

The NĀSAP Newsletter

October/November, 1994

Volume 27, Number 8

'95 Convention Site Offers Convenience and Luxury

Minneapolis Marriott City Center Hotel will offer both convenience and luxury to attendees at the 1995 Convention, May 25-28. The 584-room facility is situated in the heart of downtown Minneapolis within a three-level shopping mall. The hotel itself has three restaurants, two lounges and a small health club, while a greater variety of food amenities and numerous shops are accessible from the hotel by escalator. NASAP participants will be able to enjoy the luxury hotel for \$92 a night, double or single. Marriott is located only 15 to 20 minutes from the airport and both shuttle and cab service are available.

Those venturing outside of the hotel/shopping center complex can travel Minneapolis' pedestrian skyways which connect many of the city's buildings. From these glass-enclosed footpaths, visitors can view the intriguing mixture of old and modern architecture, green parks, lakes and Mississippi River, which make up the face of this booming metropolitan area. Across the river lies twin city St. Paul. The two cities provide many cultural and sporting facilities and events such as renowned Guthrie Hall, Walker Art Center, Science Museum of Minnesota and the Minnesota Twins.

Plans are moving ahead on NASAP's '95 Convention hosted this year by the Alfred Adler Institute of Minnesota. The theme, *Healing Community*, will be keynoted by Richard R. Kopp. The conference will be held Memorial Day weekend with full-day workshops on Thursday and Sunday and convention presentations on Friday and Saturday. Further details will be available in a registration flyer to be mailed to members in January. Minneapolis has grown, the snow will have melted and the mosquitoes not yet hatched. So come, Connect, Cooperate and Contribute.

Executive Director's Message:

Reviewing Past Efforts In Looking Ahead

We are approaching the end of the calendar year and most of us in Canada and the U.S. will be setting our clocks backward so that we can have light earlier in the day. The schedule of work and activities for NASAP is such that at this time of the year we look backward (hopefully not fall backward) to shed some light on our future and to move forward.

- A new Executive Committee begins its two years of working together with a meeting in October, at which time they must first look back at what has been done (or not done) in order to move forward. The four new E.C. members -- Mary J. Maguire, President; Riki Intner, Amy Lew, John Newbauer -- will be working with "old-timers" Henry Raymond and Robert Armstrong. The E.C. will meet again in November with the Delegate Assembly. The D.A. will be looking at the Long Range Planning Committee report, along with other continuing items.

Convention and Training

- The convention process is one of looking back and moving forward on more than one level. We review the 1994 convention reports as we begin shaping the program for 1995 in Minneapolis and the working relationship between NASAP and the Alfred Adler Institute of Minnesota (local committee) goes into "high gear!" At the same time, we have started the process for the 1996 convention in Baltimore with the McAbee Adlerian Psychology Society (MAPS) and are looking at a possible site in Colorado for 1997.

- We look back to a successful Summer Institute with 30 participants, 17 of whom took it for graduate credit. Feedback was positive. Most participants had no previous training in Adlerian Psychology but they indicated a desire for additional training and expressed an interest in NASAP and ICASSI. They came from Fairbanks, Alaska to Kingston, Jamaica and all stops in between, according to Bill Nicoll. Proceeds covered all expenses, including the seed money provided by NASAP, with a little to spare. The Summer Institute was a two-year trial project approved by the Delegate Assembly and a recommendation for next year will be considered by the D.A. in November.

Membership and Finances

- While dues run for the calendar year, now is the time when we review membership figures for 1994, start the process for 1995 by sending dues notices in November, and think about possible membership promotions. There were 167 new members in 1994 and 116 of them noted, on the application, how they learned about NASAP -- 46% credited an individual NASAP member as that source. That is a high percentage and gives credence to a former membership drive slogan: **Each one reach one!**

- Of course, one cannot forget finances. Year-to-date figures with projections to the end of the year, are provided so that a budget for 1995 can be prepared for review by the D.A. in November. We did not make the budgeted amount on the 1994 convention so there needs to be some creative thinking and planning.

Happy Fall, turn those clocks back and enjoy the early morning light!

Neva L. Hefner, Executive Director

D.A. To Consider Region Reorganization

The Region Delegates have been discussing Regional Reorganization at several meetings in order to create regions which better serve members as we look to the long range future of our organization. The current six regions were established in 1985. Each region has two Delegates on the Delegate Assembly.

NASAP's Constitution provides, in Article V - Delegate Assembly, Section 2, that: "Regional Delegates' shall be elected from regions of the United States and Canada. These regions shall be established by the Delegate Assembly to promote contact among Adlerians in designated areas of North America and insure geographical representation in the governance of the Society."

A proposal has been drawn up to divide the six regions into 12, each region to have one delegate. Rationale for the new regions:

- Each of the 12 regions would have within its boundary a rather strong existing organization or institute. The regional delegate could work from that strength, using the organization as a draw for potential new NASAP members, as a resource for planning a regional conference, as a networking base. Local organization could also provide a model for development of other such organizations within the region.

- Proposed new regions provide territories that might be more manageable for one delegate to service, both in representing local interests and in providing a resource from NASAP for local members.

- Canada would have two regions and they would be separate from U.S. regions, which would save on postage and other problems which occur for delegates who service two countries in addition to several states and/or provinces.

- Two of the new regions could sometimes work in concert with one another, in order that each delegate might feel connected to another D.A. member; they could share ideas, even plan a conference together, but could move on a plan singly as well.

Some delegates have shared the proposed reorganization with their regions via a newsletter; others presented the proposal at the region meetings in San Diego. Feedback from these sources was passed on to Marcia Mullins, who is preparing the reorganization report for the November D.A. meeting. If any of you want more information on the reorganization or if you have suggestions, please contact the central office.

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Delegate Column *Can Adlerians Help Solve Nation's Ills?*

By Susan Pye Brokaw
Region II - Midwest

Do you feel as I do about the problems of our country? I don't want to watch the news or read the papers anymore because the problems are so pervasive and seem to be getting worse. Our country is determined to eliminate the symptoms instead of working on the underlying problems. It's as if the USA has become one gigantic dysfunctional family. The solutions being chosen eliminate the pain inflicted by the current situation (symptom) but don't address the core disease that caused the pain. The pampered, neglected and abused children of the 60's and 70's are the adults of the 90's. They are raising (or not raising) the next generation. What will the 90's children be like as adults?

I think that Adlerian psychology offers solutions to these problems (the core disease). The question is: How do we impact this immense dysfunctional family; where do we start and what do we do to impact this country? We could and should do more (social interest) to help.

Other questions are: How do we get media exposure to let the nation know what we have to offer? Currently if told we are "Adlerians", they would assume that we are aliens from some obscure planet. Can we as Adlerians take a position on the crucial issues of today and how to deal with them? How would we deal with child welfare, crime and the penal system, poverty, etc.?

Next year the NASAP Convention theme will be "Healing the Community." During this year I would like to challenge all Adlerians to wrestle with the question, "How can we heal the community?" I encourage you to dialog via the Newsletter. Can we bring to the attention of this country that there are effective low cost ways to heal the community? If we start to think about it now, maybe we can mobilize at our next convention.

(Editor's Note: The invitation is extended to Canadian as well as U.S. members -- How can we heal the community in North America?)

----- **Region Reports** -----
(Minutes from May, 1994 Region meetings)

Region II -- Midwest

There was a consensus for changing from six to 12 regions, with a few suggestions for the boundaries for Region II. 2) There was also a consensus in favor of occasionally holding a NASAP convention at a college site. 3) Everyone was encouraged to help with the 1995 convention in Minneapolis and the group came up with a number of ideas for conventions that will be passed on to Minneapolis and NASAP's D.A. 4) It was agreed that next year there would be brainstorming on a Region meeting to be held in the fall of 1995. John Newbauer and Fran Volante will explore locations in Fort Wayne. Delegates: Susan Pye Brokaw, Judy Sutherland

Region III -- South

1) There was discussion of the fact that Region III supports two successful conferences each year (South Carolina and Florida) and the group came up with some ideas to be passed on to other regions to help with planning conferences. 2) In discussing the region reorganization proposal, the group felt that it was necessary to first identify the problem to be solved before changes are proposed. Some suggestions were made including studying similar national organizations that are successful. 3) There was discussion of the affect of strong regions on NASAP -- no consensus -- some felt a strong region led to decreased attendance at the annual convention; others felt the stronger the regions, the stronger NASAP would be even though a small percentage might be attending the annual convention. Delegates: John Arnold, Mary (Mo) Wheeler

*** **News From Members** ***

Alfred Adler's classic book, *What Life Should Mean To You*, arrived at the North Pole on August 22, 1994 aboard the Canadian Coast Guard icebreaker Louis S. St. Laurent, during the Canada/U.S. Arctic Ocean Section, where it was officially commemorated by Philip O. Grandy, Captain, and Eddy C. Carmack, Chief Canadian Scientist for the expedition. **Carole Carmack**, an Adlerian counselor living in Victoria, BC, has suggested that the book make the journey as a symbol of the power of cooperation. Dr. Carmack acknowledged that the ideas of Adler and Dreikurs, including daily "family meetings" on board and large doses of "mutual respect," contributed greatly to the high morale of the 36 scientists working aboard the ship under stressful and uncertain conditions.

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Riki Intner and **Lynn Lott** announce release of their new book, *The Family That Works Together...* turning chores from drudgery to fun, published by Prima Press. The book is a practical guide to help balance the workload at home, develop routines that work, enlist help from teens and other reluctant household members and create opportunities for closeness and skill development. It is available at bookstores.

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Positive Discipline for Preschoolers, by **Jane Nelsen**, **Roslyn Duffy**, and **Cheryl Erwin** has been released by Prima Publishing. It follows another recent release, *Positive Discipline for Single Parents*, also co-authored by Nelsen.

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Michael Popkin's *Active Parenting Today* and *Active Parenting of Teens* Leadership workshops are being held in major cities throughout the U.S. this fall. For registration information call 800/825-0060.

**New Additions Sought
For Adlerian Bibliography**

NASAP members Norm and Terry Patch are doing the ongoing work of the Adlerian Bibliography begun by Harold and Birdie Mosak and are seeking new additions. Anyone who has written anything on Adlerian psychology is requested to send the lists of publications written, either hard copy or disc, so the works may be correctly represented. An abstract or copy of the paper(s) would be greatly appreciated.

Send this information to: Norman Patch, 9056 Niles Center Road, Skokie, IL 60076-1514. The Patches are planning to put the bibliography on e-mail access and provide an Adlerian BBS. Anyone interested should include their e-mail address.

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**ICASSI Plans Memorial
Book For Achi Yotam**

A memorial booklet is being planned for Achi Yotam. Those who knew Achi are invited to share written remembrances. Please send them to Bill Linden, 1116 St. Louis St., Edwardsville, IL 62025.

Achi Yotam was an internationally renowned counselor, parent educator, and human rights advocate. He was dedicated to the spread of Adler's and Dreikurs' work. Remembrances sent to Bill Linden before February 15, 1995 will be collated and edited by him and Norma Lou McAbee for sale by ICASSI.

If any person has tapes of speeches given by Achi, please send typed copies in English so this material can also be included. The only known article printed in English by Achi is in the book, *Equality and Social Interest* (available through APABC in Vancouver or the Adler School in Chicago). If persons wish to contribute money to the ICASSI Yotam Scholarship Fund, please send this to Edna Nash, #302, 2020 Bellevue Ave., West Vancouver, BC V7V 1B8, Canada.

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Adlerian Students Learn To Practice Social Interest

Students at the Adler School of Professional Psychology learn to give back to the community when they take a class from Dr. Harold Mosak. "My feeling is that it is not enough to talk and write about *Social Interest*, one has to express it," he told the Newsletter. There are two principle ways Mosak's students have been "giving back" to other Adlerians and the community:

1) Each student is asked to write a one-page abstract of an article of Adlerian interest. These abstracts are available to other students and outside scholars. So far all the literature on Early Recollections up to 1990 has been completed and, in about two more classes, the entire literature on Family Constellation will have been completed by his students.

2) As head of Adler's Psy.D. program, Mosak also requires his students to provide some service to Adlerian psychology or the greater community. Some students have chosen projects to assist the school, some are contributing time to NASAP, and some are writing articles for the *INDIVIDUAL PSYCHOLOGY* journal. Students are free to choose their "give back" project.

IPNL Publishes Third Newsletter

The third issue of the Individual Psychology Newsletter, organ of the International Association of IP, is available from Editor, Horst Groner. A yearly subscription to the newsletter (four issues) is \$14 U.S. Interested persons should contact Horst Groner, IPNL, Markstrasse 12, D-99867 Gotha, Germany.

The July issue features a lively article about the creation of IAIP, which is celebrating its 40th anniversary this year. It describes the involvement of such well-known U.S. Adlerians as Alexander Adler, Rudolf Dreikurs and Lydia Sicher in the international group. Alexandra Adler served as the group's first president in 1954.

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Dates To Remember:

Region I Conference, Nov. 5, Seattle, WA
Region IV Conference, Nov. 18-20, Lanham, MD
Region III Conference, Feb. 23-25, Orlando, FL
NASAP '95, May 25-28, Minneapolis, MN
NASAP '96, June 20-23, Baltimore, MD

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 will hold its 17th Annual Commencement Exercises October 23 at the Ramada Congress Hotel. Over 120 students will be graduating. Dr. Judy Hall, Executive Officer of the National Register of Health Care Providers in Psychology, will be the guest speaker. For more information contact: ASPP, 65 E. Wacker Place, Chicago, IL 60601, phone, 312/201-5900, fax 312/201-5917.

Fort Wayne, IN - The Alfred Adler Institute of Fort Wayne's fall schedule includes: Marriage and Family Therapy I, beginning October 28 with David Jolliff; and a seminar, Gender Issues in Psychotherapy (offered both for credit and continuing education) December 9 and 10 also with David Jolliff. Contact: Jan Richmond, AAIFW, 219/461-5845.

Region III - South

Orlando, FL - The Region III Conference will be held at the Ramada Resort, February 23-25, 1995, featuring full-day workshops all three days. Room rates are \$60, single or double. Brochures will be sent to NASAP American members in early January. To receive a brochure via first class mail, contact Don Dinkmeyer, Jr., Conference Coordinator, 502/781-9481 or fax 502/781-1550.

Tampa, FL - The Florida Adlerian Society and Creativity in Childcare (a local childcare facility) are offering a new program called, *Parenting in the 90's*, designed for parents, children, and counselors. The program will feature a year-long series of workshops, seminars, training sessions, and educational events. The next session is entitled, "Adlerian Psychology and Helping Children Diagnosed with ADHD," November 5 with Frank Walton. Contact: Jim Teixeira, FAS President, 813/987-9580.

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.

Waldorf, MD - The Family Education Center of South Maryland has monthly family counseling demonstrations conducted by Phil and Mollie Thorn. The November 4 session is entitled: *"I Said No!...Oh, Alright, Yes!" Setting limits without fighting or giving in.* Complimentary childcare is available. Contact: FEC, 301/705-8527.

Kensington, MD - The Parent Encouragement Program will offer *Growing More Intimate: Couples Workshop*, December 3 with Barbara and Don Fairfield. Contact: PEP, 301/929-8824.

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.

Toronto, ON - The Adler School of Professional Psychology Ontario is offering Psychodrama (335), December 9-11 with Mim Pew; and Metaphor Therapy, July 21-23, 1995 with Richard R. Kopp. For complete M.A. course offerings contact: Adler Ontario, 161 Eglinton Ave. E., Suite 401, Toronto, ON M4P 1J5, 416/480-2303.

Region VI - Far West

Petaluma, CA - The Family Education Centers serving the north bay offer CE's and college credit through Sonoma State University or Santa Rosa Junior College to participants in FEC programs. For more information contact: FEC, 707/762-8835.

Oakland, CA - The Adlerian Western Institute for Research and Training in Humanics announces that the fall class schedule will run to 11/9/94. Courses include: Methods of Group & Family Psychotherapy; School Counseling; Understanding Human Nature. IP Marathons will be held once a month during the fall. Contact Lucy Ackerknecht, 510/891-8194.

Dreikurs' Sayings: Emotions are our tools with which we are able to follow our personal convictions. They are not our masters.

Adler/Dreikurs Century Fund

A second alum of ICASSI rose to the challenge from an anonymous donor to donate to the Century Fund and have matching funds contributed by the challenger. This alum is a NASAP member from Israel:

Ruth Egel

Additional contributions have been coming in from members who made a three-year pledge. Over half of the pledgees have already responded to a reminder to make their 1994 contribution. NASAP thanks them for such a quick response.

Correction:

In the August issue of the Newsletter, a review incorrectly listed the order of the authors of the **BASIS-A Inventory** test. The correct order of authors is: Mary S. Wheeler, Roy M. Kern and William L. Curlette. Our apologies.

Resource Book Needs New Contributions

The Adlerian Resource Book is now five years old and has been a success. Several hundred copies have been sold with all profits going to NASAP. Book Editor, **Betty Lou Bettner**, reports that over forty copies were bought at ICASSI in Ottawa alone, demonstrating that Adlerians all over the world are using it and giving it as gifts.

A second expanded edition is now being planned to add new Adlerian ideas. Editor Bettner requests that NASAP members review materials that they have created and find helpful in presentations, classrooms, or with clients for possible use in the new book. She is looking for brief, reproducible materials of one or two pages in length that can be used by teachers, students, parent educators, psychologists, counselors, business managers, or anyone in need of good Adlerian ideas. Please note that copyrighted or anonymous materials cannot be used.

Please send article contributions to be considered for inclusion in the Second Edition of the Adlerian Resource Book to: Betty Lou Bettner, 1 Old State Road, Media, PA 19063 by December 31, 1994.

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Thank You For Your Input

As of September 26, we received 315 completed convention surveys, which is a 30% rate of return. The surveys will be tallied and the results shared with members of a Special Committee on Conventions and the D.A. Our thanks to those of you who participated in this important project.

Videos of the Month:

Two Offers From Kevin O'Connor

Two polished videos featuring NASAP member Kevin O'Connor are the discount offer this month. **Establishing and Maintaining a Successful Private Practice During Uncertain Times** (65-minutes) focuses on the skills and ideas that successful private practitioners use today to accomplish their individual goals. O'Connor discusses the "business" of private practice, as well as the "management" and provides tips on how one can make a practice uniquely individual.

Your Place In The Family (22-minutes) is an amusing and effective portrayal of birth order, given from the perspective of each child in the family constellation. It comes with a user's guide to aid viewers in understanding the importance of each one's place in the family.

Members can purchase each tape for \$71.20 or a set of tapes for \$125. Add \$4 U.S. (\$5 Canada and overseas) for postage and handling of one or two tapes.

Kevin@KEVINOC.COM 847 208 8840
Order Form

Send ___ tapes of Establishing...A Private Practice (71.20 ea.) \$ _____

Send ___ tapes of Your Place In The Family (71.20 ea.) \$ _____

Send ___ Sets of both tapes (\$125 a set) \$ _____

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

TOTAL DUE \$ _____

___ Check or money order (US funds)

Visa/MC# _____

Expires _____ Name: _____

Shipto: _____

This offer is good until December 15, 1994.

Please send your order to: NASAP, 65 E. Wacker Place, #400, Chicago, IL 60601 or call your credit card order, 312/629-8801.