

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

October, 1992

Volume 25, Number 8

### Delegate Assembly

Action items from the Chicago Delegate Assembly meeting include:

Associate Membership will be continued for another two years to get a 3-year picture for an evaluation.

Approved a 5-year term for Newsletter Editor and procedures for appointment of an Editor.

Approved four options for cost containment of Newsletter to be implemented in 1993.

Implementation of a Certificate of Attendance in the Study of Adlerian Psychology was approved.

A summer training program for counselors to enhance skills and develop knowledge of Adlerian theory and practice was approved for summer of 1993 in Vancouver.

Agreed to continue the convention format of 2 1/2 hour, 90 and 60 minute presentations, and round table sessions at the Toronto convention unless there is strong negative feedback in convention evaluation forms.

Applications for hosting the annual convention are to be submitted by May 1, three years prior to the convention date.

Accepted invitation to San Diego for 1994 convention.

Applications for 1995 convention will be considered at November D.A. meeting.

Approved request by Business and Organization Section for pre-convention workshops for business professionals in conjunction with the 1994 convention and, if possible, the 1993 convention.

### Betty and Cam, Edith and Milton

by Jerianne Garber, Central Office Staff

Adlerian psychology as a successful way of living is reflected in the marriages of two NASAP couples, Milton and Edith Dewey and Cameron and Betty Meredith, who are celebrating their 60th and 52nd wedding anniversaries this year. Both couples credit Adlerian psychology as being instrumental in their successful relationships and raising their families, as well as their careers.

Dr. Rudolf Dreikurs was responsible for bringing both couples into the realm of the Adlerian approach to life over 40 years ago. Edith Dewey said she first heard Dr. Dreikurs when she asked him to speak at a Unitarian Regional Conference in 1951. "He introduced us to understanding children's misbehavior by recognizing their goals," commented Edith. "Many of us were intrigued as was I."

Cameron Meredith said his introduction to Dr. Dreikurs occurred in 1950 when he visited the Community Child Guidance Center at Heven Junior High School in Evanston, IL., at the suggestion of colleague Ray Lowe. "It changed my life. I participated as a group member and co-counselor almost every Saturday for six years."

Both couples' involvement with Adlerian psychology led to active participation in launching local organizations. While a resident in Wilmington, DE, Edith founded the Associates for Study and Action, now the Family Education Center of Delaware. She served as president until Milton was transferred to Toronto where they both started the Toronto Association of Individual Psychology. Milton was president and Edith started the group's Family Education Center. Later, Edith became the first Dean of the Alfred Adler Institute of Toronto.

The Midwest Society of Individual Psychology in St. Louis was initiated in the early 60's by Cameron, Manford Sonstegard and Raymond Trover. Still active, MSIP has about 100 members who provide parent study groups for the area. "Betty and I have served on the Board for many years," Cameron said.

"We were on the Board when MSIP sponsored the annual convention of NASAP in

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**June 10 - 13, 1993 - Toronto**

## Keynote speaker selected for Toronto

Judge Wendy Cooley will be giving the keynote speech at the 1993 NASAP Convention in Toronto on June 10. Her topic will highlight the Convention theme — Celebrate Diversity, Encourage Connection. An attorney and counselor at law in Detroit, Judge Cooley is best known for her cable TV and Radio program "Winning Ways."

The program, "Winning Ways", is designed to inform, motivate, and encourage people to pursue a more fulfilling life and increase self-esteem by spotlighting real people and their techniques and formulas for success. Judge Cooley further states, that "helping each other is part of our responsibility...everything we can do to help another human being is well worth the effort."

## Medallions Presented at 40th Anniversary

The following people were honored at the 40th anniversary banquet in June, 1992 for being a NASAP member for over 30 years, a charter member or past president:

Kurt A. Adler, Oscar C. Christensen, Jr., Don Dinkmeyer, Sr., Eva Dreikurs Ferguson, Leo Gold, Bernice Bronia Grunwald, Harold H. McAbee, Cameron W. Meredith, Edna M. Nash, Marven O. Nelson, Ronald J. Pancner, Robert L. Powers, Bernard H. Shulman, Frances X. Walton, and Kathleen A. Walton.

See the picture in right corner of this page showing the awards ceremony in Chicago. Medallions were presented to these individuals. The following are honorees unable to attend the banquet:

Lucy K. Ackerknecht, Alexandra Adler, Heinz L. Ansbacher, Ernest G. Bilkey, Maurice L. Bullard, Sophia de Vries, Don Dinkmeyer, Jr., Lala Louise Handorf, Celia R. Harrison, Paul J. Kahn, Otto Kroh, George H. LaPorte, Raymond N. Lowe, Warner L. Lowe, Guy J. Manaster, Harold H. Mosak, Stefanie Necheles, Walter E. O'Connell, Leo Rattner, Idek P. Schoo-Teucher, Manford Sonstegard, Henry T. Stein, Donald R. Welti.

### The NASAP Newsletter

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## Charter Members Honored--

Bernard H. Shulman, Kurt A. Adler and Marven O. Nelson, charter members of the society, were among 15 receiving medallions for their contributions to NASAP at the Chicago Convention. In background, Robert Powers reads proclamation while President Joyce McKay watches. (Story at left)

## Friends & Members

**Birdie Mosak**, a friend to Adlerian psychology, died on September 23rd in Chicago. A fund to support social events at the Adler School in Chicago has been established in her memory.

**Emily Thorn** is recovering from a recent illness. We extend our best wishes for a speeding healing process.

## Donations

We are grateful for the following donations since last reported:

Edward Abelson

Dave Chaffe

Vernon Moeller, in memory of  
Roland Hawes

Donations can be made for a specific program or purpose, or to honor or memorialize an individual.

If you have an item for the Newsletter, send it to the Central Office or fax it directly to the Editor.

## --Betty and Cam, Milton and Edith (page 1)

St. Louis in 1968." The Merediths also organized the Alfred Adler Institute of St. Louis which is currently inactive. Today Betty and Cameron have their own private practice and Cameron often teaches at the Adler School of Professional Psychology in Chicago.

On a personal level, both couples claim Adlerian principles have played a major role in raising their children. "We practiced principles of Adlerian psychology in our family and Milton and I led parent study groups together," said Edith. "I was able to change my relationship with our son and we became good friends before he was killed at the age of 28. Before Adlerian psychology, he won our frequent power contests," she explained.

"Adlerian psychology was very helpful in creating humanistic relationships in our family and in conflict resolution," noted Cameron. "Principles and practices of encouragement were very useful. We have had a 'conferative' and partnership relationship." Cameron said Betty "went back to college after almost 25 years as a great mother, wife and homemaker and earned her M.A. in counseling in 1950 and used IP as a school counselor and in our private practice."

Edith feels her greatest contribution to Adlerian psychology was authoring *Basic Applications of Adlerian Psychology*. "I have met many people at NASAP who say it got them through a course and many reports from attendees of our study groups and courses who thanked me for teaching them things which changed their lives." Edith and Milton are retired in Florida where she has been a 10 year volunteer of Hope Hospice. She still tries "to practice Adler's prescription to 'every day do something to give another pleasure'. It works", claims Edith.

Cameron cites his authorship of two chapters for *Perceiving Behavior Becoming*, the 1962 yearbook of the Association for Supervision and Curriculum, as his top contribution. "This yearbook became the primer for 3rd Force psychology and was the best selling yearbook over the years—probably close to one million sold." He also considers significant his work as Dean and professor at Southern Illinois University at Edwardsville. Betty and he are both frequent contributors of articles on Adlerian psychology for local newspapers.

### ***NASAP Honors three for contributions***

At the recent Chicago convention, NASAP continued an annual practice of recognizing Adlerians who have made a unique contribution to either the Society or Adlerian psychology.

Special recognition plaques were presented to:

Don Dinkmeyer, Jr. — "in recognition of and appreciation for his creative energies and his dedicated service to the continuation and expansion of Individual Psychology."

Walter E. O'Connell — "in recognition of his creative contributions as teacher, educator, researcher, writer, therapist and communicator, especially in the areas of humor, psychodrama, 'death and dying' and 'Natural High' therapy."

Randall L. Thompson — "in recognition of his tireless and creative efforts and for his persistent negotiations on behalf of the Society to provide efficient and pleasant quarters for the central office."

### *For A Friend*

About fourteen years ago, I had the privilege to meet two people who inspired and assisted my education and life direction. I was given the opportunity and encouragement to undertake situations and directions which has contributed to the individual I am today.

For all the years I've known them, Lilianne and Frank Bensinger have been two people who have devoted their time and every effort towards the growth and development of the Adlerian Psychology Association of Montreal, later evolving into the Alfred Adler Institute of Quebec and the community overall.

Our loss of Frank Bensinger touched the hearts of so many people. No matter how ill Frank was throughout his later years, you could always see him carrying in his bags of registration forms, course sheets, and always sitting in during lectures no matter how many times he attended the same course. He was always available and there for anyone who had a problem. Time and understanding were his gifts. Devotion and intensity combined with a lot of "chutzpah", were what made Frank a man I cared for and respected. It was his distinctiveness that remains with me today.

Frank Bensinger will always have a special place in my heart and the hearts of the many others who he has touched over the years. My memories of him remain an inspiration and an acknowledgment to a man who loved his wife, life and family, more than himself. Qualities so important towards contributing to the world we live in.

*"That man deserves the highest honors who does not ask for them, but performs worthy deeds."* Talmud: Kiddushin, 40:2

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*News and Events from the Regions, continued from page 5*

and Understanding Human Nature. All courses taught by Lucy Ackerknecht, Ph.D. For more information, call Nancy Hawkins-Randall at 415-864-5248.

**International**

**\*\*Budapest, Hungary--**International Congress of Individual Psychology, call for papers for the 19th Congress to be held August 1 - 5, 1993. Submit a 100 word abstract, deadline November 1st, to: Ms. Krisztina Szigedi, Congress Bureau Motesz, PO Box 145, H-1443 Budapest, Hungary.

**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. **\*\*ICASSI scholarships** will be awarded to four individuals from North America, tuition, room and board included. To receive a scholarship application, fax a request to Dr. Roy Kern, Georgia State University, 404-652-1160 or write him at GSU, Atlanta, GA 30303. Application completion deadline is February 15, 1993.

**\*\*Tel Aviv, Israel--**An international course for organizing and teaching parent education groups and centers will be conducted by the Alfred Adler Institute Israel, February 6-16, 1993. The Institute has more than 1000 parents study each academic year, and 25 students a year are certified by the Ministry of Education as parent group leaders. A limited number of scholarships are available, tuition is \$350 US. A complete brochure is available which describes the extensive training within this course. Youth hostel accommodations of \$26.50/single room are available. Contact Adler Institute, 18 Yehuda Halevy St., Tel Aviv, Israel. Telephone 972-3-664201, fax 972-3-660662.

**\*\*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.



## Best selling Audio tapes now available

Nine best selling audio cassette tapes from NASAP's '89, '90 and '91 convention presentations are now available from Audio Archives at a reduced price. Audio is offering a discounted price of \$7 for each single tape and a package discount of \$39 for any six tapes of your selection. This represents a savings of \$2 and \$15, respectively. Call or write the Central Office for the "Best Selling Audiocassettes" order form. The tapes are as follows:

Recorded at the Minneapolis Convention (1989): Techniques in the Counseling Process: Integrating Adlerian & Systems Models by William G. Nicoll, Ph.D.; Feelings: Their Trail Leads to Mistaken Beliefs by Susan Pye Brokaw, M.A.; The Art of Socratic Questioning by Henry Stein, Ph.D.

From the Philadelphia Convention (1990): Adlerian Family Mapping: Picturing the Family Lifestyle by James Robert Bitter, Ed.D.; Current Psychotherapies: An Adlerian Integration by Richard R. Kopp, Ph.D.

From the Tucson Convention (1991): Insight Isn't Enough: Why Clients Don't Change! by Amy Lew, Ph.D. and Betty Lou Bettner, Ph.D.; Adlerian Marriage Therapy by Timothy D. Evans, Ph.D. and panel; Sibling Relationships, Family Values, and Goals: Personality and Motivational Determinants by Eva Dreikurs Ferguson, Ph.D.; The Adlerian Child Interview: Disclosing the Hidden Purpose and Achieving Constructive Goal Reorientation by Oscar C. Christensen, Ed.D.

## 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.

Responsibilities of the local host group include: Keynote speaker; volunteers for registration, room monitors, and hospitality; publicity and promotion; bookstore.

## Book of the Month: Have Courage!

Through the generosity of Dr. Donna Howe Callar, we are able to offer a limited number of The Courage to be Imperfect by Terner and Pew. A reprint of a review was printed in the July-August edition of this Newsletter, and stimulated the following letter:

*"I saw the beautiful book review that Dr. Walter O'Connell did on The Courage to be Imperfect. The article stated the book was out of print, and copies could only be obtained by borrowing from a friend. I have 216 copies of this book in my possession at this time...I had the opportunity to buy these books when they went out of print. I did this because I knew the importance of this book to us and wanted to be sure that it remained available to those who would appreciate it until all copies are sold."*

Dr. Callar, a NASAP member since 1976, offered to sell the books to NASAP. That offer was accepted and we are now able to offer them to our members. *We expect this offer to sell out, so please order quickly.*

This book is truly a classic, and we are fortunate to have this limited number of copies available. The book is available as follows:

\$19.95 each, plus \$4 (\$5 Canada and other countries). Add an additional \$1 postage and handling for every two books beyond the first two. For quantities of 6 or more, the book is \$16.95 each with \$6 handling (\$7 Canada and other countries charge) and the same \$1 for every two books past six copies handling charge.

### Order Form

Send \_\_\_ copies of The Courage to be Imperfect at \$ \_\_\_\_\_  
(please see pricing structure above).

(Add postage and handling for your order, per above)

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

\_\_\_ 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

*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

**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

**\*\*Tampa**--The Florida Adlerian Society announces a social with Andy LePage as the guest speaker, November 22nd, at the Hunter's Green Country Club, \$5/person. Contact Teresa Harwood, 813-942-1748.

**\*\*Orlando**--The 16th annual Region III Conference, held on February 25-28, 1993, announces Claire Hawes, Ph.D. will be the special presenter with a workshop on Friday and presentation on Saturday. All NASAP members will receive a Conference brochure in early January. If you wish to obtain specific housing and registration information *prior* to the brochure, 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

**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.

**Oakland, CA**--AWITH fall schedule includes Marathons on October 11 and November 15. Courses include Group Counseling

*News and Events continue on page 6*

**\*\*New or revised listing. Send items to Chicago office or fax to 502-781-1550**