

The NĀSAP Newsletter

January, 1994

Volume 27, Number 1

San Diego Features Special Pre-Workshop

VARIOSEXUAL COUPLES THERAPY: Developments of Adler's Theory of Psychic Hermaphroditism in Current Adlerian Practice

A special 2-1/2 day pre-convention workshop will provide a model for intervention with variosexually-adapted couples from the initial interview through termination. Jane Griffith and Robert Powers will present the workshop beginning May 17 at 1 p.m. and continuing until May 19, 5 p.m. Participants must register for all 3 days for a fee of \$200.

Topics will include a review of Adler's pioneering observations on gender, power, and symbolism; cultural stereotypes of gender, and personal gender fictions; training and self-training for the task of love and intimacy along gender guiding lines; the uses of role models, and the legacy of parental and ancestral relationships; the identification of the Big Numbers in the phenomenal field as keys to understanding attitudes and expectations about love and intimacy; complementarity of birth-order vantage and expectations of relationship; the transactional contract as revealed in the early recollections of the first encounter; early recollections bearing on the topics at issue in current disturbance; recollections of the critical disjunctive experience; and the roles of understanding and encouragement in the restoration of optimism.

Continuing Education Credit:

The Americas Institute of Adlerian Studies will be co-sponsor of the workshop with NASAP. AIAS is approved by the American Psychological Association to offer continuing education for psychologists. This workshop will provide 18 CE hours. NBCC credit will also be available and physicians may claim 18 hours of Category 2 CME.

President's Message:

NASAP Sees Progress In Year Ahead

My wishes for a fulfilling and productive 1994 to you all!

The Delegate Assembly at their meetings in November continued to move pro-actively to implement policies which further empower NASAP members to advance Adlerian psychology. The special Friday afternoon session produced a consensus and approval of the direction that the Long Range Planning Committee has suggested for NASAP. You will hear more details of this over the next six months.

The dues increase will put our revenue more in line with our expenses. NASAP is already a very efficient organization with regard to expenses and this will continue. The Endowment continues to get good support from members and I thank you for that. The difficulty with an endowment is that it requires patience, because the giving comes now and the benefits do not come until later.

Program Set For San Diego Convention

The various selection committees for the San Diego convention had their hands full with so many excellent proposals. I continue to be encouraged that so many of you are willing to share your knowledge. It continues to be the primary ingredient which makes NASAP so worthwhile. The local committee in San Diego is working very hard and the May 19-22, 1994 Convention looks like a real winner in all respects. We are pleased that Baltimore has been selected for 1996 (following Minneapolis in 1995).

Gerald Mozdierz has been chosen as the new Editor of the Theory and Research editions of **Individual Psychology**. The first edition for which he will be responsible is January 1995. **Guy Manaster** will continue as Executive Editor, primarily functioning as liaison with the University of Texas Press. I thank Guy on your behalf for the outstanding job he has done these many years (and will continue to do until Gerry takes over in 1995) as Editor of the Theory and Research editions. **Jon Carlson** will continue his excellent stewardship as Editor of the Practice and Application editions. We are very fortunate to have people of this calibre willing to take this very important role for Adlerian psychology and NASAP.

Finally, let me remind you that there will be a number of vacancies to be filled on the DA for both section and regional representatives before the May 1994 convention. A nomination letter will go out in January. Those of you who may be interested in becoming a candidate for one of these positions may seek nominations at this time. It is very rewarding work, not only because the cause is worthwhile, but because you get to work with such terrific people. NASAP needs you!

Robert Armstrong

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**PLEASE NOTE: This is your LAST
Issue unless you renewed for '94.**

Thank You NASAP -- I Want To Give Back!

Jane Nelsen, DA Region VI Representative

I'm writing this on my way home from Chicago where I participated as a new member of the NASAP Delegate Assembly. I was impressed and want to share my reasons.

I don't think I am the only one who has, at times, thought of the Delegate Assembly as a distant, elite, somewhat snobbish "in" group. Now I know I was playing a victim, "inferiority complex" role to even think such a thing. I never checked it out. I never asked any of them, "Are you part of an elite 'clique' and do you wish I wouldn't bother you?" I didn't ask, but now I know better. After spending two and one half days with this wonderful, hardworking, caring group, I know they are not intimidating or snobbish in any way. All I heard was genuine interest in how to meet member needs. I heard concern that people might feel rejected or unfairness if their conference proposals were turned down because there simply were not enough slots, etc., etc., etc.

I now feel slightly (only slightly because of my courage to be imperfect) embarrassed, both for my non-founded judgments, and for my lack of awareness and concern for the organization (NASAP) that has benefitted me so greatly personally and professionally. NASAP struggles continuously for financial survival. If I hadn't participated on the Delegate Assembly I might have been one of those to complain when I heard about the raise in membership dues. Instead I would like to invite you to join the Delegate Assembly in a theme of thank you to NASAP -- "I want to give back."

The purpose of NASAP is to provide a context for affiliation, networking, and belonging for those interested in Adlerian psychology. NASAP has done that for me. I have learned so much that I have used in my personal life and in my career. After gleaning so much from NASAP for so many years I was tempted to adopt an attitude of, "Why should I belong to NASAP anymore, I don't learn anything new at the conventions any more." Instead I decided to run for the Delegate Assembly. I didn't realize what was in store for me -- a major shift from "getting" to "giving back."

We all know that Adlerian concepts can revolutionize families, schools, businesses, governments -- and all relationships. NASAP provides the umbrella organization. We (the Delegate Assembly) hope you will "get" a lot from NASAP. We hope you will also join us in saying, "Thank you NASAP! I want to give back in whatever way I can!"

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DONATIONS

NASAP is grateful to the following people who have made donations to the Society: (through December 10)

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Annemarie Buchholz-Kaiser
Del F. Eberhardt
Charles T. Freeman
Robert O. Morrow
Jane Nelsen
Shunsaku Noda
Dorothy A. Sutton
Hazel Udchic
Mary S. Wheeler

In honor of Neva Hefner
Adler School of Professional Psychology
David B. MacDougall
In memory of Eva Bullard
Dorothy Cruickshank
*In honor of Stephen Glenn, Jane Nelsen
and Lynn Lott*
Debbie Owen
In honor of Robin Waters
Doris M. Waters
In memory of Hal McAbee
Peggy L. Foege
In memory of Gloria Lane
Barney L. Lane

'91 International Journal Available

The International Association of Individual Psychology (IAIP) published one issue of its journal, The International Journal of Individual Psychology and Comparative Studies, in July, 1991. The issue contained nine articles, seven of them written by NASAP members. The Managing Editor was Harold McAbee and Jon Carlson was Editor-in chief.

At its 1993 meeting, IAIP voted to discontinue publication of the journal and to reinstate publication of the Individual Psychology News Letter. The Council of IAIP decided to make copies of the Journal available to interested people at a cost of US \$10, plus \$3 for postage and handling. U.S. and Canadian NASAP members may order copies of this Journal through the central office, address, phone and fax number at left.

NASAP Adopts A Code of Ethics

By Jane Griffith, D.A. Constitutional Committee Chair

(This is a continuation of a December, 1993 article. The six sections of the NBCC code which NASAP has adopted are summarized. Copies of the full code are available from the central office.)

General -- This section covers the responsibility of professionals to: develop themselves and the profession; assist employers in achieving and maintaining ethical standards where employers fall short; attempt to rectify breaches of ethics on the part of professional colleagues; avoid false claims concerning qualifications; avoid professional relationships outside the place of employment with clients of one's employer; establish fees judiciously and assist in referrals if necessary for financial reasons; seek only those positions for which one is qualified; operate within one's qualifications and develop competencies through continuing education; avoid aggrandizing oneself at a client's expense, such as with inappropriate self-disclosure; neither condone nor engage in verbal or physical sexual practices with clients; avoid stereotyping or discrimination; protect public confidence in counselors by avoiding public misbehavior; be aware of, and not misuse, one's influence; and assure that public presentations in print or otherwise reflect NBCC ethics criteria.

The Counseling Relationship -- This section requires counselors to: respect the integrity of clients and promote their welfare; respect confidentiality; cooperate with other professionals in offering and delivering services; take appropriate action where there is a danger to client or others; secure and protect clients' printed or electronic records; disguise client identity in training and research; disclose to clients prior to, or at the beginning of a counseling relationship, the expected course of therapy and methods of treatment; avoid dual relationships with anyone with whom one has an evaluative responsibility; terminate counseling when one judges that one is unable to be of further professional assistance to the client; consult with other professionals only with client permission and avoid conflicts of interest in so doing; be knowledgeable about diverse populations and the cultural appropriateness of treatment; assure availability of continuing counseling for those in intensive, short-term therapy; screen group members and guard their welfare in group therapy; use only appropriate and non-discriminatory electronic programs in counseling and be sure that clients are compatible with such computer application; ensure that counselor support is not required when developing stand-alone software (see the Code for additional standards regulating the development of software).

Measurement and Evaluation -- This section emphasizes counselor responsibilities regarding assessment instruments. Counselors must: make known to the client before and after testing, its purpose, techniques, and the proposed use of results; evaluate instruments carefully for appropriateness and validity before use; avoid false claims, misconceptions, and jargon, when discussing instruments with clients and the public; recognize the limits of one's competency in using assessment instruments; rule out the use of inadequately supervised tests (unless these are designed to be self-administered or self-scored); maintain test security and be aware of what information to share with or to withhold from examinees; avoid stereotyping with tests; disclose test results only with the client's consent; ensure accuracy in administration and scoring; be competent to understand and use test results when basing decisions upon such results; exercise caution when using tests which provide insufficient technical data and when basing evaluations of minorities on test results if such minorities were not represented in the norming population; ensure the validity of test interpretations before commercial distribution; avoid use of obsolete data; and respect the copyright of the tests one uses.

Research and Publication -- Counselors must: adhere to guidelines published by several associations and agencies (e.g., federal regulations) when using human subjects and must be in compliance with all relevant principles (see the Code for specific sets of regulations governing human subjects); be responsible for their ethical behavior, regardless of the ethical behavior of superiors on the project, when involved in research, and be responsible for the welfare of subjects; ensure that informed consent is complied with (see the Code for NBCC's definition of informed consent); upon publication, ensure full disclosure of all variables, exercise caution in reporting results to avoid misleading, and share the original data for replication; maintain subject confidentiality; recognize work by others and the contribution of others to the present work; share results and not withhold unfavorable results; meet their obligations regarding punctuality of performance and accuracy of information; avoid dual submissions to publications; and acknowledge prior publication of results, in whole or in part.

Consulting -- Counselors must: be self-aware concerning qualifications for the task; focus on issues and not the persons involved; define with the client the problem, goals of consultation, and predicted consequences of the intervention; have appropriate competencies and refer when needed; cultivate client self-direction, avoid decision-making for the client and diminish client's development of dependency; adhere to NBCC ethical standards in promoting consulting services.

Private Practice -- The section calls upon counselors to: actively work to increase counseling availability, both public and private; advertise in a manner that adequately informs the public; avoid the use of one's name in a practice unless one is actually offering services there; engage in honest advertising; specify the specialties of members practicing in groups as required by law; terminate a counseling relationship if it violates the Code of Ethics, or if one judges the therapy as no longer productive for the client; make proper referrals.

News From Members

The South Carolina Society of Adlerian Psychology announces the availability of a new videotape: *Back To Our Adlerian Roots* with Hal McAbee. The tape is produced from McAbee's lecture at the 1993 SCSAP Conference and from subsequent interviews with Frank Walton. It can be purchased from Adlerian Child Care Books, Box 210206, Columbia, SC 29221, 803/798-0300 for \$18 plus \$2 shipping and handling.

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The price of Edna Nash's TV course, *The Role of the Teacher in Guidance* has been reduced to \$460 for the 24 program set or \$20 a program (Canadian funds), the University of British Columbia announced. This 6-credit course (Counseling Psychology 426) is designed to assist the teacher in understanding and using guidance techniques for day-to-day use in the classroom. For further information contact UBC, 604/822-2013.

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The Adler School of Professional Psychology announced receipt of a \$50,000 grant from the Retirement Research Foundation to expand their graduate training program in gerontology. Adler School sought the funding for a new Master of Arts in Gerontological Psychology, based upon their existing certificate program. Program coordinator Laurence Keogh said the grant will enable proven elements of the program to eventually reach more aging adults.

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The Florida Adlerian Society plans to pursue a program of donating Adlerian books and materials to the University of South Florida library, it was announced in their newsletter. They hope this will aid Masters' of Counseling students who wish to expand their knowledge of Adlerian theory. FAS hopes to seek donations from current authors plus individuals who may have duplicate books.

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Executive Committee Meeting



Above are pictured members of the NASAP Executive Committee who will be meeting the first weekend in February. First row, left to right, are Mel Markowski, First Vice President; Joyce McKay, Past President; Marcia Mullins, Secretary. Second row, left to right, Steve Cunningham, Second Vice President; Henry Raymond, Treasurer, and Robert Armstrong, President. Anyone who wants to present agenda items to the EC may send them to the central office.

Donors Notes *Continued from page 4*

beneficial influence on both my professional and personal life. It was a great privilege.

My greetings and appreciation to Tee Dreikurs also. *Althea M. Brach*

● NASAP offers me a place to belong in this complex world -- a place where there is unity, diversity and an opportunity for friendships and professional growth. I feel honored to be a member and grateful for all that NASAP has meant to me these past several years! *Judy Sutherland*

● I went to my first NASAP convention in St. Louis in 1986 and I found a home. I have never felt so welcome, and continue to grow in my development as a therapist through the nurturing and challenging education and support of NASAP.

Mary J. Maguire

● I particularly enjoy the journal, *Individual Psychology*. It keeps me up to date and on track with Adlerian philosophy. *Mavis J. Lloyd*

Notes From Donors

(Many donors to the Century Fund have been noting their source of inspiration with their contributions. The Newsletter will be sharing these comments with its readers.)

- I'm temporarily in Melbourne and NASAP enables me to remain connected to what's happening in the states as well as elsewhere. I find the Newsletter very informative. Thanks. *Peggy Schils*

- My one time donation is in honor of Steve Maybell. He has continuously been a source of encouragement to me. He has always treated me respectfully, fostered my growth as a therapist and an individual, been open to and available for questions, and above all, we have fun! He's great to tease!! Thank you Steve. *Sandy Braff*

- The opportunity of having worked with Dr. Rudolf Dreikurs during the 50's and 60's through workshops in Chicago, the Northwestern campus, and his visits to our Racine school district was a very

Continued on page six

The Adler/Dreikurs Century Fund

The list of donors to the Adler/Dreikurs Century Fund continues to grow. Here are more names of our generous contributors:

Keith Armstrong	In Honor of Harold Mosak, Seymour
William L. Foege	Schneider & Michael Maniacci
Samuel Kamata	Peter R. Brown
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Jane Lee	In Honor of Brenda Schaeffer
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Marshall Booker	Lynn Lott
In Honor of Ray Corsini	In Honor of the Bensinger Family
Marie DiGilio	Robert Sherman
	In Honor of Tee Dreikurs
	Judy Sutherland

Book of the Month:

Positive Discipline In The Classroom

In **Positive Discipline In The Classroom**, authors Jane Nelsen, Lynn Lott, and H. Stephen Glenn promote the popular concept of class meetings as an effective format for students and teachers to solve problems through discussion of moral, ethical, and behavioral issues.

The Newsletter is offering it to members this month for \$11.96, a 20 percent reduction off retail. Please add \$3 postage and handling (\$4 Canada and other countries). This is a one-time offer, expiring March 15.

The book outlines how the class-meeting process can teach students a number of social skills. They learn to listen, take turns, hear different points of view, negotiate, communicate, and take responsibility for their own behavior. The building blocks for successful class meetings, effective problem solving skills, and logical consequences are described.

Order Form

Send ___ copies of Positive Discipline In The Classroom \$ _____
(at \$11.96 a copy)

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

Boise, ID - The Idaho Society of Individual Psychology will be presenting its 18th annual spring conference, *Empowering Families: Working Together to Make a Difference*, March 4-5. William Nicoll will be featured speaker. Both college and NBCC credit will be available. Contact: Elaine Grossaint, ISIP, P.O. Box 284, Boise, ID 83701, 208/375-2408.

Seattle, WA - Puget Sound Adlerian Society offers an introductory course in Individual Psychology four Saturday mornings, February 5-26. PSAS members who have become acquainted with Individual Psychology through Sanity Circus, Positive Discipline, Active Parenting, or Developing Capable People have 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 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.

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.

Largo, FL - The Florida Adlerian Society will present a Family Counseling Open Forum, Saturday, January 29 from 9:30 to 11:30 a.m. Tim and Monica Evans will conduct the session and childcare will be provided. Contact: FAS, 9122 Rockrose Drive, Tampa, FL 33647.

DREIKURS' SAYINGS: *Every untrue answer to a child's question endangers the child's confidence in you.*

Region IV - Middle Atlantic

Waldorf, MD - The Family Education Center of Southern Maryland offers a half-day workshop February 26 entitled, *Making the Most of Your Marriage*, with Betty Lou Bettner as presenter. For more information call 301/705-8527 or 301/475-5625.

Region V - Northeast

Montreal - The Alfred Adler Institute of Quebec's winter schedule includes: Principles of Adlerian Psychology with Michael Hartings, 1st part, January 21, 22 and 23, 2nd part, February 4, 5 and 6; Theories of Personality with Len Sperry, February 18, 19 and 20; Abnormal Psychology with Vadney Haynes, March 4, 5 and 6. Contact: AAIQ, 514/731-5675.

Region VI - Far West

Oakland, CA - Adlerian Western Institute for Research and Training in Humanics announces their spring class schedule which will run from 3/16 to 5/11. Courses include: Interview Techniques; Marriage & Partnership Counseling II; Basic Individual Psychological Processes. IP Marathons will be 3/20, 4/10 and 5/8. Contact Lucy Ackerknecht at 510/891-8194.

Petaluma, CA - Family Education Centers offers drop-in parent support groups in Petaluma, Sonoma and Santa Rosa on weekday evenings. The two-hour February sessions will include: *Allowances: Teaching Kids To Handle Money* and *Encouragement: Giving Kids Courage For Life*. Volunteer positions are available to parents in exchange for free attendance. For a full schedule of these sessions and other classes, contact FEC, 629 East D Street, Petaluma, CA 94952, 707/762-8835.

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. 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.

IPNL To Start In January: Publication of the *Individual Psychology News Letter (IPNL)* was delayed. There will be four issues of *IPNL*, Vol. 39, published in 1994, beginning with January. Subscription rate: US \$14 per year. Contact: Horst Groner, Editor *IPNL*, Markstr. 12, D-99867 Gotha, Germany, Phone/Fax: 49-3621-29691.