

The NASAP Newsletter

November/December, 1993

Volume 26, Number 9

Workshops Selected For 1994 Convention

The 42nd Annual Convention and Workshops will be held in San Diego at the Doubletree Hotel at Horton Plaza, May 19-22, 1994. The following all-day workshops have been accepted:

Pre-Convention, May 19

Working with Kids Who "Give" Problems: Case Supervision for Counselors, Teachers, and Parent Educators - Amy Lew

Brief Therapy: Process and Techniques - William Nicoll

Crucial Phases of Classical Adlerian Psychotherapy: Demonstration and Discussion - Henry Stein and Martha Edwards

Enhancing the Life of Adolescents and Their Parents: Three Demonstrations - Francis Walton and Oscar Christensen, Jr.

Post-Convention, May 22

Understanding and Treating Sexually Abused Children - Edward "Abe" Abelson

Changing the Discipline Paradigm: An Administrator's Guide to School-wide Strategies for Implementing Adlerian Approaches - Linda Albert and Patricia Kyle

Enhancing Life Choices with BASIS - Roy Kern, Mary Wheeler and William Curlette

Positive Discipline A-Z in Classrooms and Homes - Jane Nelsen, Lynn Lott and H. Stephen Glenn

Adlerian Systems Family Therapy Theory and Model - Robert Sherman

Executive Director's Message:

DA Meeting Initiates Many New Items

The NASAP Delegate Assembly (DA) had another productive meeting in Chicago. They gathered at noon on Friday, November 5 and met through Sunday, November 7. (See page 3 for a picture of the Delegates at the beginning of their busy weekend.)

Friday afternoon was spent processing the report of the Long Range Planning Committee (LRPC), discussing and revising goals and strategies. After the LRPC incorporates the revisions and the DA and Executive Committee (EC) review it, the information will be reported in the Newsletter and presented at the General Assembly in San Diego.

Action and information items from DA meeting include:

- The LRPC, which has been a Sub-Committee of the Development Committee, will become an ongoing committee; function and appointment was formalized through an amendment to the by-laws.

- Norma Lou McAbee was appointed Region IV Delegate to complete the term of Dayton Salisbury, who resigned due to health problems.

- Gerald J. Mozdzierz was appointed editor of the Theory and Research issues of the Journal, term to begin January 1, 1995.

- Approved recommendation that Guy Manaster continue as Executive Editor of the Journal.

- Baltimore, Maryland will be the site for the 1996 NASAP Convention/Workshops, with a theme on Realizing the Dream: Adlerian Psychology and Social Equality.

- Approved creating a special committee called the NASAP Summer Institute Committee to operate for one year, to include one DA member, to report to the EC, with Bill Nicoll as Chair.

- 1994 Summer Institute will be held at the University of South Florida in Tampa, July 18-22. (DA previously approved a two-year plan for the Summer Institute with a commitment to offer the institute in Region III in 1994 as a condition for their providing two-thirds of the seed money.)

- A membership table will be set up at each convention under the supervision of the Development/PR/Membership Committee to include information about Sections as well as NASAP membership and forms.

- Dev/PR/Memb Committee will write a job description and guideline for qualifications for a Director of Development and Marketing; the EC will investigate ways to finance such a position; progress report to be made next May.

- Approved a 2 1/2 day workshop in San Diego on Variosexual Couples Therapy that will provide 18 CE hours for APA and NBCC: this is to test market a special workshop that

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President's Letter To The Membership: *Increase In NASAP 1994 Dues*

By now you have received your dues renewal form and no doubt noticed that there has been an increase in dues. The Delegate Assembly (DA), after reviewing the trend in NASAP financing over the past several years, decided that it was time to increase the dues to more accurately reflect actual costs. For a number of years now, NASAP has been able to charge artificially low dues for a number of reasons.

The Clonick Estate Funds provided very good returns while interest rates were high and some of the designated funds had not been appropriated. Our office rent was kept low by renting space in a building in which the door had to be kept locked during the day. Don Dinkmeyer, Jr. graciously edited and typed the Newsletter for a fee which was so low it is embarrassing to discuss. In the past two years, many members of the DA have been contributing back all or a portion of their airfare (they have always had to pay their own hotel and meals which results in a subsidy of up to \$700 by some for the November meeting).

1994 Budget Shows Projected Deficit

I could go on to detail the measures we took to keep expenses to the bone in 1993 in order to run only a very slight deficit, although our convention revenue was down approximately \$8,000. In August, we reduced personnel in the central office even though the work load has increased. The preliminary budget for 1994 projected a deficit balance of \$8,980. This despite the fact that our membership is at the highest level in the past 10 years. Income sources are 65% from dues, 20% from convention and 7% from publications. Dues for students and family memberships were increased only once in the past 10 years and twice for general members.

After weighing the various options, the DA recommended the increase in dues. NASAP, even with the increase, will still run a "tight ship". DA members will still pay their own hotel and meal costs and a portion of their airfare for the November meeting. We are a very vibrant and healthy organization with a dedicated and growing membership. This dues increase will keep our finances on a sound and responsible footing. I know you will understand that the DA would not ask for the increase if they did not think it was absolutely necessary.

Robert R. Armstrong

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Delegate Column *Adlerian Ideas Are Spreading To Countries Worldwide*

By Edward Abelson
Education Section

This past summer I taught at ICASSI, the interational Rudolf Dreikurs summer institute. There were people attending from 22 countries, including many of the former communist nations.

One of the many wonderful people I met was a psychologist from Bulgaria. She was interested in many, many things, including knowing about training programs for teachers.

As might be expected, the transition from autocracy to democracy in the countries of Eastern Europe is a difficult one -- not only in the overall political and economic sense, but also in the realm of the classroom. Classes had been very rigid in terms of the curriculum taught, the general tone of the classroom, and the relationship between teachers and students.

(This is certainly not limited to the former communist countries; in the U.S. this was generally true until relatively recently, and it is my impression that it is still true in many parts of the world, including Japan.)

Not surprisingly, people who know about the Adlerian/Dreikursian approaches to education are looking to us in North America for further information and training on how to bring to the classroom the principles of respect and responsibility, democracy and human decency. It certainly will be a challenge for them in Bulgaria; they are facing challenges in every aspect of their lives.

But it is heartwarming to know that the ideas of Adler and Dreikurs are continuing to spread throughout the world.

Journal To Combine Last Issues

The last issue of the 1993 journal of **Individual Psychology** will be a special issue combining the third and fourth quarter journals. The Newsletter has just learned it will not be mailed until February of 1994.

NASAP Adopts A Code of Ethics

By Jane Griffith, D.A. Constitutional Committee Chair

At its meeting in Chicago, the Delegate Assembly passed a motion adding a code of ethics to the Society's by-laws. The new ARTICLE IX - CODE OF ETHICS reads: "The Society operates according to the Code of Ethics of the National Board for Certified Counselors and expects its members to subscribe to this Code." This statement will appear in the future on membership application forms and other relevant NASAP publications.

Why No Ethics Code Before?

Until this adoption, NASAP has not had an ethics code in its constitution or by-laws. Heretofore, NASAP leadership has judged adoption of code redundant since NASAP's professional members are already governed by at least one, and in many cases, two codes of ethics or practice standards. The first of these is set by the member's defining professional organization (e.g., the American Psychological Association). The second code to which many are responsible are those established by the various state departments and agencies or national examining boards which certify, register, or license individuals to practice their professions and specialties. Both types of entities provide ethical standards, monitor behavior, and have formal processes for the discipline of those who do not comply.

Why A Code Now?

Since 1987, NASAP has been approved by the National Board for Certified Counselors to offer NBCC sponsored programs. This approval has been especially valuable to those attending convention workshops and programs since, for some members, CE is essential for continuing licensure, and these hours are accepted not only by NBCC, but also by other organizations and boards as proof of quality CE. Therefore, when NBCC advised its approved sponsors that they had to have a formal code of ethics (either NBCC's or a consistent code), the DA chose to adopt the NBCC Code.

What's In The Code?

The NBCC Code is made up of six sections plus an appendix governing standards for those taking the NBCC certification examination. The sections

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DA members at the November meeting are as follows: First row, (left to right) Tim Evans, Mary Maguire, Norman Silverman, Jane Nelsen, Patricia Kyle and Mim Pew. Second row, Joyce McKay, Mel Markowski, Riki Intner, John Newbauer, Linda Page, Bob Armstrong and Barbara Berger. Third row, Steve Cunningham, John Arnold, Jane Griffith, Ed Abelson, Marcia Mullins, Bill Edwards, Herb Laube, Henry Raymond and Judy Sutherland. Two D.A. members are not pictured, Don Dinkmeyer, Jr. and Len Sperry.

News From Members

The Maryland Adlerian Psychology Society informed the Newsletter that their name has been changed to the **McAbee Adlerian Psychology Society**, in honor of Hal McAbee who died May 24. It may be noted that this does not alter their logo which will still be MAPS.

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Ina Block celebrated her 40th anniversary with the Alfred Adler Institute of New York this October. Beginning as a student, she rose through the ranks to Director of Admissions and Dean of Students. She also serves as liason officer to the International Society of Individual Psychology for AAINY. Her NASAP activities include three years as a DA member and chairing the NASAP convention in New York in 1975.

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In addition to his visit to New Zealand, **John Platt** informs us that he has been plane hopping to dozens of cities from Florida to California since last August spreading Adlerian ideas. His presentations have been for administrators, teachers, parents and law enforcement personnel. "I think it is important for other Adlerians to know some or all of us are keeping the faith," he said.

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Inspired in part by the Adlerian class meeting process, **Barbara Gilles'** third grade class at Sunnydale Elementary School had a dream of telling President and Mrs. Clinton how the democratic process in the home, classroom and community could help prevent child abuse and create peace, according to the Puget Sound Adlerian Society newsletter. Gilles is a PSAS member.

The children didn't make it to DC, but both Seattle Mayor Norm Rice and Washington Governor Mike Lowry issued proclamations supporting the children's dream. The class contributed their travel funds to agencies and books on child abuse prevention at a city rally in June.

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DA November Actions

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would appeal to a local area target population group that would not normally come to the convention.

- Approved two items regarding convention proceeds, since they represent 20% of NASAP's budgeted income:

- 1) Convention Coordinator is to submit a balanced budget to the host group reflecting attendance requirements to meet the budget;

- 2) net proceeds will be divided between NASAP and host group after NASAP's budgeted amount has been met; split to be 75% NASAP, 25% host group.

- Items to be submitted and included in the Newsletter:

- 1) Standing Committees and EC to submit reports on their activities, following regular meetings of the DA.

- 2) Region and Section Delegates write and submit reports about their meetings and any actions taken at annual convention by July 1.

- 3) "Adlerian How To's; At Home and At School" -- column to feature various authors, coordinated by a DA member.

Final figures for 1993: 1,233 members, 4% greater than last year.

Holiday Greetings!

Neva L. Hefner

Call For Journal Editor

A call for applications is being issued for Editor of the Practice and Application issues of **Individual Psychology**. Jon Carlson's term as Editor of these issues expires December 31, 1995.

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

Candidates must be members of NASAP; should show evidence of clerical support; and must accept the purposes of the Journal as stated in the Guidelines.

Interested applicants are asked to submit three copies of a vita with the statement of interest to the Central Office, address on page two. Deadline for applications is May, 1994.

Making Your List and Checking It Twice?

*Consider a gift of appreciated stocks,
mutual funds or bonds to NASAP's
Adler/Dreikurs Century Fund. You
can gain a tax advantage, and
NASAP will benefit from your
donation.*

Letter Box

(The following is an excerpt of a letter in response to Marcia Mullins' Delegate Column in the October issue).

...Do you want to know what could (should?!) be done? Here are some suggestions: 1) Let the *Newsletter* become a forum for vigorous discussion (as it used to be some 20 year ago when only a 7-8 page stenciled memo) in addition to (or instead of?) primarily a promotional tool for various enterprises. 2) Let the "delegates", both those who wish to be elected, and (even more so!) those who have been elected and are now serving, routinely contact and query their "constituents" about the organization, management mechanism, programs, projects, (and, yes, the necessary financing!) of NASAP, striving to facilitate a consensus: thus they truly will be able to "represent" the members in the Delegate Assembly.

There is more; but for now this is enough...

Edmund F. Kal

The Adler/Dreikurs Century Fund

Response to the appeal for donations to the Adler/Dreikurs Century Fund has been very encouraging. As of November 1, 51 people pledged or donated \$17,590. A partial list follows:

Heinz & Rowena Ansbacher	David MacDougall
Althea Brach	Mary Maguire
Hala Buck	Jill Marks
Daniel Dalton	Joyce L. McKay
Don Dinkmeyer, Sr.	Marcia Mullins
Debi Doyle-Waggoner	Hironori Nakajama
Durive Harris	Jane Nelsen
Clair Hawes	John F. Newbauer
Ruth E. Hawkins	Francesca Peckman
Moya Jack	Miriam L. Pew
Richard R. Kopp	Keith Pierce
Terry Kottman	Henry J. Raymond
Otto Kroh	David Russell
Nancy Kuykendall	Peggy Schils
Mary Alice Lausell	Norman N Silverman
Audrey Linnes	Mary Wall
Deanne R. Lindstrom	Francis X. Walton
Mavis Lloyd	Auguste Wawer

In Memory of Hal McAbee
Sharon Arkin
Robert McBrien.

In Honor of Steve Maybell
Sandy Braff

Book of the Month: Coping With Kids

Coping With Kids by Linda Albert is now available in a new trade paperback edition. The Newsletter offers it to members for a specially reduced price of \$9.60 each, a 20 percent reduction over the regular retail price. Please add \$3 postage and handling (\$4 Canada and other countries). This one-time offer expires January 31, 1994.

This book provides practical application of Adlerian principles for parents. It shows how to give children choices and use natural and logical consequences in over 100 different situations.

Topics covered include bedtimes, mealtimes, homework, vacation, chores, clothes, television, allowances and many other potentially difficult conflicts. The hardback version has proven through the years to be an invaluable resource to parents, counselors, and leaders of parent study groups.

Order Form

Send ___ copies of Coping With Kids at \$9.60 each \$ _____

Add postage and handling as stated left \$ _____

TOTAL DUE \$ _____

--Check or money order (US funds)

--Visa/MC# _____

Expires _____ Name: _____

Ship to: _____

Please 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

Seattle, WA - Puget Sound Adlerian Society offered an introductory course in Individual Psychology in October. PSAS members who have become acquainted with Individual Psychology through Sanity Circus, Positive Discipline, Active Parenting, or Developing Capable People had an opportunity to examine the historical context, principles, and theory behind these programs and to explore the wide range of applications for parenting, teaching, counseling and the workplace. PSAS also provides a Calendar of Adlerian Events in the northwest region. To receive a copy contact: PSAS, 8249 38th Ave. N.E., Seattle, WA 98115, 206/525-4796.

Region II-Midwest

Chicago - The Adler School of Professional Psychology announces its 1994 Founder's Day program will be entitled **Congress of Senior Adlerians: Assessing Our Past, Present and Future**. The two-day conference honoring Rudolf Dreikurs will be held from 9 a.m. to 5 p.m. February 25-26 and will feature the following keynote speakers: Oscar Christensen, Eva Dreikurs-Ferguson, Leo Gold, Cameron Meredith, Harold Mosak, Walter O'Connell, Bernard Shulman and Manfred Sonstegard. Participants will receive one credit hour or 12 CE's. For complete information call 312/201-5900, ext. 238 or fax 312/201-5917.

Evergreen Park, IL - The Interaction Institute Adlerian Counseling Center offered its fourth course in a series of advanced training for addiction counselors, Saturdays, November 13 through December 11. Entitled "Life Style Assessment II: Integration Therapy" (#404), the course featured application of personality assessment combining Adlerian and 12 Step theories. Bernard Shulman, Helen Cooley, Harry Elam, Dorothy Peven and Howard Klapman are instructors. For information about future courses contact: Helen Cooley, 708/422-1848.

Fort Wayne, IN - The Alfred Adler Institute of Fort Wayne has three courses beginning in January, 1994: Early Recollections & Lifestyle, January 12 and Clinical Assessment & Interviewing, January 14, by John Newbauer; Introduction to Psychotherapy, January 21, by David Jolliff. Contact: Jan Richmond, 219/461-5845.

Region III - South

Orlando, FL - The 17th annual NASAP Region III Conference will be held February 24-27, 1994 at the Ramada Resort Hotel. All NASAP members will receive a brochure in January. Contact: Don Dinkmeyer, Jr., 502/781-9481 or Fax 502/781-1550.

Region IV - Middle Atlantic

Kensington, MD - Parent Encouragement Program offers open forum family counseling entitled *Sibling Relationships through the Generations*, to be held January 7 with Barbara Fairfield as leader. For more information, contact: PEP, 10100 Connecticut Ave., Kensington, 20895, 301/929-8824.

Region V - Northeast

Montreal - The Alfred Adler Institute of Quebec's fall schedule includes: Introduction of Substance Abuse, 1st part, December 3-4-5 and 2nd part, February 4-5-6, 1994 with Ron Pancner; and Introduction to Psychotherapy, December 10-11-12 with Len Sperry. Contact: AAIQ, 514/731-5675.

Region VI - Far West

Oakland, CA - Adlerian Western Institute for Research and Training in Humanics announces their winter class schedule which will run from 1/5/94 to 3/9/94. Courses include: Methods of Group & Family Psychotherapy; School Counseling; Understanding Human Nature. IP Marathons will be 1/8/94, 2/12 and 3/12. Contact Lucy Ackerknecht at 510/891-8194.

International

Ottawa, Canada - ICASSI (International Committee for Adlerian Summer Schools and Institutes) will be held here at Carleton University, July 24 to August 6, 1994. Participants will be housed in university residences or in nearby camp sites. Contacts are: Betty Haeussler, 9212 Morley Road, Lanham, MD 20706, Fax 301/345-1961 or Canada, Adlerian Centre for Counseling and Education, 1355 Bank Street, Suite 301, Ottawa, ON K1H 8K7, Fax 613/523-7148.

New Code of Ethics

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address general concerns, the counseling relationship, measurement and evaluation, research and publication, consulting, and private practice. The intent of the Code is to spell out professional responsibilities and ethical behavior expected in implementing these responsibilities. The Code does not include a specific disciplinary process; when problems arise, professionals are first called upon to use personal consultation and institutional disciplinary channels before turning to the correctives available under NBCC's procedures.

(A summary of the Code will appear in a later issue).