

The NASAP Newsletter

March/April, 1993

Volume 26, Number 3

Two-Day Workshop Features Training Parent Educators

A two-day workshop (June 9-10), called **Teaching Parenting**, will be offered at the 1993 NASAP Convention in Toronto. "The workshop is geared toward nurses, parent educators, counselors, school personnel and anyone wishing to start or enhance parenting classes," said Lynn Lott who will be presenting the workshop with Jane Nelsen.

Lott and Nelsen have been parent educators for over 23 years and will use eight major parenting resource books in conjunction with their training materials. "We are not promoting one particular course, but a way to get parents involved in the Adler/Dreikurs materials and keep them coming back for more," Lott explained.

The presentation will feature several demonstrations of experiential activities and role plays which seek to take parents beyond intellectual learning into practical application of various teaching points. Demonstrations will include a process which Lott and Nelsen call "Helping Family Problem-Solving Steps". This process focuses on providing parents with help in solving their specific problems.

Part of the problem-solving demonstrations will seek to reach parents with cultural differences, limited reading skills and/or special problems with children. Recommended reading before the workshop: *Positive Discipline* by Nelson and/or *I'm On Your Side: Resolving Conflict With Your Teenage Son or Daughter* by Nelsen and Lott.

Members wishing to attend **Teaching Parenting** should note it is the only workshop on June 9, preceding regular convention dates of June 10-13 at the Four Seasons Inn on the Park Hotel.

PRESIDENT'S MESSAGE

I have stated to you before that the two most important bonds between NASAP members are the ideas and techniques of Adlerian Psychology and the significant relationships we as Adlerians form with each other. Let me remind you of two very significant events which further both those ends.

By now you will have received the Brochure for the NASAP Convention and Workshops to be held June 10-13, 1993 in Toronto, Canada. This Convention promises to be quite special because so many of the programs have been tailored to the theme of *Celebrate Diversity; Encourage Connection*. This theme provides the opportunity to address important current issues around human behavior which relate to Alfred Adler's concept of Social Interest. That concept as it relates to the acceptance of diversity among people can never be more important and topical than today.

One of the prime ways people become committed to NASAP and Adlerian Psychology is through this convention, so let me make a special appeal to you. Please make an effort to attend this year and make a copy of your brochure, or phone or write Centennial Conferences or NASAP for another copy, so that you can pass one onto someone else. Invite them personally, since our surveys indicate that most people who attend for the first time do so because someone made a personal appeal.

Don't forget to mention to them that Toronto, the largest city and business capital of Canada, is known to be one of the safest and cleanest cities of its size anywhere in the world. The Inn on the Park, the Convention Hotel, is one of the Four Seasons Chain, world renown for service.

The second important event, the first NASAP International Summer Training Institute, you also will be aware of through a brochure sent earlier. The purpose of this Institute is to provide training in the practical "hands on" use of Adlerian Psychology with individuals, couples and families within the context of a two-week experiential training community. We are confident of the program because the pilot was so enthusiastically received at last year's NASAP Convention.

It brings together the outstanding and experienced team of Oscar Christensen, Clair Hawes and Jim Bitter in the beautiful campus setting of mountains, ocean, fjords and beaches of the University of British Columbia in Vancouver. This is an excellent opportunity for practitioners to participate together in a learning community. Again, let me suggest that you give a copy of your brochure to others.

Robert B. Armstrong

Inside this Issue

Adlerian Training Institutes.....	2
Summer Institute Theme "Empowerment".....	3
Czech City To Host ICASSI.....	6

Institutes Specializing in Adlerian Training

Adlerian training programs may be found in various locations throughout the United States and Canada. These are in addition to the colleges and universities listed in the February Newsletter.

The following are accredited and offer degree programs:

- Adler School of Professional Psychology, Chicago, IL (M.A., Psy.D.)
- Adler-Dreikurs Institute of Human Relations, Bowie, MD (M.A.)
- Alfred Adler Institute of Minnesota, Hopkins, MN (M.A.)
- The Union Institute, Graduate School, Cincinnati, OH (Ph.D.)

The following offer training (some have certificate programs):

- Adlerian Western Institute for Research and Training in Humanics, Oakland, CA
- Adlerian Psychology Association of British Columbia, Vancouver, BC
- Adler School of Professional Psychology/Ontario, Toronto
- Alfred Adler Institute of Cincinnati, OH
- Alfred Adler Institute of Fort Wayne, IN
- Alfred Adler Institute of New York, NY
- Alfred Adler Institute of Quebec, Montreal, PQ
- Alfred Adler Institute of San Francisco, CA
- Americas Institute of Adlerian Studies, Chicago, IL
- AIAS-San Diego County, Vista, CA

In addition to the above, about 50 Adlerian organizations offer workshops and seminars throughout the year in North America. List of organizations and institutes with addresses and phone numbers may be obtained from the central office in Chicago.

####

Summer dates to remember:

- * June 9-13, Toronto - NASAP's 41st Annual Convention/Workshops
- * July 18-31, Brno - ICASSI's Rudolf Dreikurs Summer Institute
- * August 1-14, Vancouver - NASAP Summer Training Institute

The NASAP Newsletter
Volume 26, Number 3
 March/April, 1993

Published nine 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

Jerrianne Garber, News Coordinator
 Neva Hafner, NASAP Executive Director

Members of NASAP automatically receive the Newsletter.
 Subscription rates for non-members \$10 per year.
 ISSN 0889-9428

Donations

(through February)

Barbara Ainsworth-Porter
 Murray M. Bomzer
 Timothy Evans
 Peggy L. Foege
 Jordan Levin
 Guy J. Manaster
 Arthur Nikelly
 Genevieve Painter
 Sandra Paul
 Mary Lou Rohling Piech
 Hazel V. Udchic

Oscar Christensen, Jr.
 in memory of
 Roland Hawes
 Alden M. Cohen
 in honor of
 Commander Max Phelyne
 Howard Gontovnick
 in memory of
 Frank Bensinger
 Penny Kamakaokalani Scott
 in honor of
 Hal McAbee

Call For IP Journal Editor

As reported in previous issues of the newsletter, a call for applications has been issued for Editor of the Theory and Research issues of **Individual Psychology**. Guy Manaster's term as editor of the Theory and Research issues expires December 31, 1994. Interested applicants may contact the central office for job description, qualifications and requirements. Phone: 312-629-8801; FAX: 312-201-5917. Deadline for applications to be in the central office: May 1, 1993.

####

INVITATION FROM PRESIDENT

Let me thank those of you who have sent the names and addresses of individuals who you think might be interested in NASAP and Adlerian Psychology. I have sent them a personal letter inviting them to join along with a copy of the Newsletter. I encourage others of you to send names so that we might bring others the benefits that we have enjoyed from our association with Adlerian psychology.

Robert Armstrong

Empowerment and Social Interest

By James Robert Bitter

Empowerment seems to be the word for counseling process in the nineties, and like other words and phrases that have been used to capture themes in the helping professions, empowerment will be significantly useful, then over used, and finally misused many times before the quality of its meaning fades. It is no coincidence that the concept has gained popularity as counselors begin to meet the challenge of incorporating gender awareness and an appreciation for cultural diversity into their practice.

Different cultures (especially those easily identified by race and color) and almost all women have long experienced disempowerment at the hands of a dominant culture and that part of the male population in control at any given time. In one sense, empowerment makes it possible for people to take charge of their lives and feel capable of meeting life's tasks with a new confidence and even optimism.

Courage Reflects Social Interest

The link between courage and power is very important, since courage is often a reflection of at least some social interest and the optimism that can be generated when a person perceives that s/he is not alone in life's struggles. A sense of courage helps people to meet the challenges that must be faced. It is the lack of courage which can very easily lead to misuse of power. Such people lack what Adler called **psychological tolerance**. When faced with threat, a lack of courage, and diminished social interest, they too often over compensate.

Counselors often work with couples and families when the difficulties that must be faced seem insurmountable to the people involved. The couple or family has used whatever resources were immediately available; tried to apply whatever coping could be generated; and now most everyone is feeling stuck, at a low level of psychological tolerance, and lacking a sense of power over their lives and their situation.

What Adlerians Can Offer

Adlerian counselors have many role-functions which contribute to empowerment with social interest. The role-function of providing an enlarged focus, for example, can serve the purposes of taking the pressure off a given situation, creating options, or replacing a negative and critical assessment with an understanding of perhaps benign motivation. The notion that everything can always be something else, "everything can also be different," is not only encouraging; it is also the basis for reframing intentions, problems and process into opportunities for change.

Empowerment coupled with social interest reconnects individuals to their personal strengths and resources; reconnects partners building a life together; and invites harmony in formerly distressed systems. Like all great learnings, empowerment is more often "caught" from the counselor than taught.

NASAP Initiates Summer Institute

In the summer of 1993 (August 1-14), the North American Society of Adlerian Psychology is offering a two-week training experience for professionals in, and those training for, the helping professions. Held at the University of British Columbia in Canada, the institute will be led by Oscar Christensen, Clair Hawes and Jim Bitter. Training will feature demonstrations, didactic presentations, and live supervision in facilitating growth, empowerment, and change with individuals, couples and families. A preview of the training will be offered in preconvention workshops for the American Counseling Association in Atlanta, March 1993 and for NASAP in Toronto, June 1993. Contact for more information, Jim Bitter, 430 Brittany Lane, Brea, CA 92621, 714-990-2766.

News About Members

Adler School of Professional Psychology has been approved by the American Psychological Association (APA) as a provider of C.E. credits for psychologists. Also Adler School's Psy.D. program has been listed by the National Register of Health Service Providers in Psychology as a Designated Doctoral Program in Psychology.

###

Howard Krivelin, proud father from Riverdale, New York announced the birth of twin sons on his dues renewal form! Welcome to Remington Noah and Holden Grant.

###

Kirsten Cook presented at a week-long annual seminar of the Greek Society of Adlerian Studies, according to the Adlerian Society of Arizona Newsletter. Her presentation, *Exploring Life Style Through Kinetic Family Drawings*, was well received. The Greek Society is primarily made up of women who came to study Adlerian theory through parent study groups.

###

Dale Steele received the Alfred Adler Memorial Award for Social Interest at the annual meeting of the Midwest Society of Individual Psychology in St. Louis in March. He has been a member of MSIP for over 20 years and has displayed social interest in numerous ways. While this is a local honor, NASAP is a co-presenter of the Social Interest Award. Contact central office for information on giving the local Social Interest Award.

###

Allan Cox said his four-part video series, *Straight Talk on Teams*, was selected by the Defense Systems and Electronics Group at Texas Instruments after they viewed a total of 52 possible video programs. Over 15 other major companies have bought the program.

Non-Profit Org.
U.S. POSTAGE
PAID
Chicago, IL
Permit No. 822

NASAP Newsletter
65 East Wacker Place, Suite 400
Chicago, IL 60601-7203

ICASSI To Be Held In Czech City of Brno

(For the first time in its conference history, ICASSI will hold its 1993 sessions in an Eastern European city. The University of Marsaryk in Brno, Czechoslovakia will host the 1993 ICASSI event, July 18-30. Most attendees will be visiting an Eastern European city for the first time. NASAP member Bill Linden was in Brno last summer and provides the Newsletter with a description of the city.)

The Czech Republic is much more like Austria than Russia. There are banks and currency exchanges, the shops are filled with consumer goods and the grocery stores are like our old supermarkets. Privatization has gone a long way and there is a stable currency. One can use credit cards in the better restaurants and hotels. But there is no escaping the United States. When we stopped in Prague for lunch, the St. Louis Blues were playing the Toronto Maple Leafs on TV. I had traveled half-way around the world to see my hometown team.

Brno is a bustling city of 350,000-400,000 people. It has a sparkling new trade center and there is a strong drive to make foreigners know that Brno is on the map. The Rector of the University went out of his way to impress me that Prague is not the only city in the Czech Republic. I told him as an Adlerian he should not suffer from inferiority feelings.

One thing the communists did that has not changed: they heavily subsidized the arts. Hence, art is cheap and easily accessible. The best seats at the

symphony cost 12 crowns...about forty cents. Those seats would cost over forty dollars in the U.S. A Coca Cola costs eight crowns, a beer six crowns, so that gives some idea of comparative prices.

They are quite proud of their wines and their wines are inexpensive. The food in the restaurants is excellent. It is also inexpensive by American standards...three or four dollars for a complete meal, a dollar for a litre of wine.

There is much interest in Adlerian Psychology. Articles on Adler are now appearing in Czech professional journals. The Russian editions of *Happy Children (Children The Challenge)* is available.

Contributions Needed For Adlerian Friends:

ICASSI 1993 is scheduled for July 18-20. Tax free contributions to aid Adlerians in the Eastern Bloc may be made out to "The Latvian Travel Fund", in care of George W. Linden, 1116 St. Louis Street, Edwardsville, IL 62025.

For further information about attending ICASSI, contact: Betty Haeussler, 9212 Morley Road, Lanham, MD 20706.

Letter To The Editor

TO STRAIGHTEN THE RECORD:

My students were fond of saying that it took Adlerians at least twenty years to pick up on some of my ideas, if they ever did so. So I was delighted to see the first mention of *Stroking and Spitting: Two Core Adlerian Counseling Skills* in Eckstein, D., Baruth, L., & Mahrer, D., *An Introduction to Life-Style Assessment*, Third Edition: Dubuque, Iowa, 1992, Page 112. Unfortunately the authorship of the *Stroking and Spitting* was inadvertently given to Arthur Nikelly. Here is its history, just to keep the record straight.

Stroking and Spitting was introduced in my paper at the American Society of Adlerian Psychology annual meeting (May 1967) in my paper, "Team Therapy: An Antidote for the Double Bind." *Stroking and Spitting* became the title of my paper in *The Individual Psychologist*, 1967, 5 (1), 29-31.

I was asked by Arthur Nikelly to contribute a chapter to his 1971 book, *Techniques and Behavior Change: Application of Adlerian Theory*. I wrote a chapter entitled, "Action-Oriented Methods." Unfortunately I could not meet his deadline on changes. I asked him to do so and make himself co-author. When Eckstein et al made the bibliographic citation, they did so using the book title, and not the chapter (pgs 85-90).

In the spirit of Alfred Adler, I consider my work to be "an open quarry" where one may mine at will. However, I believe social interest implies that an author should be considerate of future miners, and cite correctly the claim that was worked.

Walter E. "Buzz" O'Connell

WE NEED YOUR NEWS

Please send your news items, letters to the editor, reports of region and section news to the central office, 65 E. Wacker Pl., Chicago 60601, or phone, 312-629-8801; FAX 312-201-5917.

'92 Chicago Convention Videotapes

The Creative Imagination in Psychotherapy

Richard Kopp, Leo Gold, Miriam Pew

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 and Jane Griffith

Robert L. Powers works with two families in a public setting, as he frequently does at the Adlerian School of Professional Psychology. He begins with an orienting lecture, sees the family -- parents without children, children without parents, parents again without children. The demonstrations are followed by audience reaction, 2 1/2 hours.

Each videotape is \$70 for members, \$109 for non-members. Add \$4 for postage and handling in the U.S. and \$5 for CANADA and other countries.

Order Form

Send _____ copies of Creative Imagination \$ _____

Send _____ copies of Family Counseling \$ _____

Add postage and handling per above. \$ _____

TOTAL DUE \$ _____

Check or money order (US funds)

Visa\MC# _____

Expires _____ Name: _____

Ship to: _____

Send your order to NASAP, 65 E. Wacker Place, #400, Chicago, IL 60601 or Call your credit card order, (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: Sexual Abuse with E Clair Hawes on April 16-17-18; Theories of Personality with James Croake, April 23-24-25; Psychotherapy I-Adlerian Approaches to Intervention with Harold Mosak, May 14-15-16; Dream Interpretation with Leo Gold, May 28-29-30. Contact: Adlerian Psychology Association of British Columbia at 604-874-4614.

Seattle, WA - Pudget Sound Adlerian Society will offer a spring seminar called *Individual Psychology and Social Interest* for four Saturday mornings, 9 a.m.-12 p.m., April 17 and 24, May 8 and 22. Cost is \$65 for non credit (\$50 PSAS members) and \$95 for CE credit (\$65 PSAS members). Contact: Ann Skutt, 206-525-4796 or Richard Meeks, 206-784-2179.

Region II-Midwest

Chicago - The Americas Institute of Adlerian Studies (AIAS) offers a three course Program for Professionals in Individual Psychology. Courses may be taken in any sequence at the Chicago or San Diego location. Next Chicago course: Applying Psychological Skills, June 25-28. Thirty APA or NBCC credit hours per course, BRN credit available, Category 2 credit for physicians. Contact: Jane Griffith, 600 N. McClurg Ct., Suite 2502A, Chicago, IL, 60611-3027, 312-337-5066.

Chicago - The Adler School of Professional Psychology is offering a 3-day program (April 23-24-25) dealing with cognitive therapy and its relationship to Adlerian psychology. Visiting professor Arthur Freeman will conduct the course, assisted by presentations from NASAP members Norman Silverman, Mary and Seymour Schneider. The program is available as a 2-credit hour course or up to 20 continuing education credits. Contact: Mark Stone, Adler School, 312-201-5900, ext. 231.

Region V-Northeast

Montreal - The Alfred Adler Institute of Quebec announces spring courses: Psychodynamics of Psychopathology II C302 with Robert Shulman, April 16-18; Marriage and Family Systems C544 with Robert Sherman on April 30, May 1-2; Psychotherapy I: Adlerian Approaches to Intervention C522 Michael Hartings, May 7-9. Contact: AAI-Q, 4947 Grosvenor, Montreal H3W 2M2, or call 514-731-5675.

Region VI-Far West

San Francisco - Alfred Adler Institute of San Francisco announces a classical Adlerian masters seminar, *Changing the Individual; Adlerian Values-based Psychotherapy*, will be held at San Francisco State University, Seven Hills Conference Center, July 18-22. The experiential program features the Socratic method, eidetic and guided imagery, role-playing and demonstrations. On-site low-cost accommodations are available. Contact: Henry Stein, 7 Cameo Way, San Francisco, CA 94131, 415-567-4729.

Vista, CA - AIAS-San Diego announces its west coast summer course, *Understanding Personality Development and Dynamics*, June 3-6. (See AIAS Chicago for complete details.) Contact: Steve Maybell, AIAS-San Diego County, 486 Hillway Dr., Vista, CA 92084, 619-758-4658.

International

AWIRTH - Adlerian Western Institute for Research and Training offers the following classes to be taught by Lucy Ackerknecht at its 25th European Summer School: *Adlerian Diagnostic, Counseling & Psychotherapy* and *Training Analysis Groups and Supervision Groups* in Argele's sur Mer, Plage, Southern France, July 12-21; *Adlerian Concepts of Self Management and Training Analysis...* in Eischen, Luxembourg, August 13-22. Contact: Lucy Ackerknecht, 510-891-8194.

* * * *

Workshops Scheduled By Members

American Counseling Association will offer workshops on *Adlerian Play Therapy* in three midwest cities: Bloomington, IL, April 13; Indianapolis, IN, April 15; Louisville, KY, April 16. Terry Kottman will lead the full-day workshops which offer six continuing education contact hours. For more information, 800-347-6647.

#

American Guidance Service will offer *STEP-STEP/Teen and Early Childhood STEP* workshops in April and May in Atlanta, Alexandria, Boston, Dallas, Denver, Ft. Lauderdale, Memphis, New York, Phoenix, Pittsburgh, Princeton, St. Louis, Southfield, MI and Steven's Point, WI. Don Dinkmeyer, Sr., Don Dinkmeyer, Jr. and Jon Carlson will be the trainers. Contact: 800-328-2560.