

The NASAP Newsletter

February/March 1994

Volume 27, Number 2

NASAP '94 Convention Highlights

Date: May 19-22, 1994

Place: Doubletree Hotel at Horton Plaza, San Diego

● One 2-1/2 day pre-convention workshop and 10 one-day, pre and post workshops.

● Two convention days featuring 44 presentations of 60, 90 and 150 minutes, plus nine 40 minute roundtable sessions.

● Friday night banquet: a "Mexican Fiesta" which celebrates the hispanic influences of San Diego through food, music and fun.

● Saturday night cruise: Attendees will have the opportunity to see this legendary California city from its harbor. Participants will watch the sun go down and the San Diego city lights come up while they relax, enjoy friends, cocktails and a leisurely dinner.

● Region meetings: NASAP attendees may meet their region delegates on Saturday at 11:10 a.m. and give feedback on NASAP issues.

● Section meetings: Members of seven sections will meet with their delegates at various scheduled times.

● First-time attendees: Officers and DA members will be present to greet newcomers at a Friday morning breakfast.

Convention Flyer Corrections!

CE Credit - NASAP offers one CE credit per full hour of attendance. NASAP is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors.

Student Intern - The student registration rate (\$125) may also be taken by those unpaid postgraduates accumulating hours toward certification or licensure. A supervisor's signature verifying this status must accompany the registration.

President's Message:

Planning Group Defines NASAP Goals

The deliberations of the Long Range Planning Committee (LRPC) have now reached the stage of presentation to the membership of NASAP! Over the next few issues of the Newsletter, I will be presenting sections to you. This issue I will present the overall Mission Statement and four Goals (sound familiar). Each Goal has a number of Strategies and each of these in turn has a number of more specific Tactics to implement each Strategy. In subsequent issues, I will present these Strategies and Tactics. The entire report is not being presented at this time because it is still going through the process of editing and re-editing.

Let me review the process of the Long Range Plan to this date. The LRPC (Marion Balla, Jim Bitter, Jane Griffith, Clair Hawes, Joyce McKay, Bill Nicoll, Len Sperry, and Frank Walton) met in November 1992 for a long weekend and have consulted regularly since, including a meeting at the Annual Convention in Toronto. The Executive Committee has given feedback twice and the Delegate Assembly devoted their Friday session in November 1993 to providing input to the preliminary report. Jane Griffith has updated the report as a result of this feedback.

Now the LRPC will re-work the report which will be presented in the Newsletter and at the Annual Convention in San Diego in May. You will note that at each stage of the process there has been feedback and it is now the turn of the general membership of NASAP. Please provide feedback to this report as it is presented to you to ensure that the future direction of your association reflects the vision of all members.

Mission Statement: The mission of NASAP is to foster and promote the research, knowledge, training, and applications of Individual Psychology, maintaining its principles and encouraging its growth.

Goal 1: To establish leadership structures and functions which advance the mission of NASAP throughout North America.

Goal 2: To develop procedures to 1) increase membership that includes diverse populations and 2) to enhance members' sense of affiliation and Adlerian identity.

Goal 3: To increase the viability and utilization of Adlerian theory and practice.

Goal 4: To establish a process that fosters implementation of Individual Psychology in a growing number of local communities.

In the next issue of the Newsletter, I will present some of the Strategies and Tactics to achieve these goals. Please remember that your feedback will be part of the final Long Range Plan. Until all members have a chance to provide their input, this is still a draft. Please send your comments to the central office.

Robert Armstrong

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NASAP To Offer Intensive Training

NASAP will offer an intensive, one-week Adlerian counseling and therapy training institute July 17-22, 1994 on the University of South Florida campus in Tampa, Florida. The institute will be held in cooperation with the University of South Florida's Division of Conferences and Institutes and will feature both day-long and evening sessions.

Entitled, **Empowering Individuals, Couples and Family Systems**, this practical and experientially-based training institute will feature four internationally known trainers and consultants in Adlerian psychology: Oscar Christensen, Jr., James Bitter, Clair Hawes and William Nicoll. These four trainers will join together to offer a one-of-a-kind, intensive training experience focusing upon positive, growth-inducing processes in counseling and therapy. The program will feature the use of live counseling demonstrations and in-vivo supervision of participant's counseling to develop and refine their counseling skills.

The institute is intended for mental health professionals seeking to further develop and improve their therapeutic skills. Professionals who should consider attending include: marriage and family therapists, mental health counselors, school counselors, substance abuse counselors, psychologists, psychiatrists, social workers, nurses, medical personnel, parent educators and graduate students in these professions.

Several housing options are available to participants starting as low as \$11 per night. Special hotel rates will apply before and after the institute for families seeking to combine professional development experience with vacation. The institute is located only blocks from Busch Gardens Tampa and is close to the beaches, golf courses, Adventure Island Water Park, Jai Alai and other local attractions. DisneyWorld, Epcot, MGM Studios, Sea World and Universal Studios are within a one-hour drive from Tampa also.

A registration brochure is being mailed this month. Anyone not receiving a brochure may contact the central office.

CONSTITUTIONAL AMENDMENTS PASS: *The two constitutional amendments regarding the eligibility of past presidents to be re-elected to the Delegate Assembly were adopted. Amendment one to Section 1,c of Article VI Officers, passed 172 to 9. Amendment two to Section 2 of Article VI Officers, passed 168 to 13.*

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DONATIONS

NASAP is grateful to the following people who have made donations to the Society: (through February 4)

Alden M. Cohen
 Jordon Levin
 Gary D. McKay
 Joyce L. McKay
 Betty Jane Meredith
 Cameron W. Meredith
 Robert Sherman

In memory of Bill Carson
 Elaine Davies

In memory of Hal McAbee
 Marion Balla
 Leo Gold

Kamakaokalani Penny Scott
 Betty Silon

In memory of Hal McAbee & Marion Rosen
 Robert M. Guttenberg

In memory of Paul Stephens Goethe
 Jeannine K. Goethe

In memory of Don Larson
 John Murray Platt

In honor of Genevieve Painter
 Jean Burkholder

In honor of Manford Sonstegard
 Sandra Paul

Join Ansbacher's 90th Birthday Tribute!

I am inviting you to join us in preparing for a very special birthday celebration. This year Heinz Ansbacher will be 90 years of age. In recognition of this birthday we are planning to honor Heinz at the NASAP Annual Convention in San Diego. Our "gift" to him will be a collection of birthday greetings in the form of cards, notes, letters, and snapshots from each of you. Some of you might also want to recall a moment in his life that you shared with him.

If you would like to have your birthday wishes and notes to Heinz included in this collection please send them to me at 926 Lake Ave., Wilmette, IL 60091 before May 10th. I will assemble whatever you send me into a book which we will then present to Heinz at the time we celebrate with him at the NASAP Convention.

Judy Sutherland, Ch.

Development/PR/Membership Committee

-----"Adlerian How To's: At Home and At School"-----

Ask What, How, Why Questions...

From Positive Discipline A-Z

by Jane Nelsen, Lynn Lott and H. Stephen Glenn

(We are initiating a new column as an occasional feature of the newsletter. To get us started, Jane Nelsen offered something from a newly published book. If you have practical tips or suggestions for parents and teachers you would like included in this "How To's" column, send them to the central office. PLEASE LIMIT TO 300 WORDS.)

Too many parents and teachers tell children what happened, what caused it to happen, how they should feel about it and what they should do about it. Telling totally discourages children from developing their wisdom and judgment skills, consequential skills, accountability skills and the wonderful gift of seeing mistakes as opportunities to learn. Telling them what, how, and why teaches them what to think, not how to think. Teaching children what to think instead of how to think is very dangerous in a society filled with peer pressure, cults, and gangs.

Why questions are inappropriate when exploring personal motives or feelings. Asking, "Why did you do that?" or "Why do you feel that way?" or "Why are you angry?" sounds judgmental and threatening. It is difficult for people to respond to these questions because they invite defensiveness and feelings of inadequacy.

It is important to remember that why, what and how questions are appropriate only when you have a genuine interest in wanting to know what the child thinks and feels. Don't ask until you are ready and willing to listen.

We help children develop thinking skills and judgment skills by asking them, "What happened? What is your perception of why it happened? How do you feel about it? How could you use this information next time?"

Kent Mann, a high school principal, designed a referral system based on asking What? and How? questions. Whenever students are referred to him they fill out a form with the following questions: What happened? What caused it to happen? How do you feel about what happened? What did you learn from this experience? What ideas do you have to solve the problems created by this experience? This gives the students a chance to reflect upon their experience and learn from it in an environment of dignity and respect.

Education is derived from the latin work "educare," which means "to draw forth." Too often adults try to teach children by "stuffing in" through lectures and nagging. If we really want to help children learn to develop good wisdom and judgment skills we need to "ask" instead of "tell." Asking sincere and friendly what and how questions also is an excellent way to teach children that "mistakes are wonderful opportunities to learn."

News From Members

Tim and Monica Evans' work in Tampa, Florida is an example of how "one or two people can make profound contributions to the communities in which they live," reports John Platt after doing a workshop there. "Rudolf Dreikurs used to give what I called 'the little person' pep talk at the end of his many Oregon seminars," which were told about people like Tim and Monica Evans," John reflected. In addition to the many activities of the Florida Adlerian Society, the Evans have been working with childcare workers from *Creativity in Child Care* and are converting that program to an Adlerian-based one. FAS volunteers lead parent and teacher study groups and Tim and Monica provide open forum family counseling demonstrations.

News From Members

Keven O'Connor was elected president of the National Association for Parents of Visually Impaired (NAPVI), according to the Adler School of Professional Psychology newsletter. He will serve a four-year term for the 2,000 member association which provides support, information, and service to parents and families of visually impaired children.

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Sharon Arkin will make two presentations at the Third International Conference on the Practical Aspects of Memory, July 31-August 5, at the University of Maryland. She was chosen for her extensive work with Alzheimer patients.

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Mitch Messer reports that his Anger Clinic will be featured on a public television documentary called, "Chicago Matters", on April 6.

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Ron Lander, an active member of the Saskatoon Adlerian Society, died of cancer in January, reports Janice Solem. Lander was a school principal who was committed to using Adlerian psychology in counseling children.

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Edna Nash, Jan and Rick Hancock traveled to Vladivostok, Russia in October to train parents, teachers, and volunteer leaders in the principles of democratic child raising at the Far East State Marine Academy. This led to the establishment of a family education center at the university called the Primorsky Region Adlerian Psychology Association (PRAPA). The center will offer parent and teacher education programs and coordinate translation of Adlerian books and articles.

The new association is "desperately" in need of Adlerian books and materials. Anyone wishing to contribute books or money contact Rick Hancock, 604/926-0008.

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Adler School Will Provide Credit For ICASSI Courses in Ottawa

The Adler School of Professional Psychology and ICASSI (International Committee for Adlerian Summer Schools and Institute) announce that Adler School credit will be given for the forthcoming ICASSI courses to be held in Ottawa, Ontario July 24-August 6. To obtain such credit, students must register both with ICASSI and with the Adler School and pay tuition to the Adler School in addition to paying the ICASSI tuition. The amount of Adler School credit is determined by the number of class hours attended during ICASSI.

ICASSI '94 will be held on the Carlton University campus in Ottawa. Classes will be provided in English, German and French. For participants whose schedules or finances may not permit them to attend the entire two-week session, one-week registration is available, July 25-29.

Registration brochures may be obtained from the central office or by writing to Ms. Betty Haeussler, 9212 Morley Road, Lanham, MD 20706, Fax 301/345-1961. For information about obtaining Adler School credit for ICASSI courses, write the Registrar, John Czupowski, Adler School of Professional Psychology, 65 East Wacker Place, Suite 2100, Chicago, IL 60601-7203.

Convention Scholarships Available

Several scholarships are available from different groups to anyone wishing to attend NASAP's 1994 convention in San Diego. Financial need and interest in Adlerian psychology are criteria for all scholarships.

Graduate students, both forum and non-forum presenters, may apply for up to 13 available scholarships from NASAP. NASAP seeks students who work with special minority populations and also ask how applicants plan to apply ideas learned at the convention. These scholarships cover convention fees only.

The **Adlerian Counseling and Therapy Section (ACT)** offers up to three scholarships to anyone interested in Adlerian psychology who has financial need. Convention registration and a meal package are provided.

The **Family Education Section** offers up to two scholarships to anyone interested in Adlerian family education. Minority applicants are encouraged to apply. Convention registration up to \$200 is provided.

The **South Carolina Society of Adlerian Psychology** offers scholarships to their members covering up to the total cost of the convention, including meals and hotel.

For a complete breakdown of convention scholarships and contact persons, call or write the central office.

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 substantial Adlerian activity; e.g., presentations at meetings, workshops, publications, etc.; should have an academic background and 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 1, 1994.

The Adler/Dreikurs Century Fund

Response to the appeal for donations to the Adler/Dreikurs Century Fund continues to be very encouraging. As of February 1, 84 people pledged or donated \$23,468. Names not previously reported follow:

Alfred Adler Institute
of Fort Wayne
Scott Allan
Margaret R. Ancill
H. Digby Clarke
Nancy Downey
Stephen C. Duvall
Bryna G. Gamson
John Gessner
Patricia Kyle
Gloria McArter
Florence N. Merredew
Ronald J. Pancner
Dorothy A. Sutton
M. Jim Teixeira
Welborn (Will) Willingham

In memory of Bill Carson

Elaine Davies

In memory of Rudolf Dreikurs

Sadie "Tee" Dreikurs

David A. Spaulding

In memory of Paul Stephens Goethe

Jeannine E. Goethe

In honor of Tee Dreikurs and

granddaughters Ashley Hoffman
and Leah Linden

George W. Linden

In honor of James W. Oxoake

Mel Markowski

Marcia Mullins

In memory of Bob Bridjette,

honor of Treva Bridjette-Edwards
and Steven P. Cunningham

Jane Nelsen

In honor of Oscar Christensen

Robert Armstrong

In honor of Genevieve Painter,

Richard Kopp, Don Dinkmeyer

Jean Burkholder

Books of the Month:

Three Classics From NASAP

The Courage To Be Imperfect by Janet Turner and W.L. Pew is a colorful biography that documents the Adlerian movement through the life and work of Rudolf Dreikurs. Cost: \$19.95 each, plus \$4 postage and handling (\$5 Canada and other countries). Add an additional \$1 postage for every book beyond the first two.

Alfred Adler: As We Remember Him, edited by Manaster, Painter, Deutsch and Overholt, captures the personality and character of Alfred Adler, as a man and as a professional, in a collection of warm, entertaining reminiscences of those who lived beside him in his family, his work, and his leisure times. Cost: \$6 for members, \$8 non-members. Add \$2 postage and handling (\$3 Canada and other countries).

An Adlerian Resource Book, edited by Betty Lou Bettner, presents Adlerian ideas from more than 50 counselors and therapists in this 77-page spiral bound book. Publication format facilitates photocopying for handouts. Cost: \$10 for members, \$13 non-members. Add \$3 for postage and handling (\$4 Canada and other countries).

Order Form

Send ___ copies of The Courage To Be Imperfect _____
(\$19.95 ea.)

Send ___ copies of Alfred Adler: As We Remember Him _____
(\$6 members, \$8 non-members)

Send ___ copies of An Adlerian Resource Book _____
(\$10 members, \$13 non-members)

Add postage and handling as stated left \$ _____

TOTAL DUE \$ _____

--Check or money order (US funds)

--Visa/MC# _____

Expires _____ Name: _____

Shipto: _____

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.

Saskatoon, SK - The Saskatoon Adlerian Society will offer its annual "Day for Parents" Saturday, March 19 from 8:30 am to 4 pm at the University of Saskatchewan Education Building. For more information contact Connie Koenker, (306) 975-1929.

Region II-Midwest

Evergreen Park, IL - The Interaction Institute Adlerian Counseling Center will present Course 402, *Adlerian Psychology Meets the 12 Steps: Methods and How To*, March 12, 19 & 26. Students will be introduced to family constellation material as it applies to families recovering from chemical addictions. Instructors and consultants include Helen K. Cooley, Harry P. Elam, JoAnn Karr, Howard J. Klapman, Patricia L. McGill, Fred A. Natkevi, Dorothy Peven, Ron Pancner and Bernard Shulman.

Helen Cooley will also present a one-day workshop entitled, *Marriage Counseling: Our Unconscious Themes*, on March 4 at the Hinsdale Hospital Auditorium. Contact: Interaction Institute, 708/422-1848.

Hopkins, MN - The Alfred Adler Institute of Minnesota reports it has been recommended for a five year accreditation period from the North Central Association. The Institute offers a Master of Arts degree in Adlerian Counseling and Psychotherapy. For a catalog or course information contact: AAIM, 1001 West Highway 7, Suite 344, Hopkins, MN 55305, 612/933-9363.

Fort Wayne, IN - The Alfred Adler Institute of Fort Wayne's schedule includes: Bridging the Gender Gap with David Jolliff and Carol Durham, March 25 & 26; Psychodynamics of Psychopathology: Adlerian with Ronald Pancner and John F. Newbauer, beginning April 4 and Professional Issues and Ethics with Pancner, C.W. Jylland, N. Sandler and R.A. Sprunger, beginning April 9. Contact: AAIFW, 1720 Beacon St., Fort Wayne, IN 46805, 219/461-5845.

Dreikurs Sayings: *A mother who constantly reminds and does things for a child unnecessarily not only takes a child's responsibility away from him but also becomes dependent on him for her feeling of importance as a mother.*

Region IV - Middle Atlantic

Waldorf, MD - The Family Education Center of Southern Maryland offers free counseling demonstrations by Phil and Molly Thorn. Upcoming sessions are entitled *Using Allowance To Develop Responsibility* on March 18 and *"No I Won't and You Can't Make Me"* on April 1. Sessions are 7 to 9 pm. Contact: FEC, 301/705-8527.

Region V - Northeast

Montreal - The Alfred Adler Institute of Quebec's winter schedule includes: Abnormal Psychology with Vadney Haynes, March 4, 5 and 6; Adlerian Approaches to Family Counseling with Robert Sherman, March 18, 19 & 20 and Research Seminar with Jerry Westermeyer, April 22, 23 & 24. Contact: AAIQ, 514/731-5675.

Toronto, ON - The Adler School of Professional Psychology Ontario offers The Creative Imagination in Psychotherapy with Leo Gold, Richard Kopp and Mim Pew March 18-20 for 2 credits or March 18-22 for 3 credits. Other courses include Introduction of Adlerian Psychology with Dan Dalton and Dodie Pirie, March 26, 27 and April 30, May 1; Courses by Michael Thrasher, April 15-17 and June 3-5 which lead to a Certificate in First Nations Counseling and Psychotherapy. Contact: Adler Ontario, 161 Eglinton Ave. East, 4th floor, Toronto, ON M4P 1J5, 416/975-0589.

Region IV - Far West

San Diego, CA - Americas Institute of Adlerian Studies-San Diego County will offer a three and half day course entitled, *Assessing Individual and Group Styles*, March 10-13. Thirty APA or NBCC CE hours are available. Contact: Steven A. Maybell, Director, AIAS-SDC, 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 in German at its 26th European Summer School: *Seminar on Partnerships, Cooperation, Love and Passion; Group Work - Training Analysis and Supervision Group* in Clairefontaine, Luxembourg, June 24-July 4; 706, *Seminar on Structures of Modern Families; Group Work and Supervision Group* in Argele's sur Mer, Plage, Southern France, July 25-August 1. Contact: Lucy Ackerknecht, 510/891-8194.