

# The NASAP Newsletter

July-August, 1992

Volume 25, Number 6

## Officers Elected

Robert Armstrong, Vancouver, BC, was elected President of NASAP at the 40th Anniversary Convention in Chicago. Other officers elected to serve with Armstrong and Joyce L. McKay, Past President, on the E.C. for two years:

1st Vice-President -

Mel Markowski, Greenville, NC

2nd Vice-President -

Steven P. Cunningham, Evergreen, CO

Secretary -

Marcia Mullins, Seattle, WA

Treasurer -

Henry J. Raymond, Millersville, MD

## Call for Papers

19th International Congress of Individual Psychology,  
Budapest, Hungary, August 1-5, 1993

Theme: *Diversities in Individual Psychology and Their Resolution*

Send proposal and abstract to: IAIP Secretary-General, Horst Groner, Ruffinistrasse 10, D-8000 Munich 19, Germany. *Deadline:* September 15, 1992.

## Call for Applications:

### Editor of NASAP Newsletter

As a way of establishing a regular term for the *Newsletter* Editor, the Publications Committee is now calling for applications for editor of *The NASAP Newsletter*. The editor's term will begin January 1993 and will last five years. The stipend is \$100 per issue and there are ten issues per year. Applications should be sent to the central office, 65 East Wacker Place, Suite 400, Chicago, IL 60601. *Due:* October 15, 1992.

**NASAP '93—Toronto**

**June 10-13, 1993**

***Celebrate Diversity,***

***Encourage Connection***

Presentation Proposals in the mail;  
note September deadlines.

Call NASAP at 312/629-8801

if you do not receive proposal form.

## NASAP '92: SUCCESS STORY

Over 400 people were on hand in Chicago at *NASAP '92* to help celebrate our 40th anniversary. Highlights included:

- Adler medallions, noting NASAP's 40 years, were presented to:
  - 3 charter members
  - 8 past presidents
  - 6 people who have been members for 30 years or more
- 6 outgoing D.A. members and 4 outgoing E.C. members were honored, with a combination of 67 years of service to NASAP
- Plaques were presented to Walter E. O'Connell and Randall L. Thompson
- Horst Groner, Secretary-General and Hal McAbee, President of the International Association of Individual Psychology brought greetings and messages from IAIP
  - 450 people came to hear Dr. Bernard S. Siegel, recipient of NASAP's *Continental Social Interest Award* and the Adler School's 1992 *Rudolf Dreikurs Distinguished Lecturer*, give the keynote on *Well-Being*
  - Over 120 people attended a special two-day workshop led by Dr. Siegel and Jane Griffith on *The Psychology of Illness and the Art of Healing*
  - A unique three-day, experiential workshop providing in-depth training for professionals on *Growth and Empowerment Processes* attracted 20 individuals
  - Seven pre and post workshops were attended by 142 participants
  - The new 2 1/2 hour presentations (8 in number) attracted a total of 454 participants, each session ranging from 14 to 135
  - 16 Round Table sessions were attended by 95 people
  - FIRST-TIME EVER — a tour of Central Office! On Saturday evening, 150 people travelled by bus to 65 E. Wacker Place to see the Central Office and the Adler School, where a buffet supper was served. This was followed by a 1 1/2 hour architectural boat tour on the Chicago River.

THANKS to the Adler School of Professional Psychology for hosting our 40th anniversary convention. It was their 40th anniversary as well and it was a great joint celebration! Thanks to all who participated!

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**Have a good summer!**

## Letter to the Editor

NASAP's publication last year of articles on Object Relations exemplifies the openness of Adlerians. In contrast, because of their very closed therapeutic framework I find many Object Relations/Psychodynamic professionals extremely frustrating to interact with — something akin to a conversation with a Jehovah's Witness.

These colleagues often hold the assumption that theirs is the only real depth psychology and all other therapies are merely supportive, at best. In my experience, both neophyte and seasoned Psychodynamic professionals display amazing amounts of sectarianism compared to therapists of other orientations.

I studied Object Relations/Psychodynamic theory in graduate school (it was the main orientation of the program), but chose an Adlerian framework instead because it fit better with reality for me. Since then, in pondering Psychodynamic elitism, I realize that these practitioners are most likely attracted to their orientation because it fits their own inner reality. In short, they struggle with the tendency to split objects. Hence, their orientation is all good and others all bad. Similarly, I find them pathology prone in evaluating clients. They seem to focus predominantly on the "bad" so they can be the "good," all-knowing therapist with the insight. Many become threatened (sometimes antagonistic) when I point out the strengths along with the weaknesses of a client.

I share these observations and hypotheses not to belittle in return, but in the hopes that it will help other Adlerians in professional relationships with our Psychodynamic cousins. Without compromising your own boundaries, be patient as one would be with any person who is locked into a rigid belief system. Emphasize common ground whenever possible to reduce their defensiveness. Use some of their terms as a bridge, but compare and contrast frameworks with statements such as, "We Adlerians call this \_\_\_\_\_" or "Adlerians deal with this in terms of \_\_\_\_\_ rather than \_\_\_\_\_." If spoken in the right spirit, one can even comment on how Ego Psychology has progressively adopted a number of Adlerian concepts over the years.

Last, and perhaps, most difficult of all, is to communicate respect for the practitioner and their choice of orientation even when the same courtesy is not extended to you.

--Dr. Melinda Reinicke, Psychologist

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## **Adlers Honored in New York City**

A reception was held at the New York Alfred Adler Center and Institute to honor Dr. Alexandra and Dr. Kurt Adler for their life time contributions to the furthering of the teachings of Alfred Adler. The evening was filled not only with fond memories but also with visions of future growth in the New York area Adlerian community. A large turnout of alumni paid tribute to the Adlers while renewing old acquaintances.

Speakers for this standing room only crowd included Sylvia Robbins, Leo Gold, Robert Sherman, Sylvia Crane and Leo Rattner. Robert Ellenbogen was moderator for this most enjoyable evening. Audio tapes of the program are available through the NYC Adler Center. Contact Sherry Busbee (212) 974-0290 for details.

## **South Carolina Conference Calls for Proposals**

Proposals for the Tenth South Carolina Myrtle Beach Conference are now being accepted.

Workshops will be offered on Friday and Sunday, September 26 and 27. Full and half day workshops will be offered on Friday, and half day workshops will be offered on Sunday. Presentations 75 minutes in length will be offered on Saturday.

One track of Saturday programs will be designed to help educators meet the need for alternatives to corporal punishment in the schools. All presenters are required to register for the Conference.

If you wish to submit a proposal, contact the Coordinator for exact information concerning proposal formats: Dr. Frank Walton, 1313 St. Andrews Road, Columbia, SC 29210, telephone 803-798-0300.

## Book Review

Janet Turner and W.L. Pew **The Courage to Be Imperfect: The Life and Work of Rudolf Dreikurs.** New York: Hawthorn Books, 1978, 412 pages. ISBN 0-8015-1784-2

Rudolf Dreikurs was one of the most courageous persons I have ever known. But for the dogmatic, institutionalized, discouragenic professional, "Dr. D" was a chronic dis-ease spreader. It is highly unlikely I will ever experience another initial interaction as unforgettable as that with Dr. D, the first Adlerian I ever met. During a day-long lecture and demonstration, "Rudi" told the presenting psychiatrists in an authoritarian neuropsychiatric hospital that hospital programs and interactions "made the patients sick." Dreikurs then handled the reactive rage and hostility so well without like discouragement that I wanted to study his theory and techniques very thoroughly. Perhaps it was only accidental that the hospital director suffered a stroke and the chief presenting psychiatrist's breakdown commenced that very afternoon.

In the seven years between that meeting and Dr. Dreikurs' death, I participated on many symposia with him, but never knew the circumstances and forces that contributed to his tremendous vitality and active social interest (or courage in Adler's terms). This reluctance to talk of one's past was not simply idiosyncratic with Dr. D. All of the older Adlerians I've known have been much more concerned with present goals rather than past glories. Now the secret is out, and the obstacles he faced on his pilgrimage are mind-boggling to say the least.

If asked to select one book to illustrate challenge and heartbreaks of the institutionalized psychosocial trades, crafts, and guilds of the twentieth century, I would-without hesitation-choose *The Courage to Be Imperfect*. In addition to the pathetic-bathetic dimension of our times, the book highlights the history of the Freud-Adler conflicts seen in print for the first time from the Adlerian perspective. The clash between the mechanical,, reductionistic, instinctual, and the self-determining, socioteleological, holistic continues on throughout the book, creatively centered on the chronic clash of the psychiatric establishment vs. Rudolf Dreikurs.

In their opposition to professional dogma and discouragement, both Adler and Dreikurs literally died with their workshop boots on. As an example, on their respective entries into the United States from Austria, "In the event-packed period from January to mid-April, 1927, Adler criss-crossed the nation delivering more than three hundred lectures in his heavily accented but lucid English" (p. 121). "In one year, it was recorded that he (Dreikurs) had delivered ninety lectures around Chicago...as he cast his controversial ideas like so many seeds..." (pp. 170-171). Yet in spite of their prodigious efforts, the psychology of self-training in worth and belonging was (and perhaps still is) conspicuously in advance of the times.

To Turner and Pew, the great gulf between psychiatric reductionism and teleology in the United States had more accidental beginnings. World War I interrupted Adler's plans for visiting the United States. Freud's biased version of the split appeared long before Adler did. "Even eclecticism became ensnared in the defense of psychoanalysis. Since psychoanalysis was regarded as an established truth, it therefore became 'uneclectic' and dogmatic not to acknowledge its basic truths" (p.124).

Dreikurs fought the awful curse of Freud all his life. In truth, he is a kind of patron saint for all those who try, in clumsy unpopular ways, to overcome institutionalized with instrumental practices. I have always lamented the institutionalized practice of not preparing fledgling professionals for the discouragements of ritualized and disguised degradation ceremonies. This book could be considered a primer on institutionalized rejections. Dreikurs experienced them all: subtle impediments toward his own licensing and that of his organizations, withholding of students and publication of Adlerian papers in "respectable" journals. In his thirty-five years in this country Dreikurs unflinchingly pushed and pulled to restore the principles of Adler: the teaching of social interest or belonging-

*Continued on page 6 --->*

### About the Book

The *Courage to be Imperfect* is the definitive work on the man who founded the Adlerian Society, Rudolf Dreikurs, M.D. Although this book is no longer "in print", it is worth the effort to find and borrow a copy.

University libraries, Adlerian groups, and local libraries with access to collaborative networks are your best bet for finding the book. Or, ask an Adlerian friend.

Dreikurs founded the Adlerian Society on May 16, 1952 during a meeting in New York (see article in last month's Newsletter). Twenty years later (and twenty years ago), he died on May 25, 1972.

We felt a reprint of this article was most appropriate to celebrate the anniversary of the organization he founded, and to stimulate new reading of the work by Turner and Pew.

**Walter "Buzz" O'Connell** was President of the Adlerian Society in 1971. His review first appeared in *Voices: The Art and Science of Psychotherapy*, 1978 (14,2). We appreciate his passing the work on to us to share with our readers. Buzz received a Distinguished Service award from NASAP at the Chicago convention last month.

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**NASAP Newsletter**  
 Don Dinkmeyer, Jr., Ph.D., Editor  
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**—The Courage to be Imperfect (continued from page 3)**

in schools and homes. In reality he started the battle with no allies, for the practitioners of Adlerian theory believed they were forced underground and warned Dreikurs he must do likewise. Although he received little or no support from crypto-Adlerians, he soon found in his second wife, Tee, an indefatigable support. Like all crusaders, Dreikurs was often intolerant of dogmatic power ploys and at times went for the jugular (as against Fritz Perls in Israel). Tee, through mirroring the opponent or rephrasing a key issue, would bring Dreikurs back into the main tenet of effectively teaching social responsibility. Throughout the book there is no effort to disguise the paradox of Dreikurs, the “democratic despot.” His realization of the enormity and necessity of the democratic task contributed to excessive push and shove in desperate attempts to be heard and accepted in order to complete his task.

During his pilgrimage, Dr. D started many trends: group psychotherapy; multiple psychotherapy; equality with psychologists, art therapists and music therapists; open family counseling based upon explicit principles (the four goals of misbehavior); family and classroom councils; and parent and teacher study groups. Among the interesting facts of the book is Rudolf’s association with the American Academy of Psychotherapists. He was one of the few Adlerian members and was vice-president about twenty years ago. In AAP as in everywhere else, Dreikurs joined the fight against factophilia through the Adlerian principles of a psychology of use, movement, and lay involvement. In the end, at the age of seventy-five, Dreikurs, with his characteristic outpouring of time, energy, and financial resources, found deeper acceptance of his humanistic psychology in Israel and back in Europe through the annual Dreikurs Summer Schools (ICASSI: International Council of Adlerian Summer Schools and Institutes).

In short the book reads like a novel with its triumphs and tragedies, as it documents the vicissitudes of the rarest of all the birds, the creative community psychiatrist. (A dreikursism of 1970, not included in this book: “Never in the history of mankind has there been a profession that has been as affluent and contributed as less as psychiatry.”) Your reaction to that statement is an indication of your readiness for “The Courage to Be Imperfect.”

And on the first night of the celebration planned by the American Society of Adlerian Psychology to celebrate his seventy-fifth birthday (and fiftieth anniversary of his first publication), Rudolf Dreikurs died, less than a month before Watergate, an event he anticipated with sadness for many, many years.

*Reviewed by Walter E. O'Connell, Ph.D.*

## IPNL Ceases

### Publishing

*Editor's Note: The following is reprinted from the last issue of a very good publication. It explains the context for ending the IPNL Newsletter:*

For the time being this is the last edition of the Newsletter of the International Association for Individual Psychology. There are several reasons for the decision not to continue the Newsletter.

Firstly, there is little interest in subscribing to this Newsletter. Outside Germany, there are only 120 readers. Had the German Society for Individual Psychology not decided to send the IPNL to all their certificated member over the last few years, the Newsletter would have ceased to exist long ago. It was this that made it possible for the IPNL to be printed in its current form.

Furthermore, with such a small readership, the costs of translating the articles could not have been met, not to mention all the work that has gone into each edition.

There is one further reason for breaking off the Newsletter. Since the time when Paul Rom founded and edited the IPNL, considerable changes have taken place in the world of Adlerian publications. Almost every Adlerian Society and Institute has its own Journal or Newsletter, which are able to disseminate information more speedily and above all more specifically than we are able to.

Even appearing four times a year, as it currently does, the IPNL cannot meet this need. In fact, this is not the task of the IPNL, as it should only publish information which has an international significance. And this has presented yet another problem, the Editors received scarcely any news, information or articles which would have appealed to an international readership. This meant that there was always a dearth of good articles for the people who subscribed to the IPNL.

Heinz L. Ansbacher was one of the few  
(Continued on page 5)

## Books of the Month

Book of the Month continues with two Parent-Study group books by Adlerians:

**Effective Discipline in the Home and School**, by Genevieve Painter, Ed.D. and Ray Corsini, Ph.D., and **Action Guide for Effective Discipline in the Home and School**, by Margaret K. Cater

**Effective Discipline** assists parents, teachers, and counselors in training children so that the home and school will be happy and efficient, organized and pleasant. The emphasis is on practicality, and solutions to straightforward problems. Corsini and Painter have published extensively in the field of parenting and this book represents current thinking on a wide variety of parent challenges. 468 pages, list \$ 26.95, NASAP member price \$ 21.50

**Action Guide** clarifies important points in the Painter and Corsini book, gives self-help study questions and organizes the materials for study groups. The group leader could be a layperson or a professional from a wide variety of disciplines. Expertise in Adlerian concepts is not necessary to benefit from either book. 390 pages, list \$23.95, NASAP member price \$19.15.

Your purchase price is 20% less than retail listing. While you receive this significant discount, NASAP will benefit by receiving a portion of your reduced purchase price.

### Order Form

Please send \_\_\_ copies of **Effective Discipline in the Home and School** at \$21.50 and \_\_\_ copies of **Action Guide** at \$ 19.15 each.

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

\_\_\_ Check or Money Order enclosed (US Funds, please)

\_\_\_ Visa or MasterCard      TOTAL due \$ \_\_\_\_\_

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Send your order to:

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

*This offer is good until September 15, 1992.*



# News and Events<sup>5</sup> from the Regions

## 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, Pratt Community College, Highway 61, Pratt, KS 67124. Telephone (316) 672-5641.

**Hopkins, Minnesota**--AAI-Minnesota sponsors Sam Keen, author of "Fire in the Belly" on September 26th. Call 612-933-9363 for additional information on these and other AAI-M events.

**Chicago**—The Americas Institute of Adlerian Studies (AIAS) offers a three course Program for Professionals in Individual Psychology. 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. For applications and current schedule, contact: Jane Griffith, 600 N. McClurg Ct., Suite 2502A, Chicago, IL 60611-3027. 312/337-5066.

## Region III - Southeast

**Myrtle Beach, SC**--The South Carolina Society of Adlerian Psychology will conduct its 10th annual fall Conference on September 25 - 27 at Springmaid Beach in Myrtle Beach, South Carolina. A call for program proposals has been mailed. If you want to submit a proposal but did not receive the form, contact: Frank Walton, 1313 St. Andrews Road, Columbia, SC 29210. (see story, page 2 of this issue)

**Orlando**--The 16th annual Region III Conference will be held on February 25-28, 1993. A call for workshops and programs will be available in late summer. If you wish to receive a proposal form, please contact the coordinator before September 1st. *Program and workshop proposals will be due no later than September 15th.* Contact: Don Dinkmeyer, Jr., Coordinator, (502) 781-9481 or fax 781-1550.

## Region IV - Middle Atlantic

**Lanham, Maryland**--The Region IV Conference will be held on November 13 - 15, 1992. Theme is "Confronting Adversity with Courage: A Proven Approach for the '90's". Contact Terri Crovato at 301-384-2764 for additional information.

## Region V - Northeast

**Toronto**--Alfred Adler Institute of Toronto is now at a new location, 1425 Bayview Avenue, Suite 101, Toronto, Ontario M4G 3A9. Contact 416-482-1704 or fax 482-2615 for more information.

## Region VI - Far West

**Denver**--The Second Annual Rocky Mountain Regional Conference will be held on September 25-26 at the Landmark Best Western Inn. Contact the Rocky Mountain Society at

Crossroads Counseling, 8000 W. 14th Avenue, Lakewood, CO 80215.

**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.

## International

**Melbourne, Australia**--Mini-ICASSI in Australia, January 19 - 22, 1993. The Adlerian Society of Australia will hold its first conference next summer. To experience Adler and Dreikurs down under, please contact Jennie Monaghan, 1/25 Jellicoe Street, Cheltenham 3192 Australia. Telephone (03) 584-4606.

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## —IPNL Ceases, *International Journal* begins (from 4)

people who repeatedly sent us stimulating contribution. The IPNL is grateful to him for a number of original essays, original also in the sense that very often led us back to the beginnings of Individual Psychology and gave our readers an understanding of the historical connections within the Adlerian movement.

Finally, we would like to remind you of our new project, the "International Journal of Individual Psychology and Comparative Studies", which will serve almost the same function as the IPNL. We are not referring so much to the scientific articles which will appear there, as to the news about events, people and institutions throughout the world. This was the aim and objective of the IPNL.

However, if a publication like the IPNL received such meagre interest, how could this little interest be shared between two publications, the IPNL and the new Journal?

The International Association decided that the new Journal should have a probationary period of two years, during which time we shall see if it can support itself. If it cannot, then we may have to think about re-introducing the IPNL. However, such a decision would not be made before 1993.

Had we not had these, our efforts would have been in vain. With your help, however, we have perhaps been able to make a small contribution to helping Individual Psychologists throughout the world to get to know and understand each other better and thus come closer together.

Horst Groner

Colin R. Brett

**Please send all items to the Central Office or fax to the Editor at 502-781-1550**