

The NASAP Newsletter

February, 1995

Volume 28, Number 2

Convention Panel Seeks Input In Adapting Adlerian Ideas For Changing Families

By Amy Lew, Program Chair

Families and parents are changing. Not only are there more single and blended families, there are homeless families, families with two same sex parents, families from other cultures, parents who are in jail, on drugs, abusive, or even still children themselves. As Adlerians we are well aware of the effectiveness and universality of our parenting principles and techniques and know that we have something very important to contribute. However, many of us feel challenged by the necessity to adapt old materials so that they will be sensitive to the needs of today's parents.

In an attempt to address some of these concerns, we are going to try a new model for one of our convention programs. The program, entitled **Adapting Adlerian Parenting Groups For Diverse Populations** will be led by a panel consisting of some of the Adlerians who are working with parents from many different backgrounds.

Each panel member will discuss his/her experience of adapting materials for a variety of situations and share examples of handouts they have developed for their groups. We are requesting that other Adlerians who have something to share bring their own concerns and successes.

The panel includes: Cheryl Erwin, Riki Intner, Amy Lew, Mary Maguire, Miller Garrison, Frank Main, Michael Popkin, Henry Raymond, Gary McKay and Barbara Smailey. Topics include: court ordered parents, parents in recovery, parents of different backgrounds in the inner city, women in poverty, Native American families, parents of disturbed/disturbing kids and an Adlerian violence prevention program. The agenda will be open to other areas of concern as well. All contributions are welcome.

After the initial presentations, we will

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Executive Director's Message:

Action Items Feature NASAP '95

In November, the Executive Committee and Standing Committees of the Delegate Assembly (D.A.) discussed a number of items concerning conventions, the journal and newsletter, promotion of Adlerian ideas, inclusivity, elections, continuing education, and organizational matters. Some of this discussion resulted in action being taken by the D.A. and several items require further study of committees for action in May and November of 1995.

In the January issue of the newsletter, Marcia Mullins outlined the approved regional reorganization and Mary Maguire reported on action taken regarding the Certificate of Study in Adlerian Psychology, the Ansbacher annual lectureship, and the Summer Training Institute. **Convention** action items approved by the D.A. include:

- To print the full program in the registration flier that is to be mailed in February and to use the registration flier for the on-site convention program, including an insert with the summary descriptions of presentations.
- To again hold all section meetings during the same time slot on Friday.
- To allot a 75 minute time slot for Section and Region meetings.
- To provide additional registration incentives.
- To hold a Silent Auction at the 1995 convention. Joyce McKay was appointed organizer and details will appear in future newsletters.

The D.A. approved the following motions presented by other committees for action:

- Appointment of James R. Bitter as Editor of the Practice & Applications issues of the Journal beginning in 1996, when Jon Carlson's term expires.
- Request Journal editors to submit written annual reports to central office by April 1 of each year.
- Provide for a staffed membership table at convention.
- To pursue the creation of an Adlerian calendar for sale by NASAP.
- To provide complimentary newsletter subscriptions for one year to chairpersons of counseling or psychology departments at universities in area of convention, first priority to minorities.
- To develop a column in the newsletter offering concrete tips for dealing with specific issues related to parenting, teaching or business.
- Approval for the final design for the certificate for NASAP Certificate of Study in Adlerian Psychology.
- Add to the D.A. job description a provision that the designated chair of each committee confer quarterly with the E.C. liaison to that committee to insure continuity of work for committees.
- Several cuts were made in the 1994 budget to lower the deficit.

The newly formed Social Equality Committee focused on its purpose and its mission, inviting the D.A. to join in the discussion. Watch for information in future issues of the newsletter.

Items presented for discussion and for future study:

- Possibility of holding convention on Saturday-Sunday; pre-convention workshops on Thursday-Friday.

(Continued on page six)

Confessions of a Complainer (or)

Why You Should Run for a Seat on the Delegate Assembly
By Terry Kottman, Education Delegate

It was a dark and stormy night, and I was complaining!! Nothing new. I complain a lot. It's my life-style, and I'm good at it. Anyway...actually, it was several dark and stormy nights, and I was constantly complaining about how NASAP conventions are organized and run. Not big complaints, mind you, just little nitpicky whines about the location, the timing, the hotel, the presentations -- you know the stuff -- wondering how "they" could have possibly chosen where, when and who for the conference.

I complained about the decisions, the people who were making the decisions, and how the decisions were made. Then, in a flash of lightning (it does that on dark and stormy nights), I was elected to the Delegate Assembly (that's another long story that I won't go into). I was appointed to the Conference Committee (I asked to be appointed so I could change the world -- or at least the conference), and lo and behold, I was part of the "they" who were making choices.

I discovered immediately that complaining was much easier than planning a conference that would not elicit complaints. There is a LOT of "stuff" that had never occurred to me that goes into the planning and execution of a conference -- I was overwhelmed! It was one of the few times in my life that my complaining capacity crashed head-on with reality and was crushed. I started making decisions, meeting the other people who make the decisions, and finding out about how the decisions were made.

Now, I'm not going to go into the details of how a conference gets put together and the considerations that go into decisions about the where, when, and who in this short space. But I will say that I am now a converted complainer -- in this one area -- I am not claiming a transformation here. If you would like a way to convert some of your complaints to gaining insight and making changes (isn't that what Adlerian Psychology is all about), run for the Delegate Assembly. It's a perfect opportunity to learn more about whatever issue or structure that might provoke you to complain -- it may not convert you, but at least it will be a more interesting way for you to spend your dark and stormy nights. # # # #

CORRECTION: To order the Family Council video reviewed in the last newsletter, Rob Guttenberg's correct address is: P.O. Box 311, Cabin John, MD 20818.

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Donations

(NASAP wishes to thank its many donors. Below are contributions through December).

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In honor of Kurt Adler's 90th Birthday
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In memory of Danica Deutsch
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In honor of Bernard Rudman
Jordon Levin

In honor of Rob Guttenberg
Amy Lew

In memory of Hal McAbee
Betty Silon

Adler/Dreikurs Century Fund

Kenji Shibayama
Samuel Kamata

ICASSI Matching Fund
Tee Dreikurs

Delegate Elections

The reorganization of regions impacts on the election this year. Nomination request letters were mailed to the following states and provinces:

- Region 1A:** Alaska, Alberta, British Columbia, Saskatchewan
- Region 2A:** Illinois, Missouri
- 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

Members are urged to participate in the election process.

125th Birthday Anniversary Celebration

By Ellen Mendel, Committee Chair

The 125th anniversary of Alfred Adler's birth, and Kurt Adler's 90th birthday, will be celebrated at an event to be co-sponsored by the Alfred Adler Institute of New York and the Austrian Cultural Institute. The program will highlight contributions of Adlerian psychology to current affairs and contemporary thought. We would also welcome any notes or comments reflecting the effect of Adlerian ideas on your life for possible inclusion in the program. The celebration will take place at the Austrian Consulate, 31 East 69th Street, New York, NY on February 26 at 3 p.m. Since seating is limited, we urge you to contact the Alfred Adler Institute of New York at 212/974-0431, as soon as possible.

You can also participate in honoring both of these men and further the work of AAINY by contributing in the following ways: *Patron, \$10,000; Benefactor, \$5,000; Sponsor, \$1,000; Sustaining Donor, \$500; Supporter, \$250; Friend, \$100 and Contributor up to \$100.* Send your tax deductible donations to AAINY, 1780 Broadway, Suite 502, New York, NY 10019.

* * * News From Members * * *

Rob Guttenberg reports that he has a new recording coming out with 13 songs about human nature with some themes on overcoming difficult experiences. One of the 11 songs written by Rob is entitled "Find Your Own Path," and uses phrases from a life style analysis. The recording, *When Love Comes Rushing In*, is scheduled to be released in February on both CD and cassette and may be ordered through Rob Guttenberg, P.O. Box 311, Cabin John, MD 20818.

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The South Carolina Society of Adlerian Psychology presented their Arless J. Epps Social Interest award to National Basketball Association star Alex English at their recent conference, reports Frank Walton. English was noted for his contributions to promote harmony among people of all colors.

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NEXT ISSUE OF THE NEWSLETTER will be a double issue, March/April. Deadline for all news and feature items is February 15. Please send items to arrive at the central office by that date.



Pictured above are the Executive Committee who will be meeting this month. Left to right are John Newbauer, Secretary; Mary Maguire, President; Henry Raymond, Treasurer; Riki Intner, Second Vice President and Amy Lew, First Vice President.

NASAP Extends Deadline For Adlerian Resource Book

NASAP is planning a second edition of the Adlerian Resource Book. Many thanks to the NASAP members who responded to the first request by sending original, reproducible materials to be used by teachers, students, parent educators, psychologists, counselors, etc.

The deadline is being extended to **March 30**. If you have created materials that you find useful and would like to share with others, send them to Betty Lou Bettner, 1 Old State Road, Media, PA 19063.

In Memoriam

Longtime NASAP member and active Indiana Adlerian **Homer Kiracofe** was killed in an automobile accident December 7.

His involvement with Adlerian thinking and ideas goes back over 30 years when he received certificates from the Alfred Adler Institute of Chicago in family and marital counseling. He and other northeast Indiana Adlerians founded the Alfred Adler Institute of Fort Wayne in 1974 and he has regularly attended the NASAP conventions since 1975.

Among his contribution was creation of a course for parents based on *Children the Challenge*, prior to the development of any formalized programs. When he was honored at the NASAP convention in 1989, it was noted that he and Ron Pancner educated over 3,500 families with this course. He conducted free open forum family counseling sessions on a monthly basis at various church locations and demonstrated at a counseling center in the inner city. He also helped develop the family therapy program at Charter Beacon Hospital in Fort Wayne.

At his memorial service December 11, the minister commented that he wouldn't be at all surprised if Homer didn't already have a parenting group started in heaven.

His family has established a memorial scholarship fund for AAIFW students entering the Adler School of Professional Psychology's masters program in marriage and family counseling. Send donations to Jan Richmond, AAIFW, 1720 Beacon St., Fort Wayne, IN 46805.

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Adapting Adlerian Ideas *(Continued from page one)*

divide into small groups to work on specific problem areas, e.g., developing culturally sensitive materials or obtaining funding; or to discuss a particular population. Finally, we will reassemble to share our conclusions and decide on future action. This could include further networking, grant writing, material development, future workshops (we could meet for a day in Baltimore) or other areas to target.

It is my hope that the design of this program will enable us to put our heads and expertise together and share what works, problem solve what still needs to be done, and develop ways to do it. We would like everyone to come away from this meeting encouraged, hopeful and with some new and useful ideas.

If you have any specific questions that you want addressed, please send them to me, Amy Lew, 10 Langley Road, Suite 200, Newton Centre, MA 02159, Fax: 617/332-7863, and I will pass them onto the panel and try to include them in the agenda. We would be happy to hear from you, even if you are unable to attend the convention this time. If we work together, I believe, we can have a real impact on the problems we all face.

**43rd Annual Convention and Workshops
May 25 - 28, 1995, Minneapolis, MN
Marriot City Center Hotel**

Future Action Items *(Continued from page one)*

- A "Classics" convention with invited presenters.
- Recognition of individual(s) at conventions who have propagated Adlerian ideas.
- Job descriptions for journal editors.
- Development of "Traveling Institute".
- Meeting of people at convention from institutes and training programs to discuss mutual benefits of working together to provide Continuing Education Credit.
- Possibility of electing officers in November instead of at convention.

Ideas from members on any of these items will be welcome -- send to central office in Chicago and they will be forwarded on to appropriate committee.

Neva L. Hefner

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THANK YOU

A year-end thank you to members of both new and old Executive Committee and Delegate Assembly, who gave so much of their time this past year to the work of the Society. An additional thank you to those on the E.C. and D.A. who donated back their travel reimbursement.

April Event To Help Fund Adler Translation Project

"Making Alfred Adler Come Alive" is a special banquet/program to be held April 8 at the Webster University Center in St. Louis, MO to raise funds for translating the works of Alfred Adler. Featured speakers are **Kurt Adler**, **Bernard Shulman** and **Edward Hoffman**, author of *The Drive For Self*, a new Adler biography.

The translation project was initiated in 1991 by Henry Stein and partly funded by the NASAP Clinical Section. Most of Adler's published German journal articles have been translated so far. "We are currently working on unpublished German and Dutch manuscripts of Adler's articles and lectures," Stein said. "In the next phase, we are planning to translate his unpublished letters and to re-translate several books." Funding of \$36,000 is needed for this phase, he said.

Anyone wishing to attend the April event or contribute to the project, contact the Daronda Blevins Education Center, 277 S. Woodsmill Rd., Chesterfield, MO 63017, 314/576-2107.

Letter To Members

Can We Heal Our Community?

Dear NASAP members: I think that we should start "Healing Community" at NASAP '95. Couldn't we as an organization do more to help heal the community? Adler and Dreikurs did so much! What could we accomplish if we put our collective heads together? Could we come up with answers to problems in areas such as welfare, crime and child abuse? Could we get grants to develop programs?

I'd like to suggest that YOU develop a plan of what we could do and send it to me. Then we could get together after the post convention workshops on Sunday and Monday morning to create a plan for presentation to the Delegate Assembly. I would be willing to find local Adlerians to put you up and feed you to save on costs, if you donate the time. Let's get our feet moving and really demonstrate our social interest to heal the community. Send your plan, ideas, or comments to me: Susan Pye Brokaw, 14525 Highway Seven, Minnetonka, MN 55345.

Susan Pye Brokaw, Region II Delegate

Book of the Month: *How You Feel Is Up To You*

Review By Robert Armstrong

If you are upset by so many books which espouse Adlerian ideas without reference to Adler or other Adlerians, then you will be delighted by this book written by Gary McKay and Don Dinkmeyer, Sr. If you want an Adlerian book which integrates the best ideas of other theorists, clinicians and counselors, then this is that book. If you are tired of self-help books that have no "meat", this book is for you.

As you might expect of an Adlerian book on emotions it is based on (to use the subtitle to chapter 2), "How your beliefs create your feelings." The book has separate chapters devoted to Guilt, Anger, Depression, Stress, Anxiety and Joy. In addition, there are chapters on visualization, communicating feelings and conflict solving. All of the chapters are useful, but I found the chapter on visualization to be particularly enlightening.

The book is loaded with checklists, short questionnaires, exercises and charts which help individuals apply the principles to themselves. At the end of each chapter, the authors provide a three-step ACE formula (A-Accept yourself and your feelings, C-Choose new purposes, beliefs and feelings, E-Execute your new choices) to help the reader make changes. I would recommend this book "off the shelf" to anyone looking for help in making emotional changes in their life but it would be of particular benefit for therapists or counselors as a reference book for clients. In this way, particular chapters, questionnaires and assignments can be emphasized. The great benefit of a book that has so much "meat" is that there is much with which to work. I quite like this book and plan to use it with a number of my clients. It is a very readable book. I reviewed it on my Christmas vacation and continually had to wrestle it from the hands of my 84 year old father-in-law! At the same time, it will be refreshing to use a self-help book that won't be subject to the complaint that it could have been written in 25 pages. My heartfelt thanks to Gary McKay and Don Dinkmeyer!

This 228-page book is being offered by NASAP this month for \$8.76, a 20 percent discount. Add \$4 U.S. postage and handling (\$5 other countries). Order limit three books. Send to NASAP, 65 E. Wacker Pl., Chicago, IL 60601, or call 312/621-8801 for credit card orders.

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This offer is good until March 31, 1995

News and Events from the Regions

Regions 1A - 1B

Seattle, WA - The Puget Sound Adlerian Society will present a four Saturday seminar series, February 11 - March 4, entitled *Individual Psychology and Social Interest*. Designed for students and professionals, the series will feature presenters Lee Nelson, Richard Meeks, Marcia Mullins and Carol Lee Smith. For registration information contact Ann Skutt, 206/527-2566 or Richard Meeks, 206/784-2179.

Regions 2A - 2B

Chicago - The Adler School of Professional Psychology offers a free *Addictions Colloquia* the second Wednesday of each month from 7 to 10 p.m. "Substance Abuse Treatment in the Year 2000 -- Models for the New Millennium" with Terence Gorski will be the March 8 presentation. Gorski is an international authority on applying cognitive and behavioral therapies to recovery and relapse prevention. For registration contact Adler School, 312/201-5900, ext. 225, fax 312/201-5917.

Regions 3A - 3B

Orlando, FL - *Specific Strategies for Working with Individuals, Families, Marriages and Students* is the title of the Region III Conference to be held at the Ramada Resort, February 23-25, 1995. Room rates are \$62, single or double. To receive more information or register call Valencia Community College, 407/299-5000, ext. 3205 or 3204; or fax 407/426-9071.

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. A two-day conference March 24-25 will feature presenters John Platt, Ann Platt, Tim Evans and the R'Club staff. Contact: Jim Teixeira, FAS President, 813/987-9580.

Regions 4A - 4B

Fort Wayne, IN - The Alfred Adler Institute of Fort Wayne 1995 schedule includes: Marriage and Family Therapy II with David Jolliff, beginning February 17 and Adlerian Approaches to Psychotherapy with John Newbauer beginning March 17. Contact Jan Richmond, 219/461-5845.

Waldorf, MD -- The Family Education Center of Southern Maryland holds free monthly counseling sessions conducted by Phil and Mollie Thorn. "Equality Between Spouses in Couple Relationships" is scheduled for

February 3 and "Teen/Adult Dialogue: Improving Relationships" is the title of the March 3 demonstration. Child care is available. Contact: FEC, 301/705-8527.

Regions 5A - 5B

Montreal, QC - The Adler Graduate School of Psychology Montreal offers courses leading to an M.A. in Counseling Psychology, certificate programs, and workshops, as an affiliate of the Adler School of Professional Psychology. Their schedule includes: Dream Interpretation, beginning February 10 with Leo Gold; the Use of Art in Counseling with Judy Sutherland, March 17-19 and Kids in Crisis with Caroline Grawleski, May 19-21. For a full schedule contact: Joanne Wiggins, Director, AGSPM, 4999 Ste. Catherine St. West, Suite. 220, Westmount, QC H3Z 1T3, Phone: 514/482-8789, Fax: 514/482-8785.

Regions 6A - 6B

Oakland, CA - The Adlerian Western Institute for Research and Training in Humanics announces winter class schedule runs to 3/15/95. Courses include: Methods of Group & Family Psychotherapy; School Counseling; Understanding Human Nature. IP Marathons held monthly. 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, 602/297-0761.

International

Qawra, Malta - The 28th Annual Rudolf Dreikurs Summer Institute (ICASSI) will be held here July 16-29, 1995. Continuing education credits are available and courses are offered in German and English. U.S. Contact for registration information: Betty Haeussler, 9212 Morley Road, Lanham, MD 20706, Fax 301/345-1961.

England -- The 20th International Congress of Individual Psychology 1996 will be held at Oxford University August 4-8. The main topic will be *To Preserve and to Change -- Individual Psychology in a Network of Recent Developments* with the following subjects to be covered: Theories of Individual Psychology, Methods of IP, Society and IP, and History of IP. For registration of papers, please submit a summary of the topic, limit 300 words to the Horst Groner, Secretary-General IAIP, Marktstr. 12, D-99867 Gotha, Germany, Tel./Fax 49-3621-401060 by August 31, 1995. Lectures excluding discussion will be 30 minutes. An abstract form for lectures may be obtained at the above address.