

The NASAP Newsletter

January, 1993

Volume 26, Number 1

Toronto Workshop Features Native American Culture

NASAP 1993 Convention participants will have a first time opportunity to experience self and the universe from a Native American reference. Called *A First Nations Perspective of Relationship*, the post-convention workshop (June 13) is being conducted by Michael Thrasher, a therapist who has had 20 years of experiential learning with First Nations elders.

Workshop participants will have an individual experience based on a perspective derived from the medicine wheel. "The medicine wheel is a visual/oral tool for determining direction and purpose according to natural law...rather than linear law," Thrasher explained. It's the truest form of democracy — decisions are between you and the universe."

Thrasher will deliver the entire spectrum of the medicine wheel, from the universal down to the individual. The history of the world will be explained from a native American viewpoint: "First there were big people, then there were little people, then there is us."

"First Nations people believe that when you are born, you are a counselor, preacher, teacher and doctor to yourself — you counsel yourself, preach to yourself, etc...this is natural law, you need no certification," Thrasher told the *Newsletter*. "If you develop a gift in any of these areas, the elders may qualify you to help others." Thrasher was qualified as a teacher by First Nations elders.

NASAP's 1993 Convention will be held in Toronto June 10-13 at the Four Seasons Inn on the Park Hotel.

President's Message

NEW NASAP INITIATIVES FOR 1993

May 1993 be a year in which you are able to translate all your important goals into action! I hope that NASAP, with your help, will be able to do the same.

This may turn out to be a "leap year" for NASAP. I say this because of the direction that your 19 Delegate Assembly (D.A.) members began in their meetings November 6, 7 and 8 in Chicago.

The DA met for an extra 1/2 day on Friday to consider the question: "How can we improve the governance of NASAP?" Members broke into 4 groups to independently consider the question using a procedure designed and led by Henry Raymond. All four groups came to similar conclusions with the result that the D.A. Committees: Constitution, Convention, Development/Public Relations/Membership, Publications, Education and Executive brought forward a number of proposals designed to increase the involvement of members and to make communication more effective. You will be informed of the specific deliberations of the Committees in the next few issues of the Newsletter. I will mention some of the highlights here.

- The Committees will be responsible for ongoing work throughout the year and the Executive Committee (E.C.) member who is the liaison with the committee will be responsible along with the Chair to keep this momentum moving forward.
- Committees will assign some tasks to subcommittees made up of non-D.A. members.
- The Newsletter will include highlights of Committee meetings, and Interest Section and Regional news to keep members up to date.
- Committees will work on constructing a clear mission statement for themselves with consideration given to revising the titles or functions of Committees or adding or deleting Committees if necessary.

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Please note: This is your LAST issue unless you have renewed for '93.

Report from Riga, Part II

(This article is a continuation of "Report from Riga" which appeared in the May, 1992 issue. New NASAP members may receive a copy of the May article by writing or phoning the Central Office.)

By George W. Linden, Ph.D.

I felt as if I were in an Ingmar Bergman movie - everything was grey and a bit mysterious. Now I see the reality of the situation. I see the results of rigid ideology: destroy, destroy, destroy. The Russians destroyed private houses and forced people to move into ugly cement rabbit warrens. They destroyed private property, private thought, private integrity. If you trusted your neighbor, you might end up in Siberia. Many did. There was a vibrant Adlerian group here in the 1920's and 30's. They were all either executed or sent to Siberia.

After spending a whole morning, Astrid Stahnke found a man who knew a man who had gasoline. I paid the go-between five dollars and the driver \$10 -two thirds of a month's salary for a professor. We drove to the sea and the lovely beaches. We visited the home of Reines, the Shakespeare of Latvia and walked through the deep woods of pine and birch. The Latvians have a mystical sense of their land and forests, a closeness akin to that of the American Indian to his environment. The cab driver took us to his home to see how a "Facist" lives (he cuts his grass). He had built the entire house with his own two hands. He offered us beer, champagne, cookies, candy, and gave me a present of sardines when we left. He is a smart businessman.

Janis Gulbis (attended ICASSI Ireland) invited me to his house for supper. Astrid and a doctor named Igors were also invited. We began at two in the afternoon and finished at 10:30 at night. The table was groaning with food. Two kinds of wine, brandy and three deserts. Janis announced that everything on the table he and his sons had grown...including the pig. His wife made marvelous bread. The sons are eight and seventeen. The wife and sons speak English.

Janis was a member of the underground for ten years. He told us a frightening story about the communists kidnapping his three year old son and how he got him back. Many of his relatives died in Siberia. Igors had been sent there. It seemed crazy that

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1992 Membership Shows Increase In New Members

The books on 1992 membership are closed and we can now look at the totals, massaging them to present interesting or significant figures.

- Total for 1992 — 1,188, two more than 1991.

While the total is about the same, income is \$1,732 less due in part to a 21% increase in student members and a 7.5% decrease in general members.

- 28% increase in new members
- 5% decrease in renewals

- 40 Associate Members - new type of membership (largest number in Region I-Northwest: 27).

- 81.2% reside in U.S.
- 15.3% in Canada
- 3.5% in other countries
(largest number in Australia: 9)

PBS Series Explores 'Healing and the Mind'

A new five-part public television series, which explores new ways scientists, physicians, and patients are viewing sickness and health, will air February 22, 23 and 24.

Hosted by Bill Moyers, the series reports on newly established links between mind and body. A free 24-page Viewer's Guide is available from the Fetzer Institute, 9292 West KL Avenue, Kalamazoo, MI 49009.

— Send Us Your News! —

The Newsletter wants to hear from you — news items about Adlerian events, innovative activities occurring in your area, letters to the editor, news story suggestions, reports of region and section meetings — we need your input. Please send to the Central Office: address, fax or phone listed in left column.

(President's Message continued from page 1)

Committees want to be more accountable and to be fully responsible for their mandate. The Convention Committee decided that they would be responsible for all aspects of the Convention and that the First Vice-President would automatically serve as the Chair.

The D.A. also considered several financial initiatives because of the increased costs that NASAP faces. These have been outlined in a letter sent to you with your membership renewal forms. Let me urge you to read this letter and consider the contents carefully. We need your help to move boldly forward. Budget cuts amounting to approximately \$5,000 along with special donations from the membership are expected to allow your organization to meet the objectives set by the D.A.

You will note that this issue is now being compiled in the central office with editing advice from the Publications Committee. This is expected to save a considerable amount of money. I do regret the loss of Don Dinkmeyer, Jr. as editor. Don has so ably done this job for the past six years and I know how much of himself he has put into it. The changes that Don has instituted will be clearly evident if you dig up an issue from 5 years ago. Our heartfelt thanks Don!

Robert Armstrong, President

(Riga, Part II continued from page 2)

these two mild mannered medical doctors had had such violent adventures. Most of our talk had to do with economics and politics. They need to find some paper to print money on that will be hard to counterfeit.

I gave them dollars in cash to start an Adlerian Group. There is no bank where I could cash travelers's checks and credit cards are unheard of. Hence, all of my economic activities had to be carried out in cash--dollars, Deutschmarks or rubles. Victor Ozolinsh (attended ICASSI Ireland) will be secretary-historian of the group and Janis will choose a leader.

My lectures were on general Adlerian principles; e.g., the four goals of misbehavior, the dynamics of life-style, social interest, the uses of guilt feelings, etc. I helped a school superintendent deal with some of her student problems and some individuals to cope more adequately with their children. When I gave my last public lecture, I waxed poetic about the difficulties of Latvia. My translator, Astrid, looked at me and said: "You are going to make me cry!" That made me cry and I called a break in the lecture.

It is a good thing I did. One therapist told me that she had listened to me all week and that I had been so rational that she had begun to doubt her practice. However, when she saw me show deep emotion, she decided that she was doing the right thing and that Adlerians were people with true empathy. I repeated Adler's definition of Gemeinschaftsgefühl: "To see with the eyes of another, to hear with the ears of another, to feel with the heart of another."

At the end of my speech, I was given three tulips: a sign of great respect. I was also given a hand-made Latvian belt with the national colors and a snake design. The snake is a symbol of long life and they were wishing me good health. That afternoon, I met for two hours with a group of psychologists and students.

The morning before I left, I met with the Mayor of Riga and the Minister of Culture. The Mayor is a bright, thoughtful lawyer; the Minister, a bright,

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Donations

We appreciate the generosity of the following NASAP members (Donors through December 14):

Edward Abelson
Jean Alessi
Heinz & Rowena Ansbacher
Robert Armstrong
Archie Blackburn
Nancy Catlin
Brenda Dew
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Robert Morrow
Anthony Palo
Linda Kathryn Ring
Will Roy
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Mary Wilson

Betty Silon, in memory of
Udelle Friedland
Frank Walton, in memory of
Frank Bensinger and
for Regional Development
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Paul Goethe
Barney Lane, in memory of
Gloria Lane
Rosalind Frey, in memory of
Danica Deutsch and
for scholarships
Judy Sutherland, in memory of
Charlotte Atlas, sister of Tee Dreikurs
Joan Rodenhauser, in honor of
Vickey Nalley
David MacDougall, in honor of
Maurice Bullard

In memory of Birdie Mosak:
Max Colpetzer
Miriam Pew
Carey Washington

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(Riga, Part II continued from page 3)

thoughtful woman. The Mayor agreed to pay travel for one person from his city to attend ICASSI '92 in Holland. Later, the Minister of Culture and Janis, Minister of Health, said they would subsidize one Latvian from the provinces. So ICASSI will have a least two Latvians attend. I promised to raise other funds for them when I returned to the U.S. The Mayor, Victor and Janis gave me many gifts as I left.

The airport building was deserted. No one manning ticket counters, no arrival and departure board, no place to get information. There is only one flight a day now, so I guess they think that is not necessary. Hamburg Air only flies in twice a week, Tuesdays and Thursdays. The reserved Janis hugged me and kissed me as I left to board the plane.

I definitely made some deep friendships while in Riga and one man who had been my enemy showed up at the hotel before I left. He gave me a test he had designed, two lithographs he had made and toasted me with Vodka. I believe my trip was a resounding success. It was very rich and rewarding for me personally. It dispelled my depression, built my confidence and gave me something to hope for the future. It will take me months to process all of the information that flooded me in that short week.

(News & Events continued from page 5)

Brno, Czechoslovakia - ICASSI 1993 is scheduled for July 18-30 at the University of Masaryk. Participants can attend for only one week if they wish. Specially designated classes will permit one-week participation for either the first or second week. Classes will be offered for psychotherapists, counselors, teachers, parents and professionals seeking advanced Adlerian training. Pleasant, affordable housing is available in the University residences for single, double, or group accommodations. Brno is easily reached from Vienna, Prague or Budapest. For additional information contact Betty Haeussler, 9212 Morley Road, Lanham, MD 20706 in North America or Paul Hubbertz, ICASSI Administrator, Hagener Allee 81a, 2070 Ahrensburg, Germany, Fax: 49-4102-81757.

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.

News About Members

Terry Kottman will offer a workshop in *Adlerian Play Therapy* in three major cities: Honolulu, January 22; Detroit, February 1; Chicago, February 2. The full-day workshop will combine the concepts and techniques of Adlerian psychology with the practice of play therapy. Participants will earn six CEUs. For more information, 1-800-347-6647.

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Linda Albert has authored *The Administrator's Guide to Cooperative Discipline: Strategies for School-Wide Implementation*. This 175-page manual features practical strategies for implementing Adlerian ideas in schools and districts. NASAP members Patty Kyle, Edna Nash, Barry MacDonald and Yvette Zgonc were contributors. For orders call 1-800-328-2560.

An expanded version of Linda Albert's *Cooperative Discipline* will be offered as a credited graduate course. The Teacher Education Institute will add the new course to their list of offerings in 12 states, beginning with New York. For information call, 1-800-331-2208.

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ParentShare of Parkersburg, WV is the first new affiliate to join NASAP in 1993. The organization, which is sponsored by the United Methodist Churches, offers classes in parenting based on the principles for democratic living as outlined in Rudolf Dreikurs' *Children: The Challenge*.

Books, materials and child care are made available to participants at no cost. ParentShare also provides free support groups.

Summer Institute Brochure

NASAP members will be receiving a brochure giving the details about the new Summer Institute scheduled for August 1-14 at the University of British Columbia in Vancouver. The two-week experiential training is designed for professionals in, or those training for, the helping professions. Additional brochures may be acquired through the Central Office.

Book of the Month:

Clean and Sober Parenting

Clean and Sober Parenting by Jane Nelsen, Riki Intner and Lynn Lott, is the Book of the Month offering for January.

NASAP members will be able to purchase this 255-page book for only \$8.76 a copy, a substantial savings from the regular cover price of \$10.95. We have a limited number of books so we ask that you order no more than three copies.

The book seeks to help recovering parents take charge of their lives by making the changes needed to initiate a healing process for the whole family. Chapters cover such topics as:

Start Where You Are and Keep It Simple
Build Closeness and Trust Through Emotional Honesty
Connect with Outside Support Groups
Break Old Patterns of Co-Dependence
Establish Routines and Structures
Set Limits and Follow Through
Learn Healthy Communication Skills

Please add \$3 postage to your order for U.S. and \$4 for Canada for up to two books. Add an additional \$1 for three books.

This offer expires March 31, 1993.

Order Form

Please send ___ copies of *Clean and Sober Parenting* at \$8.76.

Add postage and handling for your order, per above instructions.

___ Check or Money Order enclosed (U.S. funds, please)

___ Visa or MasterCard

TOTAL due: \$ _____

Card # _____

Expires _____

Signature of Cardholder: _____

Ship to:

Send your order to:

NASAP Books, 65 East Wacker Place, #400, Chicago, IL 60601-7203

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: *Classroom Management* with Edna Nash on February 19-20-21, March 26-27-28; *Psychodrama* with Mim Pew on March 5-6-7; *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 Adler School of Professional Psychology will hold its 7th annual Founder's Day Friday, February 5 at the school. Dr. Richard Kopp will conduct a two-part program, beginning at 9:30 a.m. with an address: *The Evolution of Psychotherapy: Psychodynamic, Cognitive-Behavioral, and Family Systems Approaches*. In the afternoon, he will discuss *The Future of Psychotherapy: An Adlerian Integration*. Cost of the full-day workshop is \$25 and includes a luncheon in honor of the birth anniversary of Dr. Rudolf Dreikurs, founder of the Adler School. Kopp will offer a second day workshop on Saturday, February 6 entitled, *I Think Therefore I am a Tea Kettle: Using the Power of Metaphor to Create Change in Psychotherapy*. Participants in both workshops may earn 12 CEs (1.2 CEUs), cost \$110; or one graduate credit from the Adler School, cost \$220. A Continuing Education certificate may also be obtained for Friday only (6 CEs for additional fee of \$15). To register call the Adler School, 312-201-5900.

Evergreen Park, IL - Interaction Institute Adlerian Counseling Center has expanding 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 CEUs for certified addictions counselors and LCSWs. For information, contact Helen Cooley, 2400 W. 95 Street, #401, Evergreen Park, IL 60642, 708-422-1848.

Region III-Southeast

Orlando - The 16th annual Region III Conference will be held February 25-28. *Focus on Family, Marriage and Schools* is the theme. The extensive program offers full-day workshops on Thursday and Friday; 70-minute presentations on Saturday, and half-day workshops on Sunday. 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 its spring schedule of professional development workshops for counselors. The two-day workshops each carry 1 FAU Graduate Credit (15 contact hours) for professional licensure or certification renewal. Partial Schedule includes: Eating Disorders, February 12-13; Cooperative Discipline, March 5-6; Occupational Hazards of the Mental Health Practitioner, March 19-20. All workshops are held at the Sheraton Hotel Boca Raton, located near the FAU campus. Special low-season overnight room rates are available to participants who want to combine a professional development experience with a mid-winter break in the sunshine. To receive a spring registration brochure call 407-367-3600.

Region VI-Far West

Loveland, CO - Parent Encouragement Program of Maryland is offering "PEP West", a family learning/vacation experience at Sylvan Dale Ranch in the Rocky Mountains, August 1-7. Registration deadline is April 1 and requires a \$100 deposit per person. The six-day package includes parent workshops, children's programs, six nights lodging, home-cooked meals and ranch activities. Cost: Adults, \$695, children; (10-13) \$595, (6-9), \$495, (2-5), \$395), and under 2 free. NASAP members Linda Jessup, Barbara and Don Fairfield and Steve Cunningham will lead workshops. For more information call PEP at 301-929-8824.

Oakland, CA - Adlerian Western Institute for Research and Training in Humanics announces their spring class schedule which will run from 3/17/93 through 5/19/93. Courses include: Interviewing Techniques and Life Style Diagnosis; Encouragement Workshop; Basic Individual Psychological Processes. IP Marathons will be 3/21, 4/11, and 5/2. Contact Lucy Ackerkecht, 510-891-8194.

International

Budapest, Hungary - The 19th International Congress of Individual Psychology will be held August 1-5. Main topic of the Congress will be *Diversities in Individual Psychology and their Resolution*. For more information contact: Ms. Krisztina Szgedi, H-1443 Budapest, P.O. Box 145, fax 361-183-7918.

IAIP Directory - Copies of the new International Association of Individual Psychology Directory may be ordered from Horst Groner, Secretary-General. The directory lists the names and addresses of IAIP's officers, council, commissions contacts, member societies and provisional members. A history of the Association is also given. To receive a copy, send \$3.30 U.S. to Horst Groner, Marktstr. 12, D-OP-5800 Gotha, Germany.

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Send items to Chicago office or fax to 312-201-5917