

# The NĀSAP Newsletter

January, 1995

Volume 28, Number 1

## Minneapolis Will Feature Ten All-Day Workshops

The 43rd Annual Convention will be held at the Minneapolis Marriot City Center Hotel, May 25-28. Ten all-day workshops have been selected, plus one special evening off-site workshop:

### Pre-Convention, May 25

**Adlerian Psychodrama: Moreno Puts Adler into Action** *Renee Dobkin Dushman*  
Goal: To connect psychodrama's action method to Adler's concept of developing a high level of Social Interest through optimum life task performance.

**An Adlerian Perspective on Assessment and Treatment of DSM-IV Personality Disorders** *Roy Kern and Len Sperry*  
Goal: To provide participants with an integrative approach of how personality styles and disorders can be understood from an Adlerian perspective and how this information can be extracted via observation, interview, and objective assessment techniques.

**Adlerian Play Therapy** *Terry Kottman*  
Goal: To introduce participants to an approach to counseling children that combines Individual Psychology concepts with the practice of play therapy.

**Family Therapy: A Cooperative Approach** *Frank Main*  
Goal: To present a paradigm for generating directives in couple and family therapy, including a model for determining the class of interventions required (compliance based versus paradoxical).

**Healing Processes with Couples** *Miriam Pew and James Bitter*  
Goal: To present an approach to Adlerian Couples Counseling, integrating the work of Harville Hendrix and Virginia Satir with a focus on healing.

*(Continued on page two)*

### *President's Message:*

## DA Initiates NASAP Plans For 1995

As the seasons change from fall to winter most of us are spending time with family and friends celebrating various holidays and holy days. The rituals and festivals associated with these special days, as they are repeated year after year, have contributed to the strength and stability of families and communities. Families today are more varied in structure, and our communities continue to grow in diversity; so our traditions may evolve, too. All of these changes are both gifts and challenges, I think. May you all be nurtured by time spent with family and friends, be enriched as you remember seasons past, and have the courage to prepare for those ahead.

Our Delegate Assembly met the first weekend in November to review NASAP's accomplishments of the past year and to make plans for the coming year. This year's Summer Training Institute will be held June 24-29 in Boca Raton, Florida. Special member discounts on tuition are available for this intensive one-week residential training experience in Adlerian therapy. Adlerian approaches to individual, couple and family therapy are all explored. The Institute's session in Tampa last July was not only a financial success but a training success as well. Most participants were new to Adlerian psychology and very excited about what they had learned.

The NASAP Certificate of Study in Adlerian Psychology is now in place. Announcement of the first recipients will occur at the Annual Convention in Minneapolis, May 25-28. Members also receive registration discounts for this excellent training opportunity. This year's theme is *Healing Community: An Adlerian Approach -- Connection, Cooperation and Contribution*. Watch for information to be mailed next month.

The Adler/Dreikurs Century Fund now totals over \$25,000. We have a goal of \$200,000 for this fund which will be used to further the development of Adlerian psychology. In addition, we have accepted the generous offer the Ansbacher family has extended to begin a fund to sponsor an *annual lectureship*. Further developments on this project will be announced in future Newsletters.

We are also continuing to work on the Long Range Plan; there is some fine tuning to be done, and then a fairly well orchestrated plan should be ready for presentation to the general membership at the Convention in May. The Executive Committee will be meeting February 25th; if you have any ideas or concerns to share about the Long Range Plan, or any other issues, please let us know. Your D.A. representatives are also available throughout the year to hear your ideas and deal with your concerns, and both the E.C. and D.A. will be meeting prior to the Convention in May. We're looking forward to hearing from you.

**Mary J. Maguire, President**

### **Dates To Remember:**

**Region III Conference**  
Feb. 23-25, Orlando, FL

**NASAP '95, May 25-28**  
Minneapolis, MN

**Summer Institute, June 24-29**  
Boca Raton, FL

**ICASSI, July 16-29**  
Gawra, Malta

## NASAP Now Has 12 Regions!

By Marcia Mullins, Region 1 Delegate

Close friends decided to do some remodeling on a houseboat in which they have lived happily for 12 years. Adding a window seat and putting on a new roof led to the need to change an entry way which, in its turn, led to the possibility of getting rid of an archway that really was too low. And so it went until they were informed by their architect that it would be easier and considerably less expensive to tear down the houseboat and start from scratch. As demolition began, they became acutely aware of the things which they loved about their original houseboat and wished they had never seen the shortcomings which led them to this juncture.

Following two years of deliberation, the Delegate Assembly voted last May to proceed with some reorganization of regions; specifics and implementation procedures deferred to the agenda for the November meeting. The rationale for reorganization has appeared in earlier Newsletter articles and has been discussed at regional meetings. In short, the problem felt so keenly by all regional delegates centers around the difficulty of networking and development in the vast geographic areas which regions now encompass. What follows is intended to both inform members as to the current status of reorganization, (as a result of input by the D.A. and membership at large) and to promote continued involvement of the full membership in these proceedings.

As in the case of the houseboat, any change made in the configuration and number of regions is going to have an adverse affect on some of what is working very nicely in the present structure. The present structure was thoughtfully developed to help the organization run well. And, it has served. The change and implementation plan which the D.A. approved at our November meeting is intended to hold on to as many of the benefits of the current structure as possible while making the revisions which will improve our functioning as a vital organization and which will address, at the same time, some of the goals and tactics outlined in the Long Range Plan.

One element of the present structure which is important to preserve is the strong connection between Canadian members and U.S. members. The proposed "reorganization" is designed to do just that while insuring that Canadian members have solid representation on the D.A. and obviating some of the problems associated with mailings and other financial

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## Minneapolis Workshops

(Continued from page one)

### Post-Convention, May 28

**Psychodramatic Exploration of Early Recollections** *Elaine Davies* Goal: To demonstrate how psychodrama can be used to explore and modify basic beliefs contained in early recollections.

**The Creative Imagination in Psychotherapy** *Richard Kopp, Leo Gold and Miriam Pew* Goal: To present and demonstrate the role of the creative imagination in psychotherapy using dream symbols, metaphoric imagery and psychodrama.

**Spirit and Soul in Adlerian Psychospirituality** *Walter O'Connell* Goal: Learning through doing the movements and model of an interactive healing community. Self- and other-encouragement will be experienced individually, in dyads and in small groups.

**Positive Grief: Healing and Helping Through Loss** *Michael Popkin* Goal: To teach participants the "Windows" model of loss education through a video-based experiential workshop.

**What To Do When A Client Is Stuck: Adlerian Use of Hypnosis Techniques** *Mary Wheeler* Goal: To introduce Adlerian clinicians to some hypnosis techniques that are especially suited for our theoretical orientation.

### Special Off-Site

Wednesday, May 24, 5-9 p.m.

**Positive Discipline in the Classroom** *Jane Nelsen, Linda Escobar and Bill Scott* Goal: To demonstrate the effective use of class meetings to teach cooperation, collaboration, accountability and problem-solving skills. (Site details later.)

## Correction!

In the October/November Newsletter, Harold Mosak was incorrectly given the title of "head of the Adler School of Professional Psychology's Psy.D. program." His correct title is director of the Adler School's Doctoral Scholar program.

## New Regions For NASAP *(Continued from page two)*

transactions across the border with which current delegates now contend. Note in the list of regions in the next column that generally the "new" regions can be thought of more as the "old" regions with some sub-divisions (A and B for each). The idea is that the two delegates from the sub regions work closely for mutual support and overall regional development with time provided in the D.A. meetings for the two delegates to get together to share information and to plan activities in concert. Beyond that, the two delegates will be responsible for developing at least one regional or, better yet, two sub-regional conferences each year. Sub regional conferences could be planned to dovetail both in terms of timing and theme in such a way as to further bring the entire region together.

The proposed sub-divisions are further designed both to distribute membership somewhat more evenly throughout each of the regions and to recognize probable "traffic flow" for affiliation, based on comments and letters received over the past four months.

Changes would happen gradually, depending on the time frame for election of delegates within a certain region. I.E., since my term as delegate expires this year from what is currently Region 1, and since Patti Kyle still has part of her term to finish, the new delegate would be elected from Region 1A so as to insure representation from Canada.

The new redistricting will not completely change the fact that some individuals are better known simply because they live, work and are active in a hub of Adlerian activity and, therefore, have a better chance of being elected when they run for the D.A. than does someone who works, perhaps very effectively and importantly, in an area with few NASAP members, but it does optimize the chance for broader distribution of regional delegates.

Because change is connected to an institution's traditions, change itself is really a part of our way of being. Like every other organization that wants to remain viable into the next century, we're having to change the way we work. We want to continue to hear from members as we move to reorganize in a way that builds on our strengths.

### \* \* \* News From Members \* \* \*

Two NASAP families have expanded! **Barbara Berger** gave birth to a son, Isaac Lane, October 19 and **Tim and Monica Evans** had a girl, Katie, November 3. Congratulations! ○ ○ ○ ○

Position open for psychiatrist to work with 5-member psychotherapy practice in Maryland, 20 miles south of Washington, DC. Must be eligible for Maryland license. Familiarity with and training in Adlerian principles preferred. Call Philip Thorn, 301/843-1573.  
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Summerfield Workshops reports that its summer program at Northstar Lake Tahoe, CA is scheduled for July 22, 1995. For more information, contact them at 4765 Hoen Ave., Santa Rosa, CA 95405, 707/526-3141.  
○ ○ ○ ○

A Special Fund Raising event to complete the Alfred Adler translation project will be held in the Webster University Center, St. Louis, MO, April 8. **Kurt Adler, Bernard Shulman and Edward Hoffman** will speak at the banquet/program. All banquet donations will go to the translation project. Contact: The Daronda Blevins Education Ctr., 277 South Woodsmill Road, Chesterfield, MO 63017, 314/576-2107.

## Reorganized Regions

### Region 1A

Alaska  
Alberta  
British Columbia  
Saskatchewan

### Region 2A

Illinois  
Missouri

### Region 3A

Alabama  
Florida  
Georgia  
Kentucky  
Puerto Rico  
North Carolina  
South Carolina  
Tennessee

### Region 4A

Delaware  
Maryland  
Virginia  
Washington, D.C.  
West Virginia

### Region 5A

Connecticut  
Maine  
Massachusetts  
New Hampshire  
New Jersey  
New York  
Rhode Island  
Vermont

### Region 6A

Arizona  
California  
Hawaii  
Nevada

### Region 1B

Idaho  
Montana  
Oregon  
Washington

### Region 2B

Iowa  
Minnesota  
North Dakota  
South Dakota  
Wisconsin

### Region 3B

Arkansas  
Louisiana  
Mississippi  
Oklahoma  
Texas

### Region 4B

Indiana  
Michigan  
Ohio  
Pennsylvania

### Region 5B

Ontario  
Quebec

### Region 6B

Colorado  
Kansas  
Nebraska  
New Mexico  
Utah  
Wyoming

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**WE NEED YOUR NEWS:** Please send your news items, letters to the editor, reports of region and section news to the central office, 65 E. Wacker Place, #400, Chicago, IL 60601, Fax: 312/201-5917. Deadline is the first of the month preceding the month of issue.

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## 1994 Membership Report

At the end of 1994, membership totaled 1,125, which is 9.6% less than 1993. Totals by category: 29 affiliate, 693 regular individual, 75 retired, 57 family, 208 student, 26 life and 37 associate.

New - There were 172 new members, 98 of whom were students. The largest number of new members came from Region II--Midwest (62), followed by Region III--South with 33.

Retired - This is the second year for the special retirement rate of \$50. There were 54 members paying that rate in 1993 and 75 in 1994. To be noted, 13 of those 75 donated to NASAP in 1994, which represents 17% of the total donations.

Associate - An Associate Member joins NASAP through an Affiliate and receives the Newsletter and regular member discounts. Thirty-two (32) people became Associate Members when this category began in 1992 and there were 37 members in 1994. They came from 10 Affiliates, the largest number from Puget Sound Adlerian Society (17), followed by Idaho Society of Individual Psychology (8).

Sections - There are now seven Sections and 37.3% of NASAP members belong to sections (406). 1994 totals for each Section: Business and Organization 48, ACT 199, Clinicians 75, Education 76, Family Education 106, Theory and Research 63, Social Equality 69.

Regions - Totals for each: Region I--Northeast 145, Region II--Midwest 314, Region III--South 178, Region IV--Middle Atlantic 123, Region V--Northeast 177, Region VI--Far West 148, 40 from other countries.

## Minneapolis Convention Scholarships Available

Scholarships for the 1995 NASAP Convention in Minneapolis, May 25-28, are available from NASAP and its Sections. **Deadline for all scholarships is March 1.**

NASAP offers up to five scholarships to graduate students who have financial need and have previous experience in Adlerian activities. These scholarships are in addition those offered to graduate students who participate in the student forum at the convention.

The Adlerian Counseling and Therapy Section offers three scholarships; Family Education offers two; and Business and Organization, Clinicians, and Education also have scholarships available to anyone of financial need who demonstrates an interest in these professional areas.

For a breakdown of available scholarships and application details, contact the central office, 65 E. Wacker Place, Suite 400, Chicago, IL 60601, 312/629-8801.

## Donations

*NASAP wishes to thank its many donors.  
Below are contributors as of December 5.*

John A. Arnold  
Archie B. Blackburn  
Stephen C. Duvall  
Del F. Eberhardt  
Otto Kroh

*In memory of Bill Carson and  
Edith Dewey  
Elaine Davies*

*In honor of Ray Lowe  
Connie Eldridge-Smith*

*In memory of Shirin Blumenthal  
Eva Dreikurs Ferguson*

*In honor of Genevieve Painter  
Gloria K. Gates*

*In memory of Gloria Lane  
Barney L. Lane  
David B. MacDougall*

*In honor of Oscar Christensen  
William C. Marchant*

*In honor of Tee Dreikurs' Birthday  
Norma Lou McAbee*

*In memory of W.L. Pew  
Miriam L. Pew*

*In honor of the Bensinger family  
Robert Sherman*

*In memory of Hal McAbee  
Alan Spector*

### Family Council Video Project

Donations from seven NASAP members in 1990 helped to underwrite a project undertaken by Rob Guttenberg to do a follow-up videotape on family meetings. This project has reached fruition and the tape is ready for distribution. Please see the review in the next column.

Cost: \$12 for postage/handling; send order to Rob Guttenberg (specify "Family Council"), P.O. Box 322, Cabin John, MD 20818.

## Mozdzierz Selected For IP Journal Position

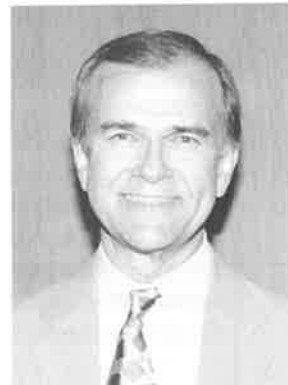
Gerald J. Mozdzierz is the new Editor of the Theory and Research editions of **Individual Psychology: Journal of Adlerian Theory, Research and Practice**, beginning with the March, 1995 issue. He succeeds Guy J. Manaster who has held that editorship for the past 19 years.

Mozdzierz (pictured right) has been an active member of NASAP for over 20 years, previously served as an Associate Editor for the IP Journal, and Associate Editor for the **International Journal of Individual Psychology**.

Commenting on his new editorship, he said, "I'd like to continue to build the quality of contributions to **Individual Psychology** and continue to improve the scholarly aspects of manuscripts published."

A resident of Chicago suburb Western Springs, Mozdzierz's primary position is Assistant Chief of Psychology Service at the Hines V.A. Hospital in Hines, IL. He also is an associate professor of the Department of Psychiatry at Loyola University Stritch School of Medicine and serves as an instructor at the Adler School of Professional Psychology.

Mozdzierz received his Ph.D in Psychology from Loyola University in Chicago and holds a diplomate in clinical psychology from the American Board of Professional Psychologists and a Certificate in Psychotherapy from the Adler School.



## Family Council Meetings: A 12-Year Followup

A video review by Amy Lew

Rob Guttenberg's videotape on the family council gives us impressive evidence of the strong impact that family meetings can have on children's development. The 20 minute tape begins in 1981 with a segment produced by the 700 Club\* to introduce viewers to the concept of Adlerian family meetings. This first half of the tape includes some scenes in a Maryland family education center. It goes on to interview two families who are beginning to hold regular family meetings. There is a lovely scene where a young girl chairs a meeting with her parents. The tape then moves to 1993 with Rob Guttenberg conducting a follow up interview with this now young woman, her parents and younger brother (who doesn't remember a time without meetings). Just listening to the young woman is enough to convince even the most skeptical parent that meetings help to develop the skills and abilities necessary for children to become socially competent, responsible, and thoughtful adults.

While the tape quality is not always the best, the value is, and the price is right -- only \$12 including shipping. The 700 Club has agreed to let Rob distribute the video for educational purposes only, hence the low price. Although NASAP can't make a profit, NASAP members reap the benefit. The video makes a valuable addition to any parenting class or therapist lending library.

I would like to personally thank Rob Guttenberg for pursuing this important project. His social interest is evident in his willingness to devote his time and money to producing this useful contribution. It points to the need for the development of other materials which illustrate the value of our many techniques. Which leads me to suggest that people who find this tape useful, might consider making a contribution to NASAP earmarked for video support of future projects of this nature.

*\*The video has no religious overtones.*

## News and Events from the Regions

### Region I - Northwest

**Seattle, WA** - The Region 1 Conference here November 5 attracted 96 participants, reports Vicki Hemenway, president of the Northend Adlerian Community which co-hosted the event with Puget Sound Adlerian Society. The Conference drew attendees from Ottawa, British Columbia and Idaho, as well as the immediate area.

### Region II - Midwest

**Chicago** - The Adler School of Professional Psychology's Founders' Day is scheduled for Friday, February 10. Amy Lew and Betty Lou Bettner will give a presentation on parenting. A workshop for Saturday, February 11 and Sunday, February 12 will also be available. For more information contact: ASPP, 65 E. Wacker Place, Chicago, IL 60601, phone, 312/201-5900, ext. 225, fax 312/201-5917.

**Fort Wayne, IN** - The Alfred Adler Institute of Fort Wayne 1995 schedule includes: Clinical Assessment and Interviewing with Carl Jylland, beginning January 6; Introduction to Psychotherapy with David Jolliff, beginning January 13; and Introduction to Life Style Diagnosis with Ronald Pancner, beginning January 27. Contact Jan Richmond, 219/461-5845.

### Region III - South

**Orlando, FL** - The Region III Conference will be held at the Ramada Resort, February 23-25, 1995. Room rates are \$60, single or double. Brochures will be sent to NASAP American members this month. To receive a brochure via first class mail, contact Don Dinkmeyer, Jr., 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 next session is entitled, "As Parents Change, Children Develop," January 15 with Don Dinkmeyer, Sr. Contact: Jim Teixeira, FAS President, 813/987-9580.

**Myrtle Beach, SC** - The South Carolina Society of Adlerian Psychology's annual conference here September 23-25 drew 178 participants, including substantial numbers from North Carolina, Florida and Georgia, Frank Walton reports.

### Region V - Northeast

**New York** - The Alfred Adler Institute of New York's spring schedule includes several courses beginning in January: Reading Adler with Leo Rattner, beginning January 24 (first year students); Dreams and Early

Recollections with Robert Ellenbogen beginning January 10 (second year students); and Psychosomatic Disorders with Kurt Adler as coordinator, beginning January 24 (third year students). For a full schedule of courses contact AAI of NY, 1780 Broadway, Suite 502, New York, NY 10019, 212/974-0431.

**Montreal, QC** - Adlerian training opportunities continue to grow. In addition to the Alfred Adler Institute of Quebec, there is now the Adler Graduate School of Psychology Montreal. AGSPM will offer courses leading to an M.A. in Counseling Psychology, certificate programs, and workshops, as an affiliate of the Adler School of Professional Psychology. Their 1995 schedule includes: Principles of Adlerian Psychology, beginning January 13, with Gerald Mozdierz; and Dream Interpretation, beginning February 10 with Leo Gold. For further information: Joanne Wiggins, Director, AGSPM, 4999 Ste. Catherine St. West, Suite. 220, Westmount, QC H3Z 1T3, Phone: 514/482-8789, Fax: 514/482-8785.

### Region VI - Far West

**Oakland, CA** - The Adlerian Western Institute for Research and Training in Humanics announces the winter class schedule will run 1/4/95 to 3/1/95. Courses include: Methods of Group & Family Psychotherapy; School Counseling; Understanding Human Nature. IP Marathons will be held once a month during the winter. Contact Lucy Ackerknecht, 510/891-8194.

**Tucson, AZ** -- The Adlerian Society of Arizona will offer *Adlerian Family Therapy -- with parents and adolescents*, a three-hour workshop with Oscar Christensen, on March 4. CE's will be available. Contact: ASA, P.O. Box 40635, Tucson, AZ 85717-0635, 604/297-0761.

**San Diego County, CA** - The Americas Institute of Adlerian Studies announces a three-Course *Program for Professionals in IP*. Each 3-1/2 day course may be taken in any sequence and carries 30 APA CE or NBCC CE hours: Understanding Personality Development and Dynamics, March 9-12; Assessing Individual and Group Styles, September 14-17. Contact Lois Nugent, 4821. Courageous Lane, Carlsbad, CA 92008, 619/729-5016.

### International

**Qawra, Malta** - The 28th Annual Rudolf Dreikurs Summer Institute (ICASSI) will be held here July 16-29, 1995. Scholarships applications are available from Frank Walton, International Scholarship Chair, 1313 St. Andrews Road, Columbia, SC 29210. 803/798-0300, fax 803/731-8484. Application deadline is January 15.