

The NASAP Newsletter

August, 1994

Volume 27, Number 6

DA Approves Many Items At May Convention Meeting

- Applications for Practice and Applications Journal Editor are being reviewed.
- An Adlerian Resource Book is to be updated and a second edition printed.
- The mechanism for processing applications for the Certificate of Study was setup and approved.
- Summary and interpretation of the survey on continuing education needs is being prepared.
- Approved a change in By-laws: when membership in a Section drops below 50, the E.C. and Section are to be notified and if the membership has not increased to 50 or more within a year of the notification, the question of dissolution of the Section will be brought to a vote of the D.A. In addition, any unincumbered funds at the time of dissolution shall be forwarded to the NASAP treasury.
- Social Equality Committee mandate in the By-laws changed to include issues of "relationship orientation" and "socio-economics" in addition to ethnicity, gender, class and cultural diversity.
- Recommended that 1997 convention be held in a resort setting in the Snowmass/Aspen area of Colorado.
- Poster sessions will be added to the program in Baltimore in 1996.

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1995 Convention Proposals

Proposals are being solicited for the 1995 Convention in Minneapolis, May 25-28. Deadlines for workshop and convention presentation proposals are to be strictly observed this year. Submission deadlines:

workshop: postmarked by **Sept. 22**
convention: postmarked by **Oct. 8**

Proposals postmarked after those deadlines will be returned.

Executive Director's Message:

Dedicated People Serve NASAP

The dog days of summer started early and with a vengeance, not only in Chicago but over much of the country. We look back to those beautiful four or five days in San Diego as a happy memory -- not only the climate, but the event itself and the people who helped to make it a memorable and encouraging experience. Once again, we are mindful of the many people who give so much of themselves on behalf of NASAP at our annual conventions, not only the local host group and volunteers, but also the presenters and attendees. We are grateful for this support.

Another group of people who deserve a word of appreciation are your elected Delegates and officers, who spent numerous hours in meetings before and during the convention, beginning Wednesday morning, May 18. Some of you, I know, are very familiar with the governance of NASAP, but for those who are not, a thumbnail sketch follows.

How NASAP's Governance Works

Currently, there are 14 Delegates elected by the seven Sections and 12 Delegates elected by the six Regions. The D.A. is charged with the responsibility of managing the affairs of the Society and meets twice a year - at the annual convention and the first weekend in November. Much of the work of the D.A. is carried out by six standing committees: 1) Constitution, 2) Convention/Workshop, 3) Development/Public Relations/Membership, 4) Education, 5) Publications, 6) Social Equality. The By-Laws provide for appointment of Sub-committees and Special Committees to assist in this work.

There are five officers elected by the D.A. who, with the Past President, serve as the Executive Committee. The E.C. is charged with the responsibility of preparing an annual budget, managing the finances of the Society, and administering the affairs of the Society in response to the D.A. To accomplish this, the E.C. meets twice in addition to the D.A. meetings, for a total of four meetings a year. Each member of the E.C. serves as a liaison to a committee and meets and works with that committee.

Each D.A. meeting begins with committee deliberations, followed by committee reports, when action items are presented to the D.A. for approval. If time permits, non-motion items are presented for D.A. input. Action and information items are part of committees' written reports. Responsibility for follow-through on action items is determined by committees and reported to E.C. liaison.

In addition to Standing Committees and the E.C., provision was made this past year in the By-laws for a Long-Range Planning Committee (LRPC) whose function is to make recommendations for action to the D.A. regarding development of a mission statement for the Society, goals which reflect the intent of the mission, strategies for achieving these goals and specific tactics for carrying out each strategy.

There you have it -- a capsulated version of NASAP's governance structure at this time. If you want the detailed version, just contact the central office in Chicago for copies of the Constitution and By-laws.

Neva L. Hefner, Executive Director

Delegate Column

A Note About The Clinicians

By John Newbauer

The Clinicians Section of NASAP is on the move with its first newsletter being published in a long time. The purpose is to inform the members of the activities of the Section at our annual meeting in San Diego. Since the program was arranged so that there was competition for members to attend the interesting presentations at the same time as the Section meeting, only a baker's dozen showed up at the Section business meeting. We'll change that next year so that we all have no choice but to attend a business meeting of some kind! Obviously, the business of running NASAP takes a second place to content.

In an effort to encourage networking among clinicians across the country, the Section is gathering information concerning speciality areas of practice of the members and will be publishing a NASAP Clinician's Resource Directory in the fall to assist us in finding other Adlerians of like interests for practice or research purposes. This came out of a need to learn more about others in the section and be able to communicate more easily. Another idea being explored in the same vein is to establish some sort of communications bulletin board on the information superhighway, internet. That's a ways off yet but anyone interested, please let me know.

The other good news that came out of San Diego from the Clinicians was the decision to sponsor a scholarship fund for those budding newly trained clinicians who are between "studenthood" and licensure. This includes any interns, residents, post graduate interns and others who no longer qualify for student category but who are also not yet fully licensed clinicians. The grant is to cover tuition to attend NASAP's Annual Convention. Procedures for application will be forthcoming. Preference will be given to those who have submitted programs. We can only afford one at this time.

And, finally, we again heard of the progress of Henry Stein's work on the translation of Adler's works and as a Section contributed money to continue his work. In addition, he informed us that he received an anonymous gift to match whatever donations he receives this year. That encouraged one of our members to anonymously donate \$500. We hope it will encourage others to donate more as well. Stein estimates that it will cost between \$35,000 and \$40,000 to complete the translation.

Meet Your Officers

Mary Jamin Maguire, President, Delegate of Adlerian Counseling and Therapy Section: As a licensed social worker and psychologist, Mary is currently the Special Needs Supervisor for a school district's child care program, designing and implementing interventions for elementary school children who are not experiencing success in a social setting. She lives in Minneapolis with her husband and two children where she also serves as an adjunct faculty member of the Alfred Adler Institute of Minnesota. In addition to family activities, she and her husband participate in an environmental group working to restore the Mississippi River to its original splendor.

Amy Lew, First Vice President, Delegate of Social Equality Section: Amy is a licensed Marriage-Family Therapist and a Mental Health Counselor and divides her time between her private practice, clinical supervision in Adlerian theory and approaches to parenting, and consulting to schools and parents for Project Life. She is currently developing a program for inner city parents for the Wellesley College Stone Center Reach Out to Schools Project. Amy is co-author with Betty Lou Bettner of Raising Kids Who Can and she lives in Brookline, MA with her husband and two daughters.

Riki Intner, Second Vice President, Delegate of Family Education Section: Riki is a licensed counselor in private practice working with couples, individuals, families and groups. She facilitates the parent support program of the Family Education Center of Petaluma, CA and provides training for their first year interns. She also serves as a school consultant and is co-author of a new book, The Family That Works Together... Riki lives in Santa Rosa, CA with her husband and has three grown children.

John Newbauer, Secretary, Delegate of Professional Clinicians Section: John is co-founder and president of Phoenix Associates, Inc., a group multidisciplinary mental health practice in Fort Wayne, IN. He specializes in clinical assessment, child custody evaluations and sexual abuse. John also teaches courses at Adler School

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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

Jerianne Garber, News Coordinator
Neva Hafner, NASAP Executive Director

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

Test Review**BASIS-A INVENTORY***(Mary S. Wheeler, William L. Curlette, Roy M. Kern)*By **Mark H. Stone**, Adler School of Professional Psychology

"Life-Style" is one of the fundamental tenets by which to distinguish Adlerian Psychology from other schools of psychology, but there is disagreement among Adlerians about what constitutes Life-Style and how Life-Style information is obtained.

Wheeler, Curlette, and Kern in BASIS-A INVENTORY (Basic Adlerian Scales for Interpersonal Success - Adult Form) further define and expand on Adler's conceptualization of the underlying dimensions of Life-Style. BASIS-A measures five themes: Belonging-Social Interest, Going Along, Taking Charge, Wanting Recognition, and Being Cautious.

The BASIS-A Inventory has 65 items, each beginning with the stem, "When I was a child, I" Respondents indicate their agreement/disagreement using a 5-point Likert scale. Also incorporated into BASIS-A are five HELPS scales: Harshness, Entitlement, Liked by All, Perfectionism, and Softness.

Self-scoring test forms, a profile booklet for interpreting the scales, and Interpretive and Technical Manuals comprise the available publications. I especially liked the interpretation form and the attention given by the authors on how to make psychometrically correct interpretations from the data and how to incorporate the error of measurement in reporting test results.

The reading level is not taxing to respondents and is reported to be at grade equivalent 5.2. The normative sample was 1,083 subjects, reported as mostly from North Carolina, Georgia, and Texas. Descriptive materials provide abundant information on reliability and validity. Reliability varies by subtest. Overall, the coefficients reach acceptable limits. A considerable number of validity studies are reported and the BASIS-A constructs seem clearly substantiated by data analysis. I would hope to see a greater geographic representation in future norming editions. I also recommend item bias studies by influences of gender, race, and other personal characteristics on test results.

The Wheeler, Curlette, and Kern constructs of Life-Style will be favorably seen and accepted by those who recognize the need for an empirical database and the psychometric effort required to operationalize and validate an attribute by constructing relevant items. Critics may express concern about the "deviance" implied by these scales and a departure from traditional Life-Style data collection.

I think there is room for both idiographic and nomothetic approaches to Life-Style data collection. Advocating one approach does not obviate the other. But clinicians need to investigate BASIS-A to see how it can be applied in their work.

Adlerian psychology needs much more empirical support and the research efforts shown in developing BASIS-A need to be recognized as a definite contribution to this effort.

(Contact TRT Associates, 20 Eagle Ridge, Highlands, NC 28741, 704/526-9561 for further information on BASIS-A.)

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NASAP Convention Audio Tapes Available

1994 Convention Audio Tapes are available through Audio Archives International -- see order form enclosed with this newsletter. Tapes from previous conventions are still available as well and you may contact the central office or Audio Archives for that information.

News From Members

Jon Carlson reports that he is the recipient of two awards in his professional field. The International Association of Marriage and Family Counselors presented him with the Distinguished Contribution to Marriage and Family Therapy award. He also has received the Professional Development award from the American Counseling Association.

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The **Alfred Adler Institute of Minnesota** reports that two of its administrative personnel have been elected to new community positions. **Larry Hedberg**, President of the Institute, was elected to the Board of Education in St. Louis Park, MN, a suburb of Minneapolis. **Herb Laube**, Dean of Faculty, was elected to the Board of Upper Midwest American Association of Marriage and Family Therapists.

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Kenji Shibayama, a new NASAP member from Kumamoto-shi, Japan, wrote to the central office regarding the Long Range Plan of NASAP: "The Strategies and Tactics which LRPC presented are wonderful to me. I am willing to commit these Goals whichever way I can in Japan. So I will study Adlerian psychology more and actualize these principles in my practices. I will contribute to promoting mental health of people and society in 'the old city' Kumamoto, Japan by methods of Adlerian psychology with my friends."

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Adlerian Networking At Its Best:

Dina Emser, Director of Blooming Grove Academy (a C4R school in Bloomington, IL), was faced with a dilemma when a new Japanese plant in Illinois led to several Japanese children enrolling in her school: How would she communicate the C4R principles to limited English-speaking parents? A call for help to **Shunsaka Noda**, Osaka, solved the problem. He provided C4R materials in Japanese.

North American Society of
Adlerian Psychology
65 East Wacker Place, #400
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NASAP Newsletter
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Chicago, IL 60601-7203

Meet Your Officers *Continued from page two*

of Professional Psychology and Alfred Adler Institute of Fort Wayne. John and his wife, Mary, are celebrating 25 years of marriage this year. They have three children.

Henry J. Raymond, Treasurer, Delegate of Region IV: Hank is a co-founder and current Director of the Adler-Dreikurs Institute of Human Relations at Bowie State University, Bowie, MD. At Bowie he has developed courses and programs in Human Resource Development and Pastoral Counseling. He has a private counseling service and serves as a consultant to business and government agencies and to school systems. He donates his free time to counseling young men referred by the United Communities Against Poverty Center in Capitol Heights.

Robert Armstrong, Past President: Bob is in private practice as a psychologist in Vancouver, BC where he specializes in relationship therapy, depression, stress, anxiety disorders, phobias and workplace related problems. He consults with schools and parent groups when time permits. He is looking forward to new challenges in his practice now that he is in "semi-retirement" from his NASAP duties.

The Executive Committee will meet in Chicago on Saturday and Sunday, October 8-9, and again in November, just prior to the Delegate Assembly meeting, beginning on Thursday, November 3. Send suggested agenda items to central office.

DA Action Items *Continued from page one*

- Judy Sutherland will chair the Scholarship Committee for the next two years and scholarship applications from Sections are to be sent to central office at deadline date so all applications can be processed equally.

- Recommended that Joyce McKay, newly appointed chair of the Long Range Planning Committee attend the November D.A. meeting.

- Membership report indicated that while membership was down by 12%, the amount of money received was up by 11.4% because of dues increase.

- 1994 budget was modified and projected budget shows a deficit of about \$1,760 instead of \$8,980, largely due to the increase in revenue from membership and donations.

- Section membership is down in each Section. In 1994, 390 NASAP members belong to 7 Sections (39% of eligible members). In 1993, 414 NASAP members belonged to 6 Sections (37%).

- It was reported that local registrations for convention reflected a healthy response to the special marketing done by the local committee.

- A special committee was appointed to investigate the need for substantial long term changes in convention design. That committee met and designed a questionnaire to be sent to all members to help future planning.

Adler/Dreikurs Century Fund

Pledges and donations to the Adler/Dreikurs Century Fund continue to come in:

Eva Dreikurs Ferguson
 Martha Monroe
 Mary Wheeler

*Donation made on
 her 75th birthday in memory of
 Joseph Meiers, Paul Rom, Elfriede Rom
 Della L. Irwin*

Challenge:

An alum of ICASSI is challenging all other alums to donate to the Century Fund. As part of this challenge, the anonymous donor will match all new donations over \$50 from people who have been to ICASSI. If you rise to this challenge, please make appropriate identification on your donation. Eva Ferguson was the first alum to rise to the challenge.

Social Interest Award Recipient

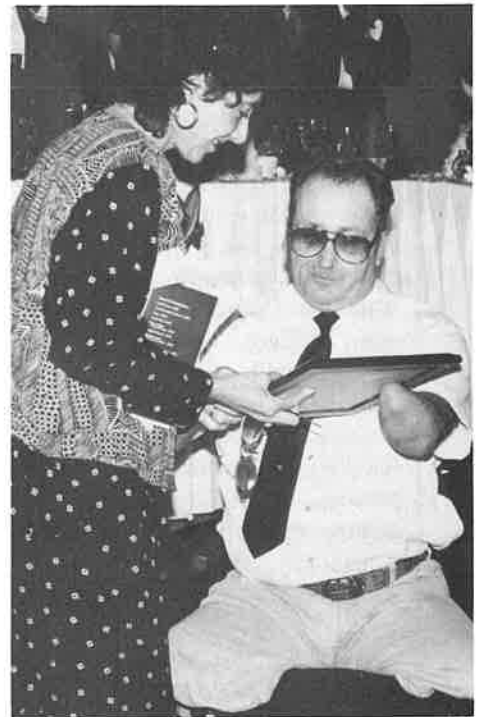
The San Diego Society of Adlerian Psychology presented the Alfred Adler Social Interest Award to James Brunotte at this year's convention.

Jim is a Vietnam veteran who lost both legs, one arm and one eye in that war. Through his courage and the encouragement of others, he lives the philosophy that "being crippled is only in your mind."

Jim teaches horseback riding to the disabled, provides counseling and support to veterans through the "Point Man" program, and is involved in an effort to promote healing between American and Vietnamese veterans.

He works for Lifeline Community Services in Vista, California providing advocacy and assistance to the disabled as well as social services to the agency's clients.

In the photo, Sandra Braff (left) presents the award to Jim at the Friday night convention banquet.



Book of the Month: Three Classics From NASAP

The Courage To Be Imperfect by Janet Terner and W.L. Pew is a colorful biography that documents the Adlerian movement through the life and work of Rudolf Dreikurs. This important book is currently out of print and NASAP has only a few copies left. 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 in a collection of warm, entertaining reminiscences of those who knew him. 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 each)

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: _____

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 - The Puget Sound Adlerian Society provides information about *Rational Recovery*, an alternative to Alcoholics Anonymous that is based in part on Adlerian psychology. Weekly meetings are held at several locations in the Seattle area. For more information contact PSAS, 206/525-4796 or Seattle Rational Recovery, 206/781-3436.

Saskatoon, SK -- The Saskatoon Adlerian Society has received a research and development grant of \$162,000 from the Community Action Plan for Children, Health and Welfare Canada. The plan is part of the Department's initiatives in connection with United Nation's International Year of the Family. The Society's project, *Creating Optimal Personal Experiences for Teens (COPE)*, aims at developing relationship skills for teen-age persons in an inner city environment. SAS also announces it now has its own offices. New address: SAS, Room 134, 230 Avenue R, South, Saskatoon, SK, S7M 2Z1, 306/384-7703.

Region II - Midwest

Chicago -- The Adler School of Professional Psychology is offering summer classroom psychology courses. Included in August: *Teacher Survival Skills*, August 9-11 with Laura Lashever; and *Psychoeducational Assessment*, August 16-18 with Susan Rudolph. Both classes provide 2 credit hours. Contact: Adler School, 312/201-5900, fax 312/201-5917.

Minneapolis, MN -- The Alfred Adler Institute of Minnesota summer workshop schedule includes: *Creative Arts Therapy*, August 26 and September 9 with Kay Conlon, Paul Sevette and Leslie Baughn; *Mediation: What Therapists Need to Know*, September 23 with Kathy Snyder and Rebecca Picard. Contact: AAIM, 612/933-9363.

Fort Wayne, IN - The Alfred Adler Institute of Fort Wayne's summer schedule includes: Continuing Case Seminar, beginning August 8 with Carl Jylland; and *Use of Children's Drawings in Diagnosis and Therapy*, beginning August 26 with Susan Rudolph. AAIFW courses run Friday evenings and all day Saturdays and Sundays. Contact: Jan Richmond, AAIFW, 219/461-5845.

Region III - South

Orlando, FL - The 18th annual Region III Conference will be held here February 23-25, 1995. All days consist of full-day workshops. If you wish to propose a workshop, contact Don Dinkmeyer, Jr., 502/781-9481 or fax 502/781-1550, no later than September 1.

Myrtle Beach, SC -- The South Carolina Society of Adlerian Psychology will conduct its 12th annual fall conference here September 23-25. The Weekend event features half-day workshops and 75 minute presentations. Contact: Frank Walton, 803/798-0300, Fax, 803/731-8484.

Region IV - Middle Atlantic

Kensington, MD -- The Parent Encouragement Program offers three parent classes in August. Included are: *Setting Limits: Where? When? and How?*, August 3; *Learning Styles*, August 10 and *Play Power*, August 17. Sessions are held from 7:30-9:30 Wednesday evenings. For more information contact: PEP, 301/929-8824.

Bowie, MD -- Students at Bowie State University have formed a Student Adlerian Society. The new group states that its goal is "to promote professional excellence, mastery, and versatility in the BSU graduate students as they interface and network with distinguished Adlerian practitioners and professors." Jennifer Randolph is President of SAS and Cubie Bragg serves as Faculty Advisor.

Region VI - Far West

San Diego County, CA - The Americas Institute of Adlerian Studies announces a three-course *Program for Professionals in IP*. Each course is 3-1/2 days, may be taken in any sequence, and carries 30 APA CE or NBCC CE hours. "Applying Psychological Skills," Sept. 22-25; "Understanding Personality Development and Dynamics," March 9-12, 1995; "Assessing Individual and Group Styles," Sept. 14-17, 1995. Contact: Steven A. Maybell, Ph.D., 486 Hillway Dr., Vista, CA, 92084, 617/758-4658.

Tucson, AZ - The Adlerian Society of Arizona will hold its next social/educational forum September 9, 5:30-7:30 p.m. Bob Rencken will present on *Sexual Abuse*. NBCC continuing education credits are available. Contact: ASA, P.O. Box 40635, Tucson, AZ 85717-0635.

International

London -- The 1996 International Congress of Individual Psychology will be held at the Examination Schools of the University of Oxford, August 4-8. A 'Call for Papers' will be forwarded probably in the spring of 1995, according to Horst Groner, Secretary-General of IAIP.

Dates To Remember:

NASAP '95, May 25-28, Minneapolis, MN
 NASAP '96, June 20-23, Baltimore, MD