

The NĀSAP Newsletter

September, 1995

Volume 28, Number 7

Local Convention Group Seeks Innovations For '96

The 44th Annual NASAP Convention and Workshops in Baltimore, Maryland next June (20-23) may see some innovations in its design. The changes in Convention structure are being sought by the local committee, which is comprised of members of the McAbee Adlerian Psychology Society in Maryland.

In a report submitted by Steven Stein, Chair of the local committee, the proposed recommendations are tailored to meet MAPS' four goals for the convention: 1. To substantially increase convention attendance; 2. To interest others, outside the Adlerian Community, in Adlerian Psychology; 3. To enhance the sense of community amongst all attendees, and 4. To address a greater range of interests than previous conventions have tended to represent.

These ideas will be reviewed by the Convention/Workshop Committee and the Delegate Assembly, who will decide the feasibility of their implementation. NASAP members will be informed of any changes in future newsletters. NASAP '96 will be held at the Radisson Plaza Lord Baltimore Hotel, featuring the theme, *Social Equality: Advancing the Dream*. Deadline for workshop proposals is September 18 and convention proposals, October 10.

Dates To Remember:

Executive Committee Meeting
Sept. 29-Oct. 1, Chicago, IL

Midwest Regional Conference
Oct. 19-20, Fort Wayne, IN

Delegate Assembly Meeting
Nov. 2-5, Chicago, IL

NASAP '96
June 20-23, Baltimore, MD

President's Message

Adlerian Philosophy Challenges NASAP

Last February, the Executive Committee (E.C.) met in Santa Rosa, California as guests of Riki and Bob Intner, who were most gracious and generous hosts. (Thanks to Bob and Riki). On the way home Amy Lew and I stopped in San Francisco for a brief visit. I grew up on the east coast and now live in the midwest, and was pleasantly surprised by the small cultural differences I noticed on the west coast. One sight which caught my eye and tickled my fancy was an official street sign which read, *Right Turn Not Advised* (I'm still trying to figure out exactly what that means). And my favorite, which had me laughing right out loud, was a handmade sign seen on a garage in an alley as we passed by on the cable car -- *Visualize Being Towed*. Then, in our hotel room along with the usual Bible, we found a copy of *The Teaching of Buddha*. In browsing through the book, after having just spent three intense days talking about NASAP, one section in particular caught our attention:

Of organizations there are three kinds. First there are those that are organized on the basis of the power, wealth or authority of great leaders.

Second, there are those that are organized because of its convenience to the members, which will continue to exist as long as the members satisfy their conveniences and do not quarrel.

Third, there are those that are organized with some good teaching as its center and harmony as its very life.

Of course, the third or last of these is the only true organization...

The only way to reach the third level of development in most organizations, I think, is for the culture of the organization to encourage the open expression of thoughts and feelings. It seems to me that we in NASAP are struggling to redefine our purpose and structure; and, one of our greatest challenges is to find a way to "quarrel" with each other, to disagree and redefine relationships, roles and expectations. We need to continue to discuss our shared philosophy, our beliefs about *What is Adlerian Psychology?*; *How far can we go beyond Adler?*; *How do we address the issues of the 90's and beyond?*. Can we do this openly and respectfully, and work together to change the organization (if we decide that's what we want)? Or will we form factions and split off from each other?

Many organizations are moving toward a more participatory model of management, involving and responsive to all "stakeholders". Concepts like mutual respect, responsibility being shared "up and down the hierarchy," cooperation, collaboration, choices, and creativity are being advocated as critical to the "new" paradigm. Even when organizations accept the challenge to reorganize according to this new way (because it makes economic sense), it's usually very difficult for people to change, to move out

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Observations Of A New Member

By Ira S. Gilbert

Not only have I recently changed careers, the change encouraged me to become an Adlerian. After almost 30 years in another profession, I, again, became a student and recently received the M.A. degree from Adler School of Professional Psychology in Chicago. In addition to this degree, I also received the Certificate in Gerontological Psychology.

I started my education as an Adlerian after much research into the philosophies taught at the many schools in the Chicago area offering courses of study in psychology. I found that the Adlerian theories presented a very down-to-earth view of personality and a workable mode of treatment. In short, Adlerian psychology fit for me.

After earning the M.A. degree, my career reached another turning point. This occurred when I was asked to become the **Coordinator of Gerontology Studies** at the Adler School in Chicago. I readily accepted this assignment because it gave me a chance to do what I love best, teaching and writing. Also, I found that working with the elderly was a rewarding and enjoyable way to practice in my new profession.

This brings me to the reason that I decided to write these reflections. By education and by inclination, I am a counselor. It is what I enjoy doing and it is where I should be. There are relatively few professional organizations that are geared toward professional counseling at the M.A. level. It is clear that in NASAP, the contributions that one can make toward the advancement of Individual Psychology are more important than the initials that come after one's name. In short there is the feeling that might be classified under the heading of *social interest*, that all who have an interest in Alfred Adler's philosophies are welcome into the fellowship of Adlerians.

I look forward to the opportunities that I am sure will be presented to me to become acquainted with my new associates and to learn from them what their years of experience have taught.

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Group Therapy Association Schedules 1996 Meeting

The American Group Psychotherapy Association will hold their 1996 annual meeting in San Francisco, California February 12-17. This year's theme is *Toward Total Health: Groups to Heal the Mind and Body*. For more information contact AGPA, 25 East 21st St., 6th Fl., New York, NY 10010, 212/477-2677.

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Jerianne Garber, News Coordinator
Neva Hefner, NASAP Executive Director

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Midwest Conference Scheduled For October

Many veteran Adlerians will conduct 3-1/2 hour workshops at the NASAP Midwest Regional Conference scheduled to be held at the Marriot Hotel in Fort Wayne, Indiana October 19-20. NASAP members from Regions 2A, 2B, 4A and 4B are encouraged to attend the two-day event which is entitled, *Conflict: Resolution or Aggression*.

Workshops will address conflict resolution in the workplace, home, schools, and social settings -- providing methods that work. Special presentations will focus on teaching children to resolve conflicts in an effective way that will enhance self-esteem and reduce violence. The role of cultural differences in conflict resolution will also be explored. Mental health professionals may earn 14 continuing education credits for two days of attendance, or seven credits for one day.

A registration brochure is being mailed to members in the midwest regions, but the conference is open to anyone wishing to attend. Registration discounts are available for NASAP members. Information or a brochure may be obtained from Jan Richmond at the Alfred Adler Institute of Fort Wayne, 219/461-5845.

Southeastern Conference Will Be Held In February

The 19th annual Southeastern Adlerian Conference, formerly called the NASAP Region III Conference, will be held in Orlando, Florida at the Ramada Resort Hotel February 22-24, 1996.

Anyone wanting to submit a workshop proposal should contact Don Dinkmeyer, Jr. immediately, 502/781-9481 or fax 502/781-1550. All conference days are full-day workshops.

Because of increased mailing costs, the brochures for this year's event will not be mailed to the entire NASAP membership as in previous years. Interested parties not residing in the southeast may request a brochure by calling 800/369-0890. CE's are available for all workshops. NASAP members will receive a registration discount.

Native College Receives Books

This year's annual library presentation of nine Adlerian books were given to the Native American Educational Services, Inc. at the Minneapolis Convention. In the picture, Sam E. Arditto (right), Campus Director of NAES College in Minneapolis, accepts the books from Mary Maguire, NASAP President.



NAES offers an accredited BA degree in Community Studies which integrates tribal knowledge, learning and intellectual traditions into academic curriculum and process, providing a liberal arts education which is tribally defined. The college also has campuses at Chicago, IL, Fort Peck, MT and Menominee, WI.

Adlerian Philosophy Challenges NASAP

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of old hierarchical expectations. It is not unlike one of the classroom meetings I observed in a fifth grade classroom, when they had just barely begun learning the process. They had brainstormed ways to decide who would get to go on a fishing trip, and then voted 24 to one to "let the teacher decide." We don't trust the new ways, and we don't know how to relate to each other respectfully as equals to get the job done.

It is even difficult for us Adlerians, who have had some training and support in the philosophy and process. We need to continue to struggle with developing models for the management of our organization, to cooperatively plan projects and revise those plans as needed, and to work out any conflicts in an open and respectful manner. If it is a goal of this organization to be more "Adlerian" in structure and process, as well as in stated philosophy, we will all need to work together to further develop the model, I think, and continue to work together to adjust it as needed.

Change will take time, particularly since our structure currently relies upon few paid staff, volunteers and a meager economic base. NASAP seems to be going through some major structural and philosophical changes, and I am hopeful that we will all work together to bring this important and unique organization into the 21st Century with a clear understanding of its purpose, and a structure that can facilitate the fulfillment of its goals. I don't know if anyone ever reads these *President's Messages*, I do know that I have not heard any comments about them this past year, either formally or informally.

I have heard many complaints about NASAP, in general, and specifically about the governance structure. I invite each and every member to become involved in the many discussions about the future of NASAP, whether through the questions printed in the May newsletter and discussed at the luncheon in Minneapolis (NASAP '95), with each other on a local or regional level, in a conversation with your delegates (regional or sectional) or a member of the E.C., or through a letter to the office or an article or letter printed in this newsletter. I'm looking forward to participating in the discussion.

Mary J. Maguire, President

News From Members

Michael Brook presented a paper entitled *Adlerian Psychology and Mathematics Education* at the joint meeting of the American Mathematical Society and the Israel Mathematics Union at Hebrew University in Jerusalem last May. The paper concerned the application of Dreikurs' concepts of discouragement and encouragement to the difficulties that children face learning mathematics. Michael can be reached at the Math Center, University of Delaware, Newark, DE 19711, by email at mbrook@brahms.udel.edu, or phone 302/831-1023.

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Rob Guttenberg reports he has been spreading Adlerian ideas with his teaching, writing and songs. He taught a course in July entitled *Social Equality and Social Play* at Common Ground on the Hill, a music/arts center held at Western Maryland College. Rob says Common Ground was created to offer a quality learning experience while exploring cultural diversity. "The course I offered focussed on issues in parenting..."

In addition, Rob has been performing his songs at coffee houses in Newark, Delaware and has been invited to do a biweekly column on parenting in the *Gazette*, a newspaper in Montgomery County, Maryland.

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Marc Oster has won the *Irving I. Sector Award* from The American Society of Clinical Hypnosis (ASCH) for services to ASCH and the advancement of clinical hypnosis. Oster is the coordinator of the Clinical Hypnosis program at the Adler School of Professional Psychology.

NEWSLETTER DEADLINES: *There are two NASAP Newsletters remaining for 1995. Deadline for the October issue is September 1. The last newsletter, a double issue for November/December, will have a November 6 deadline. Please send all news items to reach the central office by these dates.*

Chicago, IL 60615
5431 S. Cornell Ave., 2nd fl.
Neva L. Hefner, B.A.

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'Metaphor Therapy' Review (Continued from page four)

analogical, pictorial, spatial right-brain cognition. Verbal metaphors, capturing as they do aspects of both cognitions, provide evidence for how we have constructed our whole psychological reality and offer the opportunity to make changes at the very deepest, i.e., reality-producing, level. So much for the criticism that Adlerians don't do work in depth.

In fact, the various theories of psychotherapy are seen to be metaphors themselves. Why, asks Richard, must we impose an external metaphor on clients when they create their own unique "patterns that connect?"

The riches of this book are not yet exhausted. Not having to go through the metaphor provided by a theoretical system or by the therapist's experience (or bias) means that metaphor therapy is a tool which respects racial, ethnic, gender, sexual preference, and other diversities. The fact that this approach grew out of experience with Adlerian therapy goes a long way toward mining the potential of Individual Psychology to contribute to a psychotherapy for diversity.

After you read *Metaphor Therapy*, you may well wonder, "How can I learn to do this better?" If so, you may order the videotape of a class taught by Richard in July and full of demonstrations. More training and supervision opportunities are being planned. Watch these pages for details.

One of the goals of this book is to make its readers unable to use metaphors without being aware of them. The italicized words mark those metaphors I have noted as a result of this process.

Kopp '89 Metaphor Video Still Available From NASAP

A limited number of videotapes from Richard Kopp's 1989 Minneapolis convention presentation, *Holistic-Metaphorical Therapy and Adlerian Brief Therapy: A Ten-Minute Intervention*, are still available from the central office for \$30 to members and \$40, non-members.

In this 90-minute tape, Kopp draws on his work in right-brain research and brain neuroscience, creativity, imagery, art and linguistics to present a method which can stimulate significant holistic change in thoughts, feelings and actions. Case examples, a demonstration and experiential exercises are used. Walter O'Connell and Herbert Laube participate as discussants.

Anyone interested should contact the central office. Credit card orders can be processed over the phone, 312/629-8801 or faxed, 312/201-5917. Orders will be taken on a first come, first serve basis.

New Editor To Receive Manuscripts For IP Journal

Jim Bitter will be assuming the position of Editor of the Practice and Application issues of **Individual Psychology** from Jon Carlson starting January 1996. Even though his term does not begin until 1996, Jim is to be receiving all manuscripts related to the practice and application of Adlerian Psychology from now on.

Send these manuscripts to James Robert Bitter, Ed.D., Chair, Depart. of Human Development and Learning, East Tennessee State University, Box 70548, Johnson City, TN 37614, 615/929-4440.

Manuscripts related to Theory and Research should be sent to Gerald Mozdzierz, Ph.D., Editor, Individual Psychology, Psychology Service (116B), Hines Hospital, Hines, IL 60141.

More News From Members

Gail Cutler was elected to the Illinois Board of Trustees of *Parents Anonymous*, a national non-profit organization of parents seeking to learn better methods of child rearing. Gail said she attended their annual conference in Washington, D.C. recently and facilitated one of their workshops. "They do phenomenal work," she said. Many of the participants involved came from abusive homes and are working to do better with their own children.

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Heinz Ansbacher was invited by the American Psychological Association to write a review of **The Drive For Self**, Edward Hoffman's biography of Alfred Adler. The article appears in Volume 40, No. 5 of APA's *Contemporary Psychology*, a publication that provides critical reviews of books, films, tapes and other media, written by invitation only.

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1995 MEMBERSHIP DIRECTORY: Publication of the new membership directory is still in the making. Corrections and additions are currently taking place and it is expected to be mailed later this month.

--- Book Review ---

Metaphor Therapy: Using Client-Generated Metaphors in Psychotherapy By Richard R. Kopp

(Reviewed by Linda J. Page)

Adlerians often *bemoan* the lack of reference to Adler's ideas in current psychological literature. Richard Kopp's new book does give credit where credit is *due*, but it takes a giant *step beyond*. This is not a book about Adler or an Adlerian text, it is rather an *exploration* of what makes psychotherapy *tick* based on the experience of practicing Adlerian psychology. What results cuts *across* many schools of psychotherapy, providing both an elucidation of their effectiveness and a *basis* for integration.

Richard (I'll use his first name because so many of us know him from his workshops at NASAP and ICASSI) *utilizes* years of teaching metaphor therapy at the California School of Professional Psychology in Los Angeles. He provides *step-by-step* instructions for exploring and transforming (1) client metaphors and (2) early memory metaphors. As many practitioners and student will *attest*, these methods will provide a shortterm and often quite amazingly effective addition to one's psychotherapy *armamentarium*. That alone is worth the price of the book.

But there's more. Richard *sheds light* on how and where psychotherapeutic change happens. He *explores* the differences between syllogistic, logical, verbal, linear, left-brain cognition and imaginal,

(Continued on page six)

This book is being offered to members NASAP this month for \$20.75, a 20 percent discount. Add \$4 U.S. postage and handling, \$5 other countries; plus \$1 for each additional book ordered.. Orders are limited to three books. The deadline date for sending orders is October 31, 1995. Send orders to NASAP, 65 East Wacker Place, #400, Chicago, IL 60601, or call 312/629-8801, fax 312/201-5917 for credit card orders.

Order Form

Send ___ copies of Metaphor Therapy (\$20.75 ea.) \$ _____

Add postage & handling (\$4 U.S., \$5 others) \$ _____
(Please add \$1 for each additional book)

TOTAL DUE \$ _____

___ Check or money order

Visa/MC# _____

Expires ___ Name _____

Ship to: _____

This offer is good until October 31, 1995

News and Events from the Regions

Regions 1A - 1B

Vancouver, BC - The Adler School of Professional Psychology BC (the graduate program of the Adlerian Psychology Association of BC) schedule includes Theories of Personality, beginning October 27; and Psychopathology: Anxiety Based & Personality Disorders, beginning November 2. For a complete schedule contact: ASPPBC, 604/874-4614, fax 604/874-4634.

Regions 2A - 2B

Minneapolis, MN - The Alfred Adler Institute of Minnesota will begin its fall classes Oct. 1. Registration closes September 15. Contact: AAIM, 612/988-4170, fax 612/988-4171.

Chicago, IL - The Adler School of Professional Psychology's graduation will be held at the Ramada Congress Hotel October 22. Edward Hoffman, author of *The Drive For Self*, an Alfred Adler biography, will be the commencement speaker.

Adler School also has scheduled three programs for its *Addictions Colloquia*, held from 7 to 10 p.m. the second Wednesday of each month: Employee Assistance Programming (September 11), Working with Substance Abuse and HIV (October 11) and The History and Evolution of Alcoholism and Substance Abuse Treatment (November 8). The programs are free but advanced registration is advised. For more information contact: ASPP, 312/201-5900, ext. 225 or fax 312/201-5917.

Evergreen Park, IL - The Interaction Institute Adlerian Counseling and Consulting Center will present a one-day seminar, *Dream Interpretation: Disclosing Unconscious Dynamics*, October 7 and again October 27. The seminar will explore the use of dreams for personal growth and insight development. Adlerian, Jungian and Integration Therapy theories will be included. A total of 6.5 CE's has been approved by IAODAPCA. For registration information, contact: 708/422-1848.

Regions 3A - 3B

Tampa, FL - The Florida Adlerian Society will hold their first annual conference here November 3-4. Theme of the conference will be, *A Deeper Understanding of Adlerian Psychology*. For more information contact: Gloria Elwell, Youth & Family Alternatives, 12252 U.S. Hwy. 301, Dade City, FL 33525, 904/521-1463 or 904/583-3572.

Myrtle Beach, SC - The South Carolina Society of Adlerian Psychology will hold its annual conference at Springmaid Beach September 22-24. Contact: Frank Walton, 803/798-0300, fax 803/798-9005.

Regions 4A - 4B

Fort Wayne, IN - The Alfred Adler Institute of Fort Wayne will offer Psychodynamics of Psychopathology: Adlerian with John Newbauer and Ron Pancner, beginning October 6; and Psychometric Methods with Susan Rudolph, beginning October 13. Contact: Jan Richmond at AAIFW, 219/461-5845, fax 219/461-5700.

Regions 5A - 5B

New York, NY - The Alfred Adler Institute of New York's fall semester features Basic Principles of Individual Psychology with Kurt Adler, beginning October 10 and Comparative Developmental Theories with Robert Ellenbogen, beginning October 5. Contact AAINY, 212/974-0431/32.

Toronto, ON - The Adler School of Professional Psychology Ontario will offer an Overview of Addictions Counseling with Monica Stringer October 20-22; Counseling Children & Adolescents with Frank Walton May 10-12; and required courses leading to an M.A. in Counselling Psychology. Contact: ASPPO 416/480-2303 or fax 416/480-9358.

Montreal, QC - The Adler Graduate School of Psychology Montreal's offers the Principles of Adlerian Psychology with Gerald Mozdzierz, September 29-30, October 1 (Part I), October 13-15, (Part II). Contact: AGSPM, 514/482-8789, fax 514/482-8785.

Montreal, QC - The Alfred Adler Institute of Quebec announces a fall workshop series focusing on Advanced Therapeutic Training and Supervision. The first workshop will be October 26 with Leo Gold on *The Art of Dream Therapy*. This is a revision of what was reported in the August newsletter. Robert Sherman's workshop, *Using The Energy of Resistance To Motivate Change*, will now be held December 2. Contact: AAIQ, 514/731-5675, fax 514/731-9242.

Regions 6A - 6B

Palm Springs, CA - The Adlerian Society of Southern California will hold a retreat here November 10-12. Called *An Oasis of Self-Discovery*, the retreat will feature a presentation by Marti Monroe. For more information, contact Joyce Francis, 909/594-7297.

Tucson, AZ - The Adlerian Society of Arizona will hold a social/educational forum October 13 entitled, *Getting Your Life in Balance* with Jack Harris. CE credits are available. Contact: Mari Martin, ASA, 520/299-0638.