

# The NASAP Newsletter

December, 1992

Volume 25, Number 10

## Toronto Workshops

The 41st Annual Convention and Workshops will be held in Toronto at the Four Seasons Inn on the Park, June 9-13, 1993. The following all-day workshops have been accepted:

Two-day Workshop, June 9-10

**Teaching Parenting** - Lynn Lott and Jane Nelsen

Pre-Convention, June 10

**Utilizing Hypnotherapy to Treat Adult Survivors of Childhood Abuse** - G. Hugh Allred

**From Couple to Family: Adlerian Whole-Family Interventions** -James Robert Bitter, Clair Hawes, Oscar Christensen

**Therapy Issues with Women and Children Living in Poverty** - Mary Jamin Maguire

**Affirmative Psychotherapy with the Lesbian/Gay Client "An Introduction to Treatment"** - Marilyn Marks-Frey

Post-Convention, June 13

**Understanding and Treating Sexually Abused Children** - Edward G. Abelson

**The Creative Imagination in Psychotherapy: Dreams, Metaphors, and Psychodrama** - Richard R. Kopp, Leo Gold and Miriam L. Pew

**Training in the Use of Complementarity in Couple Therapy** -Amy Lew and Betty Lou Bettner

**A First Nations Perspective of Relationship** - Michael Thrasher and Linda Page

Registration information will be available in early 1993.

## Message from the Executive Director

The year 1992 is over—a time to look back and a time to look forward. By the time you receive this Newsletter, you will have received your 1993 dues renewal notice with a letter from President Bob Armstrong reviewing accomplishments and sharing plans for the future, as well as an appeal for a donation to give us a "jump start" on future projects. We hope you will give consideration to the information in the letters.

1992 saw changes in leadership: 4 people completed a total of 21 1/2 years of service on the Executive Committee (E.C.); 9 people completed 56 years of service on the Delegate Assembly (D.A.).

Enthusiasm, change, commitment, and a sense of responsibility were key words for the November D.A. meeting. Six people were absent due to illness or prior commitments but the remaining 18 people worked eagerly and earnestly, looking at the long-term governance of NASAP, dealing expeditiously with committee agenda items and region issues, and selecting programs for the 1993 convention. Action items will appear in a future issue of the newsletter. The D.A. began its meeting Friday noon and adjourned at 2:00 p.m. on Sunday—a total of 21 1/2 hours of meeting time.

The E.C. met all day Thursday and Friday morning, prior to the arrival of the D.A., and remained two hours after the D.A. adjourned on Sunday (15 hours plus the D.A. meeting). The hours times the number of people involved results in a lot of volunteer time for NASAP!

Central office in 1992—we settled into our new quarters on the 4th floor of the same building as the Adler School of Professional Psychology. The staff appreciates the new location with better working space and an opportunity to see other Adlerians!

Jerianne Garber, Administrative Assistant, and Marie Stacel, Secretary, continue to work 3 days a week to help keep the central office going. While not volunteers, their dedication and commitment are also to be commended.

We look forward to 1993 and what it brings to each of us.

*Neva L. Hefner, Executive Director*

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**Your Renewed Membership is appreciated!**

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## Thanks, and fare well!

I have served as the Editor of the Newsletter for the past five years, this being the 50th issue under my direction. I initially took the position to free up the Central Office, then only Neva, to focus on other portions of NASAP's work. By all standards, it has been a successful arrangement. Book of the Month, features on members, conventions, and conferences, Len Sperry and others' contributions, President and Executive Director messages are but a few of the items you've seen.

The Newsletter duties are being returned to the Central Office; Neva and Jerianne are now responsible for this publication. The job has become more labor-intensive in this typeset format, beyond the scope of a volunteer effort.

Thanks to Len Sperry for an enlightening and informative series of articles. His work as an Associate Editor of the Newsletter has made this publication more interesting to read. I've become a better professional as a result of his information.

I want to thank Cindy Runnells for her help as a typist, and friend. To my family -- Joshua, Luke, Stephanie, and my wife Deb -- thanks for understanding as revisions and computer time always took "just five more minutes" (which do add up over the years!).

NASAP is built on volunteers from within the membership. That describes my contributions over the past 12 years as well as the efforts of many who have become close friends and competent associates within this organization. This is one of our strengths.

NASAP continues to hover at the 1,000 membership mark as the costs of maintaining a viable organization increase. In the next two years, hard decisions with many consequences will be made by the volunteers on the Delegate Assembly. I urge them to consider lessons from our recent past concerning professional management of the Society's affairs. In short, professionals have been the difference between our present viability and potential invisibility.

I'll still contribute, I definitely care -- as we all do. To that end, I know that NASAP will fare well in these interesting times. We're needed more than ever!

### *The NASAP Newsletter*

**Volume 25, Number 10  
December, 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.

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502-781-9481; fax 502-781-1550

ISSN 0889-9428

## Clinical Research Award

The Section of Professional Clinicians announces the establishment of an award to acknowledge outstanding Adlerian oriented research with clinical applications.

To be considered, the research needs to be either published, a completed dissertation or a written graduate project. An abstract of the paper needs to be submitted in triplicate by January 30, 1993, to be considered for the 1993 Award.

Submit this paper to: Ronald J. Pancner, M.D. Charter Beacon Hospital 1720 Beacon Street Fort Wayne, IN 46805.

## **Marriage Survey needs replies from the membership**

If you received a survey in the past few weeks concerning marriage counseling and therapy, please return it!

The purpose of the survey is to measure the attitudes and behaviors of the NASAP membership concerning marriage counseling and therapy. The results will be published as part of the special marriage issue of the *Journal of Individual Psychology: Practice and Application*, scheduled for December, 1993.

Surveys were sent to only a fraction of the membership, due to the high cost of conducting this type of research. A postage paid, reply envelope was also enclosed. The survey should take less than 15 minutes to complete, and all replies are both useful and confidential.

*With the shift of Editorship back to Central Office, please remember to send all items for the "News and Events", story ideas, Letters to the Editor, and all correspondence concerning the Newsletter to the address, phone or fax at left. Any items submitted to the current editor not yet appearing in the Newsletter have been forwarded to Neva and Jerianne for their consideration.*

## Meeting Alfred Adler

*By Sophia de Vries, a Classical Adlerian psychotherapist, now 92, who studied with Adler in Vienna and Holland.*

Meeting Alfred Adler was an event long to be remembered. I recall our first meeting and the enriching ones that followed which confirmed the first impression. While he extended his hand, his eyes behind somewhat old-fashioned appearing glasses penetrated into one's marrow with probing and kindness at the same time. If the warm handshake had not yet conveyed it, the openness of his face would say, "I like meeting you. No matter who you are, I respect you, let us talk."

What we talked about is beyond recall. Maybe it was some technical detail he had mentioned in his lecture. I left after the discussion with the feeling that Adler had known me all of my life, knew me inside out, and had added a semester to my knowledge. His thinking was fast and he gave of what he knew. The more we followed his lectures, the more we learned about his technique and his encounters with people who needed help.

Much of this could not be put into textbooks: intonation, gesture, body expression, empathy, have to be witnessed. Adler had respect for his patients which created an air of openness and conveyed his willingness to help with a fountain of knowledge. Respect always came first, followed immediately by encouragement, which made the patient feel worthy and hopeful.

In presenting examples he often used the language he had used with his patients, the terminology adjusted to the patient's capacity for understanding. Here was a therapist who, in a careful approach, quickly came to the core of the problem and used very simple everyday language from the patient's own vocabulary. A human being in the first place who, seeing a person in distress, offered treatment which was easily absorbed because it was logically presented.

Often, in one sentence, he reduced the patient's imaginary mountain to the molehill it really was. A young girl who was a secretary in her father's office, complained bitterly that her father always dictated so many letters on the day that she was asked out by her boyfriend. "Does your father know him?" asked Adler. "He does not even know that I have a boyfriend," came the reply. "Then he cannot do it on purpose." The girl soon found that her real problem was not her father, but the relationship with the friend, manifested by her hesitancy to tell her family about him.

The last year that Adler lectured in Holland, it was my privilege to introduce him in my home town. The chosen topic was "Gemeinschaftsgefühl" — Social Interest and Responsibility. Adler explained that the goal in education should never be accumulation of knowledge or acquisition of the highest grades. Knowledge is not enough for man; it is the use of knowledge that can improve or destroy mankind's well-being and further development. Therefore at an early age, the child should be taught the importance of contributing what he has learned toward the positive side of life, and feeling part of the total: his family, his school group, his community. If something goes wrong, the child should learn to carry his part of the responsibility and correct it.

Adler explained Gemeinschaftsgefühl, and concluded with, "I have put on your shoulders the burden of responsibility: because those who know have to carry out the task of helping mankind towards the next step in a better world." All who knew and understood Adler could not help but carry his last message with them for the rest of their lives. *(Reprinted with permission from Adlerian Classics, Spring, 1992, Volume II, Number 1, page 4, Henry T. Stein, Editor.)*

## Letter to the Editor

APPA (Puerto Rico) would like to add its voice to the discussion of credentials for membership in NASAP. Citing from our experience of eight years as an organization, with only the last two years of having the benefit of a certified Adlerian psychologist in our membership, we would say that there is a lot that a lay organization can accomplish.

In these eight years our major energies have been spent in parenting programs, with school counselors, and in personal growth. Members have attended conferences in South Carolina, in Orlando, at NASAP-Atlanta and NASAP-Minneapolis as well as ICASSI-Clinton and ICASSI-Limerick.

We have brought Adlerian leaders from the US to give us workshops: Michael Popkin came twice for Active Parenting Training, and Frank Walton and Stan Dubelle addressed the Caribbean Counselors' Association. We facilitated a two-week summer session at Inter-American University, taught by Kathy and Frank Walton. Just recently the University of Puerto Rico has approved an introductory course in Adlerian Psychology.

We also have a large library of Adlerian books which we circulate within the community.

Because of our organization the principles and practice of Adlerian Psychology are very much alive in the Caribbean. We are concerned that attempts to limit NASAP membership, excluding all but certified Adlerian Psychologists, would close the door to our kind of organization.

Instead, we prefer the kind of membership which includes BOTH psychologists and lay members because while the psychologists provide therapy, research and theoretical direction lay members introduce Adlerian practices to the general populace.

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*Letters to the Editor should be addressed to the Central Office, NASAP, 65 E. Wacker Place, Suite 400, Chicago, IL 60601-7203. Letters are subject to edit and must be signed legibly.*

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Chicago, IL  
Permit No. 822

**NASAP Newsletter**  
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Chicago, IL 60601-7203

*Videotapes from NASAP include Demonstrations and Case Examples*

Videotapes from the 1992 Chicago Convention are now available. They are 2 /12 hours (150 minutes) in length and are both visually clear and high quality in sound.

**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 Adlerian psychotherapy.

**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 did 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.

Cost of video: \$79 for members, \$109 for non-members Add \$4 for p/h in U.S. and \$5 for non U.S.

Please send \_\_\_ copies of the Powers videotape and \_\_\_ copies of the Kopp/Gold/Pew videotape at the \_\_\_ Member price / \_\_\_ Non-Member price as listed above. Enclosed is my \_\_\_ check (US Funds) or please charge to \_\_\_ Visa or \_\_\_ MasterCard Number \_\_\_\_\_ Expires \_\_\_/\_\_\_ Signature: \_\_\_\_\_

Shipto: \_\_\_\_\_ Address: \_\_\_\_\_

City \_\_\_\_\_ State/Province \_\_\_\_\_ Zip/PCode \_\_\_\_\_

## Long-Range Planning Committee Meets in Columbia, SC

Eight NASAP veterans volunteered their time to meet November 20-22 and plan a framework for the Society's future. The group met at their own expense in Columbia, SC at the home of Frank Walton, Chairman of the Committee. Other committee members include: Joyce L. McKay, Marion Balla, Jim Bitter, Jane Griffith, Clair Hawes, Bill Nicoll, and Len Sperry.

The committee evolved from a recommendation by the Development/Public Relations Committee at last November's DA meeting: "to appoint a subcommittee to assess and evaluate NASAP's effectiveness in achieving its goal and purposes as stated in NASAP's constitution."

Called the Long-Range Planning Committee, the group first met at the Chicago convention in June to set an agenda for the November meeting. The group will look at all aspects of the Society from professional to political to financial. "We are the only professional organization which is based on a theory and we want to know how to survive into the 21st Century," said Past President Joyce McKay.

Initial reports indicate the meeting went extremely well. There will be a report to the Executive Committee at their mid-winter meeting in Phoenix in late January.

## Ansbacher Speaks at Adler Institute of New York

An impromptu visit to New York by Heinz Ansbacher developed into a lecture at the Alfred Adler Institute of New York November 13. His lecture was based on a journal article he is writing: "The Meaning of Community Feeling and Social Interest — New Developments." Kurt Adler was a discussant and Leo Gold, the Chairperson.

Forty people attended the event, thanks to the telephone networking efforts of Ina Block, Tanya Adler, Ellen Mendel, Barbara Berger and Sylvia Robbins. Future events are being planned.

# Equality

By Father W. Dayton Salisbury, S.S.J., Ph.D.

The North American Society of Adlerian Psychology celebrated its 40th anniversary at our annual Convention in Chicago, June 11-14, 1992. Although part of the Society's history includes involvement in the Civil Rights movement, no African American has served on the Executive Committee. At this Convention I had the fortuitous opportunity, as a member of the Delegate Assembly, to nominate Dr. Henry Raymond, Director of the Adler-Dreikurs Institute at Bowie State University, to the Executive Committee of NASAP. He is the first African American to be elected to the EC.

Finally, Adlerian theory and practice have caught up with each other. Throughout the history of Adlerian Psychology the principle of equality has been a major tenet and a major contribution to the community. Alfred Adler, Rudolf Dreikurs, and other leading Adlerians have been active in teaching that all human beings are equal, and in promoting the exercise of equality in the civil rights movement.

Important in the connection between the Civil Rights Movement and Adlerian Psychology is the emphasis on the exercise of equality. Early in the Civil Rights Movement, Dr. Martin Luther King, Jr. set out to prove that we are all equal. Some leading Adlerians advised him that he was making a strategic mistake. Equality must be accepted as a given. It cannot be proved. The operative issue for the Civil Rights Movement focused on the exercise of equal rights. (Janet Terner and W.L. Pew, *The Courage to Be Imperfect*, N.Y.: Hawthorn Books, Inc., 1978.)

In his final sermon, "The Drum Major Instinct", Dr. King, Jr. stressed the role of Adlerian Psychology in his life and thinking. He points out that he does not want to be thought of as one who feels superior because of titles, degrees, honors, etc., but rather as one who has worked for equal treatment for all and has served his fellow human beings.

Feeling superior, not equal, to others is an old problem in human history. Trouble is inevitable when we do not respect ourselves or exercise mutual respect toward others. Adler could predict various future crises based on this insight. He saw that a fight for equality was unavoidable. It was obvious to him that children and parents would be at war. That our schools would need police security. That women would demand equal treatment. That there would be a sexual and marital revolution. The fact that he was right has not endeared him to those with invested interest in the status quo.

A democracy implies that all individuals have equal value, just as they have equal rights and duties before the law. As Dr. King, Jr. observed, "We must all live as brothers and sisters, or we will perish as fools."

## South Carolina draws 170 to Fall Conference

Over 170 individuals attended the Tenth annual South Carolina Conference of Adlerian Psychology, making the conference the second largest in its history.

Evaluations of presenters was excellent. This year, the presenters received the highest collective ratings ever. The organizers wish to thank all who presented and attended. The 11th annual Conference will be held in Springmaid Beach next September (see News and Events, page 5).



# 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: Marriage Counselling with Clair Hawes January 15-16-17; Introduction to Substance Abuse with Tara Chotem on January 29-30-31, February 19-20-21; Advanced Marriage and Family with Don Dinkmeyer, Jr., on March 18-19-20-21. 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: Assessment (February 18-21), Applying Psychological Skills (June 25-28). 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.

**\*\*Evergreen Park, IL**--Interaction Institute Adlerian Counseling Center has expanded its program to include an educational certificate program for addictions counselors who wish to learn an Adlerian approach to the treatment of addictions. This four course training program will teach the students how to combine the Adlerian philosophy with the Twelve Steps. This model has been in development the past 15 years by the staff of the Interaction Institute. This course of study, titled Integrative Counseling, is advanced training and students must already be certified by the Illinois IAODAPCA board to qualify for this training. In conjunction with National-Louis University, IIACC will offer qualified students the option of receiving graduate credit as well as CEU's for certified addictions counselors and LCSW's. The second course in this series, "Congruity of Adlerian Principles with the 12 Step Programs", will be offered January 16,23,30. For additional information, contact Helen Cooley, 2400 W. 95 Street, #401, Evergreen Park, IL 60642, (708) 422-1848.

## Region III - Southeast

**Springmaid Beach, SC**--The 11th annual South Carolina Adlerian Society fall conference will be held on September 24 - 26, 1993. Additional information will be posted as details become available.

**Orlando**--The 16th annual Region III Conference will held on February 25-28, 1993. Hotel rooms are \$60 single or double at the Ramada Resort. If you have not received a brochure, contact: Don Dinkmeyer, Jr., Coordinator, (502) 781-9481 or fax (502) 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 is approved by the Florida Department of Education and Dept. of Professional Regulations. For additional information, contact Counselor Education Program, FAU, Boca Raton, FL 33431-0991, or call 407-367-3626.

## Region V - Northeast

**Montreal**--The Alfred Adler Institute of Quebec announces Counseling Children and Adolescents, C543, with Oscar Christensen, will be held on January 29-30-31, 1993; Dream Interpretation, C516 (formerly C316) with Leo Gold will be held on March 5-6-7, and Psychodynamics of Psychopathology I (C301) with Bernard Shulman will be held on March 19-20-21. For more information, contact AAI-Q, 4947 Grosvenor, Montreal H3W 2M2 or call 731-5675.

## Region VI - Far West

**Tucson**--The annual meeting and light breakfast of the Adlerian Society of Arizona will be held on Saturday, January 16 at 10am at the home of Oscar and Mary Christensen. For information contact Kirsten at 602-747-2730.

## 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 .

**ICASSI scholarships** (see above Brno listing) will be awarded to four individuals from North America, tuition, room and board included. To receive a scholarship application, call 404-651-3406 or fax a request to Dr. Roy Kern, Georgia State University, 404-651-1160 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 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. 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.

**\*\*New or revised listing. Send items to Chicago NASAP office**