

The NASAP Newsletter

April, 1994

Volume 27, Number 3

NASAP Offers Two Training Opportunities

May Convention Features Over Five Days of Workshops and Presentations

NASAP '94 in San Diego will kick off with a special 2-1/2 day pre-convention course on Adlerian Couples Therapy with Jane Griffith and Robert L. Powers as presenters. This course will provide a model for intervention with variosexually-adapted couples from the initial interview through termination. It runs from May 17, 1 p.m through May 19, 5 p.m. and 18 CE hours may be earned. NBCC credit will also be available and physicians may claim 18 hours of Category 2 CME.

Participants can earn up to 26 hours of CE and NBCC credits during the four-day Convention/Workshops, May 19-22. The program includes nine one-day, pre and post workshops and 44 convention presentations of 60, 90 and 150 minutes.

Summer Institute Offers An Intensive One-Week Adlerian Training Experience

Mental health professionals can further develop and improve their therapeutic skills through an intensive Adlerian training session offered by NASAP's Summer Institute July 17-22 on the University of South Florida campus in Tampa, FL. Entitled, *Empowering Individuals, Couples and Family Systems*, the experientially-based institute will feature internationally-known Adlerian trainers and consultants Oscar Christensen, Jr., James Bitter, Clair Hawes and William Nicoll.

CE and NBCC credit will be awarded through the University of South Florida. Three University of Florida graduate credits are also available.

Registration brochures for both of these training events is available from the central office in Chicago, (phone) 312/629-8801; (fax) 312/201-5917.

President's Message:

LRPC Presents Outlines For Two Goals

In the previous issue of the Newsletter, I outlined some of the history of the Long Range Planning Committee (LRPC) and began to detail some of the draft of the Long Range Plan for NASAP. Again, let me emphasize that this is a **draft**. The purpose of presenting it to you now is to receive your input and ideas. Please, write the LRPC at the central office concerning your ideas so that they may be considered in the final Long Range Plan. NASAP is not run by an elite group. We are a democratic organization and all such organizations require the input of all members if they are to thrive.

I will outline the Strategies and Tactics of Goals 1 and 3 in this issue. Goals 2 and 4 will be covered in the next issue.

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

Strategy A: Establish a governance structure to operationalize the mission of NASAP with optimal efficiency and effectiveness.

Tactics: 1) Investigate other national organizations with similar missions, as well as other groups which are heterogeneous in theory (e.g., professional organizations of psychologists, educators, social workers, etc., independent of theoretical orientation), as to their governance structures, and evaluate these regarding their efficiency and effectiveness, along with any problems inherent in such structures. 2) Include NASAP members in the process of organizational restructuring through consultation and planning sessions.

3) Create an annual review and training process for officers of NASAP to ensure activities are congruent with the mission statement and related annual goals. 4) Assign primary responsibility for programs and services with NASAP staff, with the President and Delegate Assembly serving as the governing board setting policy and priorities and evaluating performance.

Strategy B: Establish an administrative and financial structure designed to implement the goals, strategies, and tactics of NASAP.

Tactics: 1) Develop job descriptions for NASAP employees congruent with the mission statement and Goal 1, Strategy A. 2) Delineate the skills and knowledge necessary for personnel to meet these job descriptions; assess training and personnel needs for the next five years (e.g., database management, grant writing, coordinator for professional development programs, conference planner, etc.) 3) Design a new role for the President as a continental leader, and review and evaluate election procedures for the office of President. 4) Review, assess, and, if needed, alter the present allocation and use of NASAP funds in accordance with the changes specified above.

Strategy C: Create a continental presence for Individual Psychology.

Tactics: 1) Offer national conference programs, manuals, and resource personnel to assist regional and local Adlerian groups in learning the "how to's" of initiating and/or fostering the development and expansion of Individual Psychology. 2) Set up cooperative ventures between and among national and international Adlerian groups in public relations, training programs, etc. 3) Celebrate and encourage local groups to develop by

(Continued on page three)

Delegate Column

A Memorable Weekend With The Masters of IP

By Norman N Silverman, Theory & Research Section

Attendees at the Founders' Day of the Adler School of Professional Psychology on February 25 and 26 enjoyed the singular experience of being enlightened by the personalities and wisdom of seven active, youthful "Senior Adlerians" who belied the appellation "senior."

An Award of Special Recognition was presented to **Bronia Grunwald** for her 40 years of service to the Adler School and to Adlerian principles, which she has propagated here and abroad. Closely linked to Dreikurs since his arrival here, she has particularly taught and expanded Adler's and Dreikurs' views in education and family counseling.

Leo Gold, our house sage, treated us to an exposition of *Chaos Theory as an Holistic Conceptual Model for the Future Evolution of Adlerian Thought and Practice*. Chaos theory is an attempt to grasp the seemingly unpredictable movement of highly complex, multi-determined phenomena such as the weather. Human personality is also effected by uncountable causes, including one's own creativity, so that, like the weather, it defies other than probabilistic, stochastic explanations and forecasts. Gold related Chaos Theory to Adler's dictum, "Everything can also be otherwise," and Dreikurs' espousal of the indeterminacy principle instead of strictly linear thinking.

Oscar Christensen, who has educated a couple generations of Adlerian-trained families and counselors, spoke *On the Education of an Adlerian Counselor*. He shared his methods and philosophy of counselor education, how he has developed and supervised his students as closely as medical interns are supervised in teaching hospitals. He bemoaned the demise of his department at the University of Arizona, as well as those of other universities. In his opinion, the emphasis on training parents, teachers, and counselors is "the heart and soul" of Individual Psychology.

Manford Sonstegard, who has both retired and returned frequently to the practice and propagation of Adlerian counseling, likewise deplored the fact that counseling is apparently on the defensive while the violent nature of our country becomes ever more intensified. He reminded us of the importance of Dreikurs' methods of conflict resolution, starting with how to pinpoint the real issues in a conflict. He is still traveling the world, a virtual St. Paul of Adlerian thinking, supervising and training counselors.

(Continued on page six)

The NASAP Newsletter
Volume 27, Number 3
April, 1994

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

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

DONATIONS

*NASAP is grateful to the following people
who have made donations to the Society:
(through March 9)*

Linda King
Claire MacDonald
Thomas R. Petersen
Roman A. Zalatoris

In honor of Tee Dreikurs
Joan A. List

In honor of Tee Dreikurs'
Birthday

Norma Lou McAbee
In honor of Harold Mosak
Gertrude Friedman

*In honor of Bronia Grunwald and
in memory of Hal McAbee*
Edna Nash

1991 IAIP Journal Available From Central Office

The International Association of Individual Psychology (IAIP) decided to discontinue publication of its journal and to make copies of its 1991 issue available to interested people at a cost of US \$10 plus \$3 for postage. North American members may order through the central office.

The July, 1991 issue of **The International Journal of Individual Psychology and Comparative Studies** contained articles written by NASAP members on the following topics: dream therapy, narcissism, multiple personality disorder, alcoholic in relapse, the changing situation of elderly, goals of childhood and Dostoyevsky.

(Clip and send to NASAP, address left)

Please send ___ IAIP Journals to:

Enclose US \$10 for each journal plus \$3 postage.

Two LRPC Goals Outlined *(Continued from page one)*

providing supportive services during the initial stages, e.g., mailing lists, speakers on a gratis or reduced-fee basis, advising, etc. 4) **Annually** recognize and honor the work of NASAP members on continental, regional, and community levels.

Strategy D: Utilize available resources to provide leadership training for members to facilitate the use of Individual Psychology at local levels.

Tactics: 1) Set up cooperative ventures with non-Adlerian organizations in public relations, training programs, etc. 2) **Identify** opportunities for NASAP visibility at non-Adlerian conferences, conventions, etc. (eg., NEA, ASCA, ACA, APA, AAMFT, NASSP, NAESP, NSBA). 3) **Recognize** leaders and those with leadership qualities at the local level, and assist them (see Strategy C, Tactic 1).

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

Strategy A: To ensure the initiation, completion, and dissemination of research and scholarly projects in Individual Psychology.

Tactics: 1) **Support** and promote the translation and publication of the collected works of Adler by December, 1996. 2) **Allocate** funds annually for Adlerian research activities by NASAP members, with an emphasis to be placed on research in diversity issues. 3) **Consolidate** and update a computer database of all Adlerian publications, building on the Mosaks' bibliographies and on Frank Main's Adlerian registry, and make discs of this database available to writers and researchers. 4) **Consolidate** and update a computer database of all Adlerian research, published and unpublished (e.g., dissertations) for use by writers and researchers.

Strategy B: To foster the development, conservation, and dissemination of media resources that serve as foundational materials for training, research, theory, and practice.

Tactics: 1) **Enlist** the support of the Publicity/Development Committee of the Delegate Assembly to oversee the accomplishment of this strategy.

Strategy C: To foster, support, and provide training in Individual Psychology.

Tactics: 1) **Provide** opportunities for experiential learning and supervised practice with skilled Individual Psychology professionals. 2) **Encourage** and support the development of graduate level training that emphasizes Individual Psychology. 3) **Assist** individuals and groups meeting specified criteria in presenting NASAP-sponsored training.

Strategy D: To collaborate with other organizations in theory, research, and advocacy efforts.

Tactics: 1) **Assign** an appropriate NASAP member to act as a liaison with each of a number of designated professional organizations (e.g., IAMFC, APA, AAMFT). 2) **Coordinate** NASAP annual and/or regional meetings with meetings of other selected professional groups. 3) **Encourage** NASAP members to share Adlerian ideas with non-Adlerian individuals and groups, both formally, through presentations and workshops at other professional meetings, and informally.

Strategy E: To assume a leadership role in the use of Individual Psychology with diverse populations.

Tactics: 1) **Promote** membership in the Society among diverse populations, and foster NASAP leadership from among these members. 2) **Solicit** a plan from each section to enhance the involvement of NASAP members of diverse populations in Section activities (e.g., Section sponsorship of membership fees). 3) **Send** brochures to professionals among diverse populations (e.g., African-American social workers) and to those in training at African-American or other minority colleges and universities to acquaint them with Individual Psychology and to invite their membership in the Society.

Bob Armstrong, President

News From Members

Jean Alessi received the Alfred Alder Memorial Award for Social Interest from the Midwest Society of Individual Psychology at its annual meeting March 20. The award was given in recognition of her numerous contributions to Adlerian psychology in the St. Louis area.

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Tee Dreikurs celebrated her 94th birthday on February 28th. Cards and letters can be sent to her at 5455 N. Sheridan Rd., #2415, Chicago, IL 60640-1958.

o o o o

Judy Sutherland is preparing a birthday celebration book for Heinz Ansbacher who will be 90 years old this year. The "gift" book, to be presented to him at the NASAP '94 Convention in San Diego, will be a collection of birthday greetings in the form of cards, notes, letters, and snapshots from NASAP members. Anyone wanting to include their birthday wishes and notes to Heinz in this collection should send them to Judy at 926 Lake Ave., Wilmette, IL 60091 before May 10.

In Memoriam

Word has been received that JoAnne M. Hahn died on February 10 in Mancos, CO. JoAnne joined NASAP in 1973, when she was a student at the Alfred Adler Institute in Chicago. She served on NASAP's Delegate Assembly in 1979 and 1981-84. During that time she was instrumental in the formation of the Women's Issues Committee, was co-chair and played an active role in that committee's various activities. One focus was on language and the Constitution and By-Laws were revised to include inclusive language.

JoAnne began her professional career as a therapist in Chicago, continuing her work in San Francisco, where she led workshops and seminars through her consulting practice and the Miracles Foundation of San Francisco, which she founded.

JoAnne once said of herself, "Some Adlerians have described me as a 'bit of a rebel,' and that may be my major contribution to Individual Psychology -- suggesting alternative ways of doing things that could bring us closer to living the equality and cooperation and harmony for which we all long."

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NASAP Newsletter
65 East Wacker Place, Suite 400
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Weekend With The Masters (Continued from page two)

Eva Dreikurs Ferguson presented a paper on *Social Interest and Achievement Strivings*. A pioneer in bringing Adlerian psychology to the halls of ivy, she is an author with her second book on motivation about to appear, an experimental psychologist, and theoretician. She related Adlerian principles to academic motivational theory. She told how Adler himself moved from striving for superiority to striving for belonging and contribution. She reminded us of the danger of the trend toward "pseudo-equality" and "victimization" in American life.

Cameron Meredith related Adlerian psychology to "third force psychology" in *Beyond Behavioristic and Freudian Psychology*. The story of how his encounter with Dreikurs affected all his subsequent work enthralled the audience. Most of Meredith's life has been spent educating counselors and families, but in the last decade he has switched to the private practice of psychotherapy. Those who know him sometimes call him "Mr. Encouragement."

Harold Mosak spoke on *Where We've Been, Where We're Heading*. After Dreikurs, one of the first Adlerian Psychotherapists in America -- at least one of the first to actively propagate the theory -- he is uniquely situated to recount the difficult but surprisingly successful development of Individual Psychology in America. From being "rare birds" Adlerians now have waxed numerous, with several training locales, some Masters degrees, a doctors degree, and increasing influence and respectability. Mosak has been and continues to be at the helm of this movement.

In Memoriam

The Adlerian community lost a dedicated international disseminator of Individual Psychology with the untimely death of Achi Yotam on February 24 in Tel Aviv, Israel, from a fast growing cancer. He was a popular lecturer and teacher, not only in Israel, but in various parts of the world. Locations in North America where he taught included Bowie, MD; Elk Grove, CA; Toronto, ON and Vancouver, BC.

Achi was a co-chairperson of ICASSI Board of Directors, an ICASSI faculty member, a board and staff member of the Alfred Adler Institute of Tel Aviv, lecturer at University of Tel Aviv, and In-service Training Director for Tel Aviv's Department of Social Welfare. In addition, he conducted open forum family counseling demonstrations weekly on TV in Israel.

Contributions for ICASSI Scholarships may be made in memory of Achi and sent to Edna Nash, #302 - 2020 Bellevue Ave., West Vancouver, BC V7V 1B8, Canada.

United Nations Proclaims 1994 International Year Of The Family

United Nations has proclaimed 1994 the **International Year of the Family** with the main objective of increasing awareness of family issues and enhancing activities in support of families at all levels. An information packet about the year's activities can be obtained from Willard Hass, Information Officer, Social Development Issues, United Nations, New York, NY 10017, 212/963-0353, Fax 212/963-4556.

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ICASSI To Be In Canada

The International Committee for Adlerian Summer Schools and Institutes (ICASSI) will hold their 27th annual institute at Carleton University in Ottawa, ON July 24 to August 6. Contacts are: Betty Haeussler, 9212 Morley Road, Lanham, MD 20706, Fax 301/345-1961 or in Canada, Adlerian Centre of Counseling and Education, 1355 Bank Street, Suite 301, Ottawa, ON K1H 8K7, Fax 613/523-7148.

The Adler/Dreikurs Century Fund

Donations to the Adler/Dreikurs Century Fund continue. Additional contributions just before presstime are as follows:

Althea Brach
Gary D. Chaikin
Joan A. List
Ninfa Martinez-Lewis

**In Honor of Bronia Grunwald
and Memory of Hal McAbee
Edna Nash**

The Newsletter is continuing the publication of the notes of inspiration that we have received from contributors:

● In 1969 I heard Rudolf Dreikurs speak at the counselors' conference at the University of British Columbia. His talk was an eye-opener to me in understanding the families with whom

I worked as a Community Health Nurse. ...The wonderful friends I have met Oxd continue to meet through Adlerian psychology make me grateful for the opportunity I had to meet Dr. Dreikurs and to learn about Adler.

Moya Jack

● I saw my first public counseling demonstration 15 years ago. I can never thank Dr. James Croake for what he personally taught me that night and in the ensuing years...that first demonstration inspired me to begin a study of Individual Psychology...

Marcia Mullins

● Danica Deutsch was able to help me and my children through a very difficult time after the sudden death of my husband. She taught me the Adlerian optimistic approach to life's problems.

Rosalind Frey

● Adlerian theory helps to make sense of life! *Scott Waggoner*

**Book of the Month:
Individual Psychology
Theory and Practice**

This 300-page publication, co-authored by Guy J. Manaster and Raymond J. Corsini, is now back in print from the Alfred Adler School of Professional Psychology. NASAP is offering it to members for the specially-reduced price of \$15.96 until May 15. Please add \$4 U.S. postage and \$5 Canada and other countries. Orders are limited to three per person. Add \$1 postage for each additional book.

The book is written to serve as a general introductory text to Adlerian psychology, and to provide presentations of case histories. Originally published in 1982, the text begins with an outline and brief history of Adlerian psychology, discusses various aspects of IP theory of personality through six chapters, outlines various approaches to Adlerian counseling and therapy in chapters 10 through 15 and concludes with the personal views of the authors and a 40-page chapter of case histories. "We attempted to systematically gather all major ideas so that there would be some discussion about everything important..." the authors comment in the preface.

Order Form

Send ___ copies of Individual Psychology... \$ _____
(\$15.96 each)

Add postage and handling as stated left \$ _____

TOTAL DUE \$ _____

___ Check or money order (US funds)

Visa/MC# _____

Expires _____ Name: _____

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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

Eugene, OR - The Oregon Society of Individual Psychology announces it will co-sponsor a one-day conference April 16 with Lane Community College at the school's campus. Ray Lowe, Oscar Christensen, Jr. and Mim Pew are keynote speakers at the event which is entitled, *Practicing Equality -- The Challenge of Our Times*. The conference is in celebration of the 35th anniversary of Saturday Circus, a parent education and family counseling program founded by Rudolf Dreikurs and Ray Lowe. The program was called Saturday Circus because many activities were offered simultaneously on Saturdays. In its 35-year history, over 40,000 parents, administrators, teachers, mental health professionals, ministers, students and children have participated in the program. Contact: OSIP, c/o Jacquie Litchfield, 610 Spencer Court, Eugene, OR 97405, 503/343-0088.

Vancouver, BC - The Adlerian Psychology Association of British Columbia will be introducing a new *M.A. Program in Classroom Psychology*, July 4-29. Five courses will be offered for a total of 14 credits. The program is approved by the Teachers Qualification Service. Also new in 1994, commencing in September, will be an *M.A. Program in Substance Abuse Counseling*, in addition to the regular M.A. Program in Counseling Psychology, Certificate Program in Psychotherapy and Certificate in Substance Abuse. Contact APABC at their new and larger facility at 101-1193 Kingsway, Vancouver, BC, V5V 3C9, 604/874-4614, Fax 604/874-4634.

Region III - South

Atlanta - Active Parenting Publishers announces spring Leadership Certification Workshops for three of its programs: *Windows: Healing and Helping Through Loss*, *Active Parenting Today*, and *Active Parenting of Teens*. There are one-day workshops scheduled in major cities throughout the U.S. Call 800/825-0060 for information.

Orlando, FL - The 17th Annual Region III Conference was held February 24-26 with more than 225 in attendance, reports Don Dinkmeyer, Jr. This raises the total number of participants over the years to more than 4,000 different students and mental health professionals. A new format eliminated brief Saturday programs and included many "team-taught" full-day workshops. Pairs included Tim and Monica Evans, Frank Walton and Roy Kern, Bill Nicoll and Frank Walton and Don Dinkmeyer Sr. and Jr. Approximately 30 scholarships were awarded. The 1995 conference will be held in late February. If NASAP members are interested in presenting full-day workshops, they should contact Don Dinkmeyer, Jr., 502/781-9481, Fax 502/781-1550.

Region IV - Middle Atlantic

Waldorf, MD - The Family Education Center of Southern Maryland will feature special guest speakers Hank Raymond and Roslyn Green from Bowie State University at their Family Counseling Workshop April 15. The workshop is entitled, *Family Systems and Interpersonal Relations*. Complimentary child care is available by reservation. Contact: FEC, 301/705-8527.

Region V - Northeast

Toronto, ON - The Adler School of Professional Psychology Ontario announces that an international authority on MPD and trancework, Adam Crabtree, will teach Therapeutic Dissociation (698), August 12-15. The summer schedule also includes: Advanced Psychotherapy (643), August 19-22, with Richard Kopp and Principles of Adlerian Psychology (401), July 23-24 and August 6-7, with Linda Page. The Adler School Ontario is in new premises at 161 Eglinton Ave. East, Suite 401, Toronto M4P 1J5, 416/480-2303.

Region IV - Far West

San Francisco - The Alfred Adler Institute of San Francisco announces its ninth annual Adlerian Master Seminar, *Helping Therapists Survive the 90's: Adlerian Brief & Group Therapy Techniques*, will be held July 15-19 at San Francisco State University's Seven Hills Conference Center. Program topics include: principles and techniques of brief therapy; theme-focused weekly group therapy; one-day, marathon group therapy; off-site counseling innovations; and coordinating with managed care companies. On-site, low-cost accommodations are available. Contact: Henry T. Stein, Director, AAISF, 7 Cameo Way, San Francisco, CA 94131, 415/567-4729.

Lake Tahoe, CA -- Empowering People Workshops will hold its first summer institute July 20-27 at the Northstar mountain resort here. The Adlerian-based conference/workshop is designed for parents, educators, parent educators, counselors, school personnel, nurses, mental health providers and youth ages five and up. Contact: Empowering People Associates, P.O. Box 788, Fair Oaks, CA 95628, 800/879-0812.

International

AWIRTH - Adlerian Western Institute for Research and Training offers classes to be taught in German by Lucy Ackerknecht at its 26th European Summer School in two locations: Clairefontaine, Luxembourg, June 24-July 4; Argele's sur Mer, Plage, Southern France, July 25-August 1. Contact: Lucy Ackerknecht, 510/891-8194.