him that meant a lot to us.

A living memory in the form of The Roland Hawes ICASSI Fund has been established with Clair as advisor to the Board. Contributions can be sent to Edna Nash, Secretary - Treasurer, 302-2020 Bellevue Ave., West Vancouver, BC, V7Y 1B8, CANADA.
--Submitted by Linda King

Latvia Distress Fund

The totalitarian regime that ruled Latvia for over 50 years did not tolerate Adlerians. The active Adlerian group of the 1920's and 30's was wiped out. The Swedes are now conducting weekend training for therapists and psychologists in Latvia. These Swedes are all Freudians. Recently, I helped found an Adlerian group in Riga. However, the Latvians cannot travel for they have no hard currency. I am establishing a Latvian Travel Fund so some of the Latts can travel to ICASSI '92 and '93 to interact with fellow Adlerians.

This appeal for special travel funds should not be confused with any efforts made by Roy Kern to raise ICASSI scholarship money. Anyone wishing to help Latvians travel should send a tax-deductible contribution to: Latvian Travel Fund, c/o George W. Linden, 1116 St. Louis Street Edwardsville, Illinois, 62025 U.S.A.

Two Dreikurs Books Reprinted

Two classic books by Rudolf Dreikurs, M.D. are back in print again, after having been out of print for a long time. Both are in paperback and highly affordable as well as readable and timely.

The Challenge of Marriage was reissued in 1990 under the Dutton label. It has the ISBN number of 0-525-48416-7.

The Challenge of Parenthood has just been reissued in early 1992, under the Plume label, with the ISBN number 0-452-26707-2.

This book is the NASAP Book of the Month selection, available on the facing page at a 20% discount.

Both books can be ordered from NAL, Penguin Books, 375 Hudson Street, New York, NY 10014.

Anger Management

Mitch Messer, Director of The Chicago Anger Clinic, has just published an Adlerian approach to understanding and coping with anger. It is called A Thesaurus of Anger Management Techniques.

List price is \$16.95 but Mitch is offering it to Adlerians for only \$10. Copies can be ordered by contacting The Anger Clinic at Room 1710, 111 N. Wabash, Chicago, IL 60602, telephone 312-263-0035.

Call for Journal Articles

A special issue of *Individual Psychology* is scheduled for 1994 which focuses on Adlerian techniques for education and counseling to assist the gay, lesbian, and bisexual populations and their families to better cope with major life concerns. Relevant topics might include, but are not limited to, counseling and education applications related to:

“Coming Out” Issues

Bisexuals/Gay Men/Lesbian Women

Parents Who are Gay/Bisexual

Children with Gay/Bisexual Parents

Persons Living with AIDS

Adolescents who are Gay/Bisexual

Gay/Lesbian Couples Counseling

Gays/Bisexuals and Spirituality

Confronting Gay/Bisexual Stereotypes

It is very likely that many Adlerians utilize techniques to provide encouragement and interventions which assist homosexuals/bisexuals to accept themselves and live well-adjusted lives as gay/bisexual persons.

Such Adlerian applications might include; for example, information on using the lifestyle interview technique with homosexuals/bisexuals or interpreting early recollections within the context of the special issues and concerns of the bisexual/homosexual as they relate to the presenting problem(s).

Send contributions by November 2, 1992 to: Dr. Cynthia K. Chandler, Guest Editor, Special Issue, P.O. Box 13857, Dept. of Counselor Education, University of North Texas, Denton, TX, 76203. Phone 817/565-2914.

For information on guidelines to authors, refer to the *Journal of Individual Psychology*.

NASAP Book of the Month

We are pleased to resume the Book of the Month with the re-release of Dreikurs' "The Challenge of Parenthood".

Through a special arrangement with the publisher, you can receive a copy of this book for \$8.00. This price is 20% below the cover price of \$10. At the same time, NASAP will benefit by receiving a portion of your purchase price.

This book is truly a classic. The Challenge of Parenthood addresses such issues as:

Avoid unnecessary conflict

Win your child's confidence

Loosen parental ties

Relieve a tense situation

Treat children according to their age

The paperback edition is 324 pages and a welcome addition to any professional library. We have a limited number of books available at this price, so we ask that you limit your order to no more than three (3) copies.

Order Form

Please send ___ copies of the Challenge of Parenthood at \$8 each.

(Add \$3 postage and handling for your order; \$4 to Canada)

___ Check or Money Order enclosed (US Funds)

___ Visa or MasterCard TOTAL due \$ _____

Card # _____ Expires _____

Name on the Card: _____

Ship to:

Send your order to:

NASAP Books, 65 E. Wacker Place #400, Chicago, IL 60601

This offer is good until May 18, 1992.

Florida Adlerian Society

The Florida Adlerian Society had its first meeting February 1, 1992 in Tampa, Florida. Judy Ferguson was elected president, Marjorie J. Arnaldi was elected vice president, Roxanne Fixen secretary, and Jim Teixeira was elected treasurer.

FAS was established to further the work of Adler and Dreikurs. We will hold monthly meetings, workshops, and social events open to all.

For information contact: Judy Ferguson, 9540 Delray Dr., New Port Richey, Florida 34654 Phone: 813-847-6208 or Timothy D. Evans, FAO 100U, Department of Psychological and Social Foundations, University of South Florida, Tampa, FL 33620-7750, phone: 813-974-3516.

Marriott is host to NASAP in Chicago

Convenience and comfort are the two words which best describe the facilities at the O'Hare Marriott Hotel where NASAP will hold its 40th annual Convention June 11-14. Conventioneers arriving from the O'Hare airport will find Marriott's complimentary van service will speed them to their destination in a matter of minutes. Do not take a cab to the hotel!

Once at the hotel, guests will find many amenities available during their stay. The Marriott has both an indoor and outdoor pool, whirlpools, saunas, health club and tennis courts for those free moments of relaxation. There are five different restaurants on the property, with a full grocery store within easy walking distance.

The Marriott is also convenient for those who want to spend some time in downtown Chicago. Both the rapid transit "L" and the Kennedy expressway are only one block away. The trip downtown is approximately twenty minutes. Parking at the Marriott is free.

--Anatomy of a Friendship (from page 3, starts on page 1)

missing a group session. There was no charge for the group, nor were we a part of a Bernie Siegel research project. We were very much of a mind that we group members, including Bernie, were meeting to help each other. Bernie wanted us to help him to understand the experience of being a patient so he could have more access to his patients and be a more effective doctor, while we were looking to him to explain the doctor's perspective and looking to everyone in the group, including Bernie, to help us understand ourselves and the place of illness and recovery in our lives.

Our Sessions were unstructured. Bernie was feeling his way as a physician with no psychological training. From time to time he suggested exercises for us to do. For example, we used crayons to draw pictures of ourselves, our disease, and our treatment, showed the pictures to the group and talked about their meaning, with Bernie asking prompting questions. We had never had the experience of art therapy, and neither had he, but he'd read about it and thought it might be useful, and it was. Once he brought in a biofeedback machine. Each of us worked with it and found that yes, we could indeed affect the temperature of our hands plunged in ice water, and that we could, therefore, also affect cellular activity in our cancers.

During the group, some members' health improved while others health declined. Some survived, getting through serious crises while members of the group in 1978 and 1979. Some continue to survive into the '90s, certainly partly as a consequence of Bernie's unflagging encouragement. He made it clear at the start, though, that his goal was not miraculous survival, but, as he put it in 1989: "Our role is to heal...to heal is to alleviate suffering, not to stop death" (p. 233).

Since that period, Bernie has formed a not-for-profit organization in New Haven called ECAP (Exceptional Cancer Patients). ECAP owns a building now, and has a staff that conducts groups and offers training in the methods Bernie has developed over the years. In the interim, he has written two best-sellers: *Love, Medicine, and Miracles* (1986), and *Peace, Love, and Healing* (1989) and he has traveled worldwide to conduct workshops and lecture on bodymind health.

Understanding Siegel's approach: Illness as Symbol

Students of Adler's Individual Psychology will understand Bernie's emphasis on: the illness as a symbol; individual creativity; the "use" of the disease in a person's situation; the value of hope and optimism; the importance of exploring feelings and their meanings; social interest in survival; the significance of the exogenous factor in the onset of illness; the power of expectations; the role of attitude. He also emphasizes the value of joy, self-knowledge, and inner peace:

ECAP's main goal is to foster autonomy and awareness in patients and their loved ones by helping them achieve peace of mind that enables them to deal with life's issues. We've come to believe that the resolution of conflict, the realization of the authentic self, spiritual awareness, and love release incredible energy that promotes the biochemistry of healing (1989, p. 137).

Bernie's two books provide many stories of full recovery, (including mine!) and other stories of improved quality of life while there was life, even for those patients who died. Unlike many physicians, he finds great value in the individual experience, the medical "anecdote," so often discounted. When we were together on the Oprah

---Continued on page 8 (back cover)

News and Events from the Regions

Region I - Northwest

****Seattle--**AIAS (see Chicago) in cooperation with the Puget Sound Adlerian Society, will hold a workshop April 24-25, "Family of Origin". 14 APA or NBCC hours, \$195. The workshop will include case consultation. Contact: Carol Lee Smith, 2435 30 Avenue W, Seattle, WA 98199, (206) 285-3851.

Region II - Midwest

****Pratt, Kansas--**Summer camps at Pratt Community College will include "The Therapeutic and Healing Uses of Humor" on July 24-25 and "Developing Encouragement Strategies for the non-college bound Student", August 7-8. Contact David Lemire, Ed.S., NCSP, Coordinator for Residential Life, Pratt Community College, Highway 61, Pratt, KS 67124. Telephone (316) 672-5641.

****Hopkins, Minnesota--**AAI-Minnesota co-sponsors a seminar with Thomas Szasz, M.D., on Friday, April 3rd. Contact the AAI-M by calling (612) 933-9363 to reserve a ticket.

Chicago--The Americas Institute of Adlerian Studies (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: 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 is the Host for the 40th annual NASAP Convention. The Siegel workshop outlined in this issue of the Newsletter (and the brochure sent to all members) is also a credit course by ASPP. 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

****Myrtle Beach, SC--**The South Carolina Society of Adlerian Psychology will conduct its annual fall Conference on September 25 - 27 at Springmaid Beach in Myrtle Beach, SC. Contact: Frank Walton, 1313 St. Andrews Road, Columbia, SC 29210.

****Orlando--**The 15th Annual Southeast Regional Conference drew more than 280 participants across four days of workshops and presentations. Special guest workshop leader was Mim Pew. A Regional Social Interest award was given to Ruth Nicholson of Valencia Community College. Distinguished Service awards were given to Roy Kern, Frank Walton, and Don Dinkmeyer, Sr. Each has presented at all fifteen of the Region III Conferences. The 16th annual Conference will be held on February 25-28, 1993. Contact: Don Dinkmeyer, Jr., Coordinator, (502)781-9481 or fax 781-1550.

Region V - Northeast

****Montreal--**AAI-Quebec offerings include C471, Continuing Case Seminar, April 10 - 12, with Dr. Harold Mosak; C315 Lifestyle Analysis with Leo Gold on April 24-25-26; and C341 Family Counselling with Oscar Christensen on May 22-24. 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.

Region VI - Far West

****San Francisco--**The 7th annual Adlerian summer master seminar "Love, Sex, Work, and Money: Helping Couples Cooperate" will be held at San Francisco State University, Seven Hills Conference Center, July 10-14, 1992. Topics include: Dynamics and Ideals of Love, Techniques of Couples Therapy. On-site low-cost housing available. Contact: Henry T. Stein, Director, AAI-SF, 7 Cameo Way, SF, CA 94131 (415) 567-4729.

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

****Melbourne, Australia--**Mini-ICASSI in Australia, January 19 - 22, 1993. The Adlerian Society of Australia will hold its first conference next summer (Remember, this is the southern hemisphere!). Overseas visitors are definitely welcome. This conference is being planned as the direct result of much interest expressed by many Adlerians from across the world to come to Australia. To experience Adler and Dreikurs down under, please contact Jennie Monaghan, 1/25 Jellicoe Street, Cheltenham 3192 Australia. Telephone (03) 584-4606.

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--AWIRTH is offering Adlerian intensive seminars in the German language with Lucy Ackerknecht, July 25 through August 6. Contact Lucy K. Ackerknecht, Ph.D., Director, AWIRTH, 100 Bay Place, #1520, Oakland, CA 94610, 510-891-8194.

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

A Friendship.....	1
Region III draws 291.....	2
Book of the Month is back.....	5
Regional News and Events.....	7

What's Inside

Non-Profit Org.
U.S. POSTAGE
PAID
Chicago, IL
Permit No. 822

NASAP Newsletter
Don Dimkneyer, Jr., Ph.D., Editor
65 East Wacker Place, Suite 400
Chicago, IL 60601-7203

--Anatomy of a Friendship (begins on page 1)

Winfrey Show, Bernie exclaimed, "Doctors, if you have an anecdote in your office, don't kill it!" His books also include a large number of reports on bodymind research which demonstrate statistical support for his views. The major thrust of his work is: "We all die, that's no failure. Not living fully is the failure" (1989, p. 174).

Now picture 1992. Picture a NASAP Convention in Chicago, June 11-14. Picture an opportunity to work with and get to know Bernie Siegel, first on Thursday June 11, at a preconvention workshop (which I will present with him), and then, on that same evening, when Bernie will present the Keynote Address on "Well-Being" --his favorite subject!

Siegel and Griffith's workshop is entitled "The Psychology of Illness and the Art of Healing". Graduate credit from the Adler School as well as CEU credit is available. Consult your Convention brochure or see below for details.

Siegel Workshop Academic Credit Information

The Psychology of Illness and the Art of Healing, a two-day offering at the Chicago convention presented by Dr. Bernard Siegel and Jane Griffith, will be offered as a graduate credit course by the Adler School of Professional Psychology. Convention attendees have these options: 2-day enrollment as auditor only (can earn CEUs) \$200 NASAP members; \$225 non-members. A 2-day enrollment for Adler School of Professional Psychology credit is \$440 tuition.

There will not be any one-day enrollment options. The course will be pre-sented on June 11 and June 14 in the NASAP convention's pre- and post-convention workshop slots. Those interested in CEUs or non-credit attendance are invited to sign up for the two days on the NASAP convention registration form.

Those qualified individuals who are interested in taking the course for graduate credit (2 credit hours) MUST enroll directly with the Registrar of the Adler School of Professional Psychology. Contact: Sandy Webster at Adler School, 65 E. Wacker Place, Suite 2100, Chicago, IL 60601-7203.

To enroll for graduate credit: Mail a check or indicate a VISA/MasterCard number with authorized signature in a written statement for \$440 (2 credits @ \$220) made out to the Adler School of Professional Psychology, designating the enrollment for course #698.68. Sorry, no telephone registrations are accepted.