

The NASAP Newsletter

September, 1994

Volume 27, Number 7

NASAP 95 Will Feature Richard Kopp as Keynote

Richard Royal Kopp, veteran NASAP member and convention presenter, will give the keynote speech at the 1995 convention in Minneapolis, Thursday evening, May 25. His speech will highlight the theme, *Healing Community: An Adlerian Approach -- Connection, Cooperation, Contribution*. After his address, a panel of several Adlerians representing diverse aspects of the community will each give a five-minute response, followed by audience questions and Kopp's response and summary.

Kopp has taught at the California School of Professional Psychology, Los Angeles, for the last 20 years. As a faculty member of ICASSI (International Committee on Adlerian Summer School Institutes), he has helped spread Adlerian ideas to 14 countries. He serves on the Board of NASAP's journal, **Individual Psychology**, and has published numerous articles on Adlerian theory and practice. In addition, he maintains a private practice in California.

The 1995 convention will be held at the Marriot Center Hotel in downtown Minneapolis, May 25-28 (Memorial Day weekend). Host for the four-day event is the Alfred Adler Institute of Minnesota. A registration flier will be mailed to NASAP members in January.

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.

President's Message:

Time To Evaluate NASAP's Progress

Fall is a time for many of us, particularly students, educators and parents to re-group, get organized and start new projects. NASAP's Delegate Assembly (D.A.) is no exception, both the Executive Committee (E.C.) and the full D.A. will be meeting this fall, as usual. We will be evaluating the projects of the past year, particularly the annual convention we had in San Diego last May and the plans for the upcoming convention in Minneapolis, the Summer Institute held in July in Tampa, Florida, the Certificate of Study, and various fund raising efforts, to name a few. We will also be planning for both long and short term goals.

When I am setting new goals for myself, or evaluating the progress of a project already started, I read and reread some of my favorite quotations. I always have two or three on my desk or in my wallet, reading and thinking about them gives me some needed encouragement and sense of direction.

One of my current favorites is by Chesterton:

It's not been tried and found wanting, but found difficult and not tried.

I am also inspired by some words of Will Rogers:

Even if you're on the right track you'll get run over if you just sit there.

As I think of NASAP's current issues and the Long Range Plan (which has been discussed in detail in previous issues), the last quote seems particularly relevant. We wouldn't be members of NASAP if we didn't think it was on the right track (at least to some degree), but where do we go from here? And at what speed? And with how many on board? We seem to have a pretty good idea of where we came from and where we want to go; but, we aren't quite sure how to get there.

At the D.A. meeting in November we will be finalizing the goals and strategies of the Long Range Plan, and deciding on some tactics to get things moving. We will, of course, evaluate goals and projects on an ongoing basis; and work to ensure that the Long Range Plan continues to reflect a shared vision of all NASAP members, one to which we can commit some energy and enthusiasm.

Many of you have already expressed a readiness to move beyond dialogue, maybe it's about time for the train to leave the station. If you have any thoughts you'd like to share please write your representatives on the D.A. (see page three), we're looking forward to hearing from you and we'll keep in touch.

Mary Jamin Maguire, President

D.A. Needs Your Input On Convention Survey

By the time you receive this newsletter, you will have received the Convention Survey. Please do not think of this as just another survey. It is imperative to assess the causes behind the decline in attendance and to find measures to reverse it. Much of NASAP's annual budget depends on the success of the annual convention.

Your input is needed -- please complete the survey and send it to the central office as soon as possible.

Delegate Column

Adlerian Psychology and EAP's

By John Arnold, Region III - South

Adlerian psychology has shown itself to be of value as a way of understanding human behavior. Adlerian theory has been applied to many arenas of life. In the changing world of the workplace, Adlerian psychology has much to offer today. Adlerian concepts can impact the workplace in different ways. One possible avenue is with Employee Assistance Programs.

Employee Assistance Programs are frequently misunderstood to be nothing more than therapy programs for employees. EAP's serve the employer, the employee, and employee family members. Employee Assistance professionals use a standard set of core technologies which help the employer and the employee with issues that affect job performance. This mission and purpose can be traced back to the roots of EAP's.

Adler Takes Note of Employee Conditions

A connection exists between the origins of EAP's and the beginnings of Adlerian psychology. In a presentation to Employee Assistance professionals in Charlotte, NC, in 1992, Jesse Bernstein traced the streams that came together to form Employee Assistance Programs. One of the first streams in this formation was a world-wide social work movement to improve the workplace conditions in the 1880's. The industrial revolution had brought change to the worksite. Not all of the changes were humane. The social work movement protested the unsafe and degrading conditions of many industries. At about the same time, an unknown physician in Austria was taking note of the working conditions of Austrian tailors. Alfred Adler witnessed the exhausting demands and physical consequences of the tailoring trade. He reported his observations in a small book. Adler made a call for social action to improve conditions. In a voice akin to the social work movement, Adler suggested that it was the socially interested thing to improve conditions in the workplace. This was a way to promote the physical and mental health of the workers in their occupation.

As outlined in his psychological theory, Adler understood the task of occupation to be significant. In the modern evolving world of work, companies can use the skills of Employee Assistance professionals to help employees remain healthy and productive. It is a way of promoting respect and encouragement to employees as they face the challenge of living.

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News From Members

Robert Sherman reports he has co-authored a new book, Enlarging The Therapeutic Circle, The Therapist's Guide to Collaborative Therapy with Families and Schools, published by Brunner/Mazel. The book describes many models for collaborative therapy and provides detailed case studies. Sherman was also honored in June as Therapist of the Year by the Long Island Association of Marriage and Family Therapy.

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Michael Brook is looking for NASAP members who would be interested in an e-mail discussion group to explore applying Adlerian psychology to the problems of mathematics education. Brook, an instructor in math at the University of Delaware, says he sees a link between the Adler/Driekurs notion of purpose, a child's means of gaining power and attention, and failure in school mathematics. Anyone wishing to participate may reach him by e-mail, mbrook@brahms.udel.edu, or phone, 302/831-1023.

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Mary Alice Lausell of the Puerto Rico society reports that **Linda Albert** has given two Cooperative Discipline seminars for parents and school counselors there recently. "Our little core group is tickled pink with the improvements in our lives as we recognize whose problem it is, as we are emotionally honest by means of 'I' messages, as we practice active listening..." says Lausell.

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Walter Buzz O'Connell is credited with providing the inspiration for The Portable Therapist, a new Dell publication by Susanna McMahan which was excerpted in the August issue of Cosmopolitan. The book sells for \$7.95 and features *Self-Esteem* and *Social Interest*. Buzz considers this to be a basic primer on Natural High Theory and Practice and states that Susanna's style is "witty and humorous with a no-nonsense focus on behavioral choices." He reveals that Susanna adopted him as a "father" over a dozen years ago and has been a co-presenter at his workshops.

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Dates To Remember:

Region I Conference
Seattle, WA, Nov. 5

Region IV Conference
Lanham, MD, Nov. 18-20

Region III Conference
Orlando, Feb. 23-25, 1995

NASAP '95, May 25-28
Minneapolis, MN

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Section Meeting Reports *(Continued from page four)*

Social Equality (continued)

- Leadership Committee: Florida Bosley and Amy Lew, Delegate Assembly representatives; Ninfa Martinez-Lewis, who will edit two issues of the newsletter; Erik Mansager, who will focus on development of scholarship criteria and selection process; Jean Burkholder, membership development; and Patricia Kyle, treasurer.

- Section Delegates will work with local convention committees to develop the Social Equality Projects to be sponsored at each convention. (In San Diego, \$236 was collected for the Youth Services Project.)

- Discussion was held on ways in which the Section and the D.A. Standing Committee on Social Equality could be mutually supportive.

- The group explored ways to develop a more diverse membership in NASAP as well as to insure a reflection of the commitment to diversity in future convention programs.

Theory and Research

- Welborn Willingham, retiring moderator, introduced the Graduate Student Forum presenters.

- Mark Stone will be the new moderator for the Graduate Student Forum.

- A five-year follow-up study will be made of previous graduate student presenters in order to ascertain what benefits they thought they had derived from the experience.

- A committee consisting of Mark Stone, Norman Silverman and Michael Maniacci will review research proposals.

Back Issues of IP Journal

NASAP received some back issues of its Journal when the University of Texas Press, journal publisher, cleared its warehouse. The journals were put into sets and were sent by UT Press to Luthuanian Republic, German, Czech Republic, Latvia, Japan, and two locations in Australia.

The remaining journals were sent to the central office, where they were put into sets containing 35 issues of the Journal from 1974 to 1987. The Delegate Assembly recommended that these limited number of sets be made available to places where they might be needed; i.e., training institutes, for a minimal charge of \$10 plus shipping fees.

Three training institutes have availed themselves of this offer. In addition, the Florida Adlerian Society received a set which they will put into a collection of Adlerian Psychology literature for donation to the University of South Florida Library.

Requests for a set of journals should be sent to NASAP, 65 E. Wacker Place, Suite 400, Chicago, IL 60601.

Adler School Buys Daycare Center

The Adler School of Professional Psychology has purchased Crossroads Campus, a daycare center located in Skokie, IL, a suburb of Chicago.

Crossroads has seven teachers providing care for 31 children from six weeks to six years of age on either a full or part time basis. Randall Thompson, Adler President, commented that the new facility will give Adler an opportunity to "put Adlerian ideas and techniques into actual practice" through child care, parenting classes, individual and family counseling, workshops and seminars.

Canadian Journal Seeks Authors

The Canadian Journal of Adlerian Psychology is seeking manuscripts for its third and future issues on any topic of interest to Adlerians. Prospective authors may request guidelines from: Editors, CJAP, c/o Adlerian Psychology Association of BC, phone: 604/874-4614; fax: 604/874-4634.

Sections Report Annual Meeting Highlights

Sections met at the Annual Convention in San Diego in May. Highlights of the meetings of the Business and Organization Section and the Section for Professional Clinicians were reported in the "Delegate Column" in the last two issues of the newsletter. Reports of other sections follow:

Education

- Frank Walton will continue to publish the newsletter.
- Agreed to give \$350 convention scholarship to person in the field of education, with preference to someone within 250 mile radius of Minneapolis.
- Approved a contribution of \$150 to the Adler/Dreikurs Century Fund.
- Six people have volunteered to do off-site workshops on various topics related to Education.

Family Education

- Two scholarships awarded for convention this year but one was unable to attend at the last minute.
- "Family," the Section newsletter, will be published twice, in the Fall and Spring, with Kate Ortolano and Katy Shetka as editors.
- A one-page questionnaire surveying the needs of Section members was sent in June.

Social Equality

- By-Laws of the Section were reviewed and changes recommended. A committee was formed to conduct the business of the Section until the By-Laws are approved by members.

(Continued on page six)

Book of the Month: The Drive For Self

A new biography of Alfred Adler by Edward Hoffman, **The Drive For Self**, is offered this month for \$20.80, a 20% discount. Please include \$4 postage and handling (\$5 Canada and other countries); add \$1 for each additional book. Orders limited to three books.

This major biography of Adler traces his life from the early days in fin de siecle Vienna as a member of Freud's innermost circle to his break with psychoanalysis and development of a new school of social thought. His flight from Hitler-occupied Vienna and interaction with such famous people as Leon Trotsky, Noel Coward and Vaselev Najinsky, are captured in text. Black and white photos help define events.

Hoffman is a psychologist, and author of six books, including **The Right to Be Human**, a biography of Abraham Maslow. NASAP also welcomes him as a new member. Published by Addison-Wesley, this 400-page hardback book is being sold in bookstores throughout the U.S.

Order Form

Send ___ copies of The Drive For Self \$ _____
(\$20.80 each)

Add postage and handling \$ _____
(\$4 U.S., \$5 Canada & other countries)

TOTAL DUE \$ _____

___ Check or money order (US funds)

Visa/MC# _____

Expires _____ Name: _____

Ship to: _____

This offer is good until October 28, 1994.

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 -- Region I will hold a fall conference here Saturday, November 5, from 8:30 a.m. to 7 p.m. The theme, *Healing Our Own Community From the Inside Out*, is designed to tie in with NASAP's 1995 annual convention in Minneapolis. Steve Cunningham will be keynote speaker of the Region I event. For registration information contact: Vicki Hemenway, 206/672-9839.

Region II - Midwest

Chicago -- The Adler School of Professional Psychology's fall classes will begin September 28 and run through December 11. The schedule includes a new class, *Art Therapy with the Elderly*, September 30-October 1, with Judy Sutherland. For information about this course or a full schedule of classes, contact the Adler School, 65 East Wacker Place, Chicago, IL 60601, 312/201-5900, fax 312/201-5917.

Minneapolis, MN -- The Alfred Adler Institute of Minnesota summer workshop schedule includes: *Creative Arts Therapy*, 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 fall schedule includes: *Theories of Personality*, beginning September 30 with Martin Greengrass; *Principles of Adlerian Psychology*, beginning October 2 with John Newbauer; and *Group Leadership*, beginning October 7 and a seminar, *Gender Issues in Psychotherapy* (offered both for credit and continuing education) December 9 and 10 with David Jolliff. Contact: Jan Richmond, AAIFW, 219/461-5845.

St. Louis, MO - *Developing Capable People*, an intensive three-day Leadership Training Workshop developed by H. Stephen Glenn, will be held here September 12-14. The seminar is designed for parents, professionals and anyone who is influencing youth development. For more information contact Empowering People Associates, 800/879-0812.

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. For more information contact Don Dinkmeyer, Jr., 502/781-9481 or fax 502/781-1550.

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. CE's are available for all sessions. Contact: Frank Walton, 803/798-0300, Fax, 803/731-8484.

Region IV - Middle Atlantic

Lanham, MD -- Region IV's 1994 Conference will be held here at the Inn at the Capital Beltway, November 18-20. The three day conference will feature 90 minute and two hour presentations with emphasis on experiential activities, practical approaches and demonstrations. For registration information contact: Terri Crovato, 301/384-2764.

Region V - Northeast

New York -- The Alfred Adler Institute of New York reports that it is on the rebound with more applicants for training this fall than for the past several years. Financial obligations from previous years, however, have left the Institute with insufficient capital. A campaign is now underway to raise \$39,000 to implement its program. Anyone interested in contributing to the New York school may send a check to AAI of NY, 1780 Broadway, Suite 502, New York, NY 10019, 212/974-0290.

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 October 14, 5:30-7:30 p.m. The topic will be, *Healthy Play is a Solution*. NBCC continuing education credits are available. Contact: ASA, P.O. Box 40635, Tucson, AZ 85717-0635.

Deadline Change for October/November Newsletter

Deadline for the next issue of the NASAP Newsletter (October/November) will be September 15. Please send all news and feature items to the central office by that date. For the December issue and following issues, the normal deadline of the first of the month preceding the month of issue (November 1 for December) will return.