

The NASAP Newsletter

September, 1992

Volume 25, Number 7

Call for Journal Editor

A call for applications is being re-issued for Editor of the Theory and Research issues of *Individual Psychology*. The guidelines and time line for selecting journal editors were revised and the current editor's terms were extended. Guy Manaster's term as editor of Theory and Research issues expires December 31, 1994.

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

Candidates must be members of NASAP, should show evidence of substantial Adlerian activity: e.g., presentations at meetings, workshops, publications, etc.; should have an academic background and evidence of clerical support; must accept the purposes of the Journal as stated in the Guidelines; and membership in the Theory and Research Interest Section is encouraged.

Interested applicants are asked to submit three copies of a vita with the statement of interest to the Central Office at 65 E. Wacker Place, Suite 400, Chicago, IL 60601. Deadline for applications is May, 1993.

Call for Newsletter Editor

As a way of establishing a regular term for the Newsletter Editor, a call for applications is now underway. Potential applicants are referred to the notice which ran in the June-July issue. The term begins January, 1993. The deadline for applications is October 15, 1993. Contact the central office via phone if you are interested in this position.

President's Message

I greet you for the first time as President with optimism and excitement for the future. The Chicago Convention tested some new ground for NASAP and the result has been very gratifying. The feedback on the 2 1/2 hour sessions has been very good and ensures that we will continue that format in Toronto next year. The special three day workshop with Jim Bitter, Oscar Christensen and Clair Hawes had far more registrants than even the most optimistic predictions.

The two day workshop with Bernie Seigel and Jane Griffith was a great success, both for NASAP and as a credit course for the Adler School. We continue to find the Round Table format to be viable as a forum for new ideas and for fostering dialogue among Adlerians. Yes, things did go well and we owe a debt of gratitude to the Adler School of Professional Psychology, Randall Thompson, Bryna Gamson and the many members of the Chicago Committee for making this all happen!

We are also fortunate as an organization to have dedicated people willing to serve on the Delegate Assembly of NASAP. It is their creativity that produced the innovative ideas mentioned above and their courage that allowed them to take a risk and make it happen. I can't acknowledge them all but let me thank those who retired as your representatives this year: Betty Lou Bettner, Tim Evans, Amy Lew, Bill Marchant, Mark Mays and Edna Nash from the Delegate Assembly and Ed Abelson, Don Dinkmeyer, Jr., Steve Maybell and Bill Nicoll from the Executive Committee. I thank them on your behalf. Some of them will be back on the D.A. in the future, all of them will continue to serve. They are just those kind of people.

Joyce McKay retires as President after guiding us so well for two years but I am grateful that she continues on the Executive Committee as Past President.

As the next two years begin, I want to share with you what I think are important directions for our organization. The strength of NASAP is the dedication and creativity of the membership. In my opinion, the job of the Delegate Assembly and the President is to do our best to empower NASAP members and others to use Adlerian principles in both the personal and professional lives. An important adjunct to this job is not only to spread but also to further develop the ideas and methods of Alfred Adler and Rudolf Dreikurs.

(Continued on page 2)

In this Issue

Life style in Psychotherapy Systems.....	3
<i>Len Sperry's third "Genius of Alfred Adler" article</i>	
Videotapes from Chicago Convention.....	4
<i>They're high quality and at a special reduced price for members</i>	
News and Events from the Regions.....	5
<i>New courses in Chicago, California, Vancouver, Montreal</i>	

Delegate Assembly, November 7-8, Chicago

--Armstrong: Vancouver to host 1993 Summer Institute

The only way to empower people is to listen and respond to their needs. The last four years have seen an increasing shift of responsibility to the various committees of the Delegate Assembly. This has resulted in much greater productivity, creativity and responsiveness and it is my intention to continue this and to develop it further.

When I look at the distribution of our membership across North America, it is striking to note that the concentrations occur wherever there is excellent training available in Adlerian Psychology either through a College or Institute or strong local Adlerian association. To date NASAP has not done enough to strengthen bonds with these training programs and local associations. The strengthening of these relationships will be a major concentration over the next two years. I am presently drafting letters and questionnaires to begin this dialogue by asking for input on a variety of ways that we can mutually assist each other in our common tasks.

In addition, we need to market NASAP and Individual Psychology in a more systematic way. We must provide more opportunities for those who attend our Convention or take Adlerian training to join with us in empowering others. We will use a more targeted strategy in promoting the Toronto Convention and closely track those strategies which produce registrations so that this can be used in future years. We will do this not to gain more members, but to provide more opportunities for others to benefit as we have from Adlerian ideas.

I am excited that the NASAP Summer Institute will become a reality August 1 to 15, 1993 at the University of British Columbia. We are indebted to Jim Bitter, Oscar Christensen and Clair Hawes for their courage and enthusiasm in putting together the "test run" which was so well received at the Chicago Convention. Bill Nicoll will do much of the organizing and planning in cooperation with Jim, Chris and Clair and you will be hearing more about this in the future.

The Long Range Planning Committee is in place and met for the first time at the Chicago Convention. We are fortunate as an organization to have such a dedicated and talented group willing to serve and meet at their own expense to provide ideas on future directions for NASAP. Their devotion is a measure of how much the association of fellow Adlerians and the ideas of Individual Psychology means to so many of us.

*Robert Armstrong, Ph.D.
Vancouver, British Columbia*

The NASAP Newsletter

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Siegel Accepts Social Interest

Award--'92 Convention Keynote speaker Bernie Siegel, M.D., accepts the NASAP Continental Social Interest Award from President Joyce McKay. Adler School President Randall Thompson is at center.

Membership Update

As of August 14, 1992, there are 1,155 members (973 renewals and 182 new members). These figures represent a 19% increase in new members over 1991; a 6% decrease in renewals, 2% decrease in total membership.

Half-year: 25 of the new members paid the half-year fee, which is a 56% increase over last year.

Associate: There are now 40 Associate Members from 8 Affiliate organizations.

There are 12 from Puget Sound Adlerian Society; 10 from Idaho Society of Individual Psychology; 5 from Adlerian Psychology Association of British Columbia; 4 from Rocky Mountain Society of Adlerian Psychology; 4 from Midwest Society of Individual Psychology; 2 from Maryland Adlerian Psychology Society; 1 each from Oregon Society of Individual Psychology and Adlerian Western Institute for Research and Training in Humanics.

Apologies and a Picture

Due to a computer failure, this issue arrives later than we had planned. The next issue (October) will arrive within two weeks. The Newsletter is published ten times each year, concluding the 1992 series with November and December issues. Please note the first (ever) photo at the top of this column!

The Centrality of Life Style Convictions Across Psychotherapy Systems

That life style convictions are at the heart of Adlerian Psychotherapy is a given, but there is mounting evidence that they are also central to most psychotherapy systems. Life style convictions comprise the cognitive organization of the individual as described in terms of self, the world, the self-ideal and ethical convictions. This paper describes the pervasiveness of constructs similar to life style convictions across four major psychotherapeutic perspectives as they have developed and matured over the past half century.

About the Author

Len Sperry, M.D., Ph.D. Medical College of Wisconsin, is a Contributing Editor of the NASAP Newsletter. He is also a faculty member of the Adler School of Professional Psychology, Chicago. Dr. Sperry is a delegate from the Clinicians Interest Section.

Dr. Sperry is now Chairman of the Clinical Section and has been appointed to the special Task Force examining NASAP's future.

We are grateful for his contributions to the literature through the many articles he has contributed to the Newsletter. Contact the Central Office for reprints and permission to reprint this article.

About the Series

This article is the third in the "Genius of Alfred Adler" series. "Work, Love and Friendship (January issue) and "The Rediscovery of Interventive Interviewing" (June issue) preceded this article..

Articles relate Adler's time honored formulations and methods to current applications or developments in the health, behavioral, and organizational sciences.

Cognitive-Behavioral Perspective While there was little room in classical behaviorism for the concept of mind, Aaron Beck and his co-workers have pioneered schema theory (Beck, 1990). Beck introduced the schema concept with reference to depression and more recently to the treatment of personality disorders. Early developments in Cognitive Therapy focused on cognitive distortion and dysfunctional beliefs as they related to depressive and anxiety disorders. But Cognitive Therapists began pursuing a third level of analysis, schemas, to aid in the understanding and treatment of personality disorders which proved to be impervious to the treatment methods based on the first two levels of analysis. Beck first described the cognitive triad of depression as negative views of the self, the world, and the future. More recently, he's proposed other schemas and sub-schemas in a manner very similar to life style convictions. Other cognitive therapists like Phillip Young have described early maladaptive schemas and triggering schemas that are strikingly similar to Adlerian formulations of various personality disorders. Finally, Albert Bandura, a social learning theorist, described "self systems", and George Kelly, whom many regard as a crypto-adlerian, described "personal constructs" in a manner reminiscent of life style convictions.

Psychodynamic Perspectives While classical psychoanalysts focused on libidinal drives, modern analysts have focused instead on relational themes, emphasizing the self, the object and their interaction, while a number of ego psychology and object relation theorists have emphasized schema theory. Hans Strupp (1984) emphasizes the importance of understanding the patients self-representation and world view. Marti Horowitz believes that every person has a repertoire of multiple schemas of self and other.

System Perspectives Psychoanalytically-oriented family therapists—particularly the object-relations approaches—and cognitive behaviorally-oriented family therapy systems that reflect the schema-based perspective with individual patients also utilize schema formulations with couples and families. This is particularly evident in Wachtel and Wachtel's book on combining individual and family therapy (1986).

Experiential Perspectives Carl Rogers (Raskin and Rogers, 1989) described the "self concept" the "self ideal" and the "self-structure" as the perception of the relationship of the "I" or "me" to others and to various aspects of life (p. 169). Kohutian self-psychology articulates the "self" and its development from the "self object", with reference to the "object". Although not formally labelled as life style convictions or schemas, the experiential perspective clearly "allows" for this therapeutic focus.

Concluding Note In sum, it has been suggested that current psychotherapy systems have developed their formulations of personality, psychopathology, and psychotherapy to include constructs strikingly similar to Adlerian life style convictions. Here is another instance in which Adler was well ahead of his time in prefiguring contemporary developments in psychotherapy. In 1933 Adler wrote: "Individual Psychology is born of this age and will have a lasting influence...It will win many adherent...who will hardly know the names of its pioneers".

References for this article appear at right, on page 4

Bob Armstrong's Message.....	1
Siegel accepts SI Award.....	2
Videotapes from Chicago.....	4
News and Events from Regions.....	5

What's Inside

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News and Events from the Regions, continued from page 5

- **Vista, CA--**AIAS announces the fall course, "Assessing Individual and Group Styles", taught by Steven A. Maybell, Ph.D., and Lois Nugent, LCSW, on October 15 through 18. Vista is located in North San Diego County. For additional information on the AIAS program, see the Chicago listing. For more information on this workshop, contact AIAS-San Diego, 486 Hillway Drive, Vista, CA 92084 (619) 758-4658.
- **Tucson, AZ--**The Adlerian Society of Arizona conducts a forum and social on October 16; Verlaine Walker on "What Counselors Should Know About their Clients with Cancer". For more information on this event, contact the Spencers at 325-1868.
- **Oakland, CA--**AWITH fall schedule includes Marathons on October 11 and November 15. Courses include Group Counseling and Understanding Human Nature. All courses taught by Lucy Ackerknecht, Ph.D. For more information, call Nancy Hawkins-Randall at 415-864-5248.

International

- **Brno, Czechoslovakia--**ICASSI 1993 is scheduled for July 18-30 at the University of Masaryk. This is the first time ICASSI has been held in a newly emerging democracy. The event will precede the triannual IAIP Congress to be held in Budapest August 1-5. For details on tuition and housing, contact Ms. Betty Haeussler, 9212 Morley Road, Lanham, MD 20706, phone 301-577-8242 Monday through Thursday 6-9:30pm Eastern time and Saturday 9am - 2pm.
- 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.
- **AUTHOR'S QUERY--**For a new biography of Alfred Adler, persons who had contact with or personal correspondence with Dr. Adler are encouraged to contact Dr. Edward Hoffman, Box 540, East Meadow, NY 11554, 516-864-1912.

Viewable

This year we finally got it right! Five years ago NASAP began to videotape selected presentations at the Convention. The quality of the presenters has always been outstanding, but there have been some glitches with the technical aspects. This year I can report to you that it all came together and the video and the audio are of excellent quality.

In addition, these tapes are 2 1/2 hours in length (versus 90 minutes for previous tapes) and offer live demonstration as well as theory. I believe you will find them excellent both as teaching tapes or for your own personal use. Of course, our production costs were considerably higher in order to achieve this quality, but I believe you will be delighted and find the price well worth it. —Robert Armstrong, President

NASAP '95 Host

NASAP is to be held in the central region of North America in 1995. Invitations to host the convention are being requested; please contact the central office.

References

Adler, A. (1933) Social interest: A challenge to mankind. New York: Capricorn Books, 1964. Translated by J. Linton & R. Vaughn.

Beck, A., Freeman, A., and associates (1990) Cognitive therapy of personality disorders. New York: Guilford.

Raskin, H. and Rogers, C. (1989) Person-centered therapy. In R. Corsini & D. Wedding (eds.) Current Psychotherapies. Itasca, N: F.E. Peacock.

Strupp, H. and Binder, J. (1984) Psychotherapy in a new key. New York: Basic Books.

Wachtel, P. and Watchel, E. (1986) Family dynamics in individual psychotherapy. New York: Guilford.

Videotapes from Chicago '92

The Creative Imagination in Psychotherapy

Richard R. Kopp, Ph.D.; Leo Gold, Ph.D.; Miriam L. Pew, M.S.W.

The essence of our therapeutic work with dreams, metaphors, and psychodrama lies in the creative imaginings shared by therapist and client. This interplay of image, metaphor, and action immerses both client and therapist in an experiential unfolding of sensory-affective (in contrast to logical-verbal) life-style patterns, inviting transformational reorganizing of these patterns of personally/socially constructed meaning. Case examples and demonstrations illustrate using creative imagination in experientially focused psychotherapy, 2 1/2 hours.

Public Family Counseling Demonstration

Robert L. Powers, M.Div., M.A., L.C.P.; Jane Griffith, M.A.T., M.A., N.C.C.

Robert L. Powers works with two families in a public setting, as he frequently does at the Adler School of Professional Psychology. He begins with an orienting lecture, sees the family—parents without children, children without parents, parents again without children. Jane Griffith assists by presenting her observations of and interaction with the children. The demonstrations are followed by audience reaction. Length: 2 1/2 hours.

Each videotape is \$79 for members, \$109 for non-members Add \$4 for p/h in U.S. and \$5 for non U.S. Please see Bob Armstrong's note at left.

Order Form

Please send ___ copies of **Creative Imagination** and ___ copies of **Family Counseling** at \$79 each (NASAP member price).

(Add \$4 postage and handling for your order; \$5 to Canada)

___ Check or Money Order enclosed (US Funds, please)

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You may also place the order by calling 312-629-8801.

News and Events from the Regions

Region I--Northwest

****Vancouver, BC**--APABC offers courses in conjunction with the Adler School of Chicago. An extensive schedule includes: Advanced Abnormal Psychology with Jim Croake November 6-7-8, Psychodynamics of Psychopathology with Croake on November 13-14-15, Psychodynamics II with Croake on November 27-28-29, Interviewing Techniques with Howard Pollack December 11-12-13, Marriage Counselling with Clair Hawes January 15-16-17, and Introduction to Substance Abuse with Tara Chotem on January 29-30-31, February 19-20-21. For additional information, contact Adlerian Psychology Association of British Columbia at 604-874-4614.

Region II - Midwest

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. Current schedule: Theory (October 22-25), Assessment (February 18-21). 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 information, contact: Jane Griffith, 600 N. McClurg Ct., Suite 2502A, Chicago, IL 60611-3027. 312/337-5066.

****Chicago**--Adler School of Professional Psychology (formerly Alfred Adler Institute of Chicago and recent host of the 1992 NASAP Convention) announces "Wednesday Nights At Adler", continuing education for the professional and the public. All events are free of charge and advance recommendations are suggested. Each month, 1st Wednesday: Family Education demonstration; 2nd Wednesday Addictions Colloquia; 3rd Wednesday-Adler Center for Gender and Culture Studies, 4th Wednesday-Alumni Forum. Programs will meet September through June, 7:30 to 9pm in the 20th floor lecture hall at the Adler School, 65 East Wacker Place. For additional information, call 312-201-5900 .

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. Conference presenters include Tim and Monica Evans, Adele K. Davidson, and John A. Arnold. For additional information, call Frank Walton at 803-798-0300.

Orlando--The 16th annual Region III Conference will be held on February 25-28, 1993. Contact: Don Dinkmeyer, Jr., Coordinator, (502) 781-9481 or fax 781-1550.

****Boca Raton, FL**--Florida Atlantic University announces a professional development workshop series for counselors, co-sponsored by the Florida Association for Counseling (FAC). Each workshop has 1 graduate credit and 15 contact hours, and are approved by the Florida Department of Education and Dept. of Professional Regulations. Schedule includes Counseling and the Adolescent (October 23-24); Counseling Adult Survivors of Childhood Sexual Abuse (November 6-7); and Art Therapy: A Jungian Approach (November 13-14). Out of town students may stay at the Boca Raton Sheraton (site of most workshops) for \$45 per night. For additional information, contact Counselor Education Program, FAU, Boca Raton, FL 33431-0991, or call 407-367-3626.

Region IV - Middle Atlantic

****Lanham, Maryland**--The Region IV Conference will be held on November 13 - 15, 1992. The Conference will be held at the Holiday Inn, Lanham, Maryland. Speakers include Mollie and Phil Thorn, Betty Lou Bettner, Bill McKelvie, Kirsten Sonstegard, Jackie Brown, and Norma Lou McAbee. Full conference rate is \$130, student rate \$85, daily rate \$60. Theme is "Confronting Adversity with Courage: A Proven Approach for the '90's". Contact Mollie Thorn at 843-0004 for additional information.

Region V - Northeast

****Montreal**--The Alfred Adler Institute of Quebec announces C501, Professional Issues with Robert Sherman and Allan Putterman on October 24-25, 31 and November 1. C102, Introduction to Individual Psychology II with Michael Hartings will be held on November 13-14-15. For more information, contact AAI-Q, 4947 Grosvenor, Montreal H3W 2M2 or call 731-5675

Toronto--Alfred Adler Institute of Toronto is at 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. Speakers include Steve Maybell. Contact the Rocky Mountain Society at Crossroads Counseling, 8000 W. 14th Avenue, Lakewood, CO 80215. 303-232-7111.

News and Events continue on page 6

****Denotes new or revised listing. Please fax items to the Editor at 502-781-1550**