

The NASAP Newsletter

November/December, 1995

Volume 28, Number 9

NASAP Schedules Baltimore Workshops

The 44th Annual Convention and Workshops will be held at the Radisson Plaza Lord Baltimore Hotel in Baltimore, June 20--23. Workshops will include nine one-day, one two-day, and a special therapeutic music session.

Pre-Convention, June 20

Training and Practice in Adlerian Open Forum Family Counseling: *A Day with Oscar Christensen (and Gary and Joyce McKay).* Goal: To train twelve serious students in this process with the commitment to using it in their local communities.

Cognitive Therapy: Working with Personality Disorders *Arthur Freeman, Mark Stone and Carol Oster* Goal: To develop a conceptualization and treatment plan for modifying the schema that influence cognition, affect and behavior.

Introduction to Adlerian Psychology *R. John Huber and Mel Markowski* Goal: To present the essentials of Adlerian psychology by focusing on Adler's background, his theory of motivation, cognition and social development.

Attaining Significance: The 8 Keys to Healthy Personal and Corporate Championship *Harry Olson* Goal: To apply a new model for managing competition and achieving peak performance for attendees and their organizations.

Post-Convention, June 23

An Adlerian Perspective on ADHD for Therapists & Educators *Susan Pye Brokaw* Goal: To understand ADHD and how it can be dealt with therapeutically and educationally.

(continued on page two)

President's Message

DA Makes Preparations For Coming Year

I am writing this upon my return from some lively and productive Executive Committee (EC) and Delegate Assembly (DA) meetings. We met the first weekend in November in Chicago to review the accomplishments of the past year and to plan for the coming year.

Due to personal reasons two delegates resigned, Jane Nelsen and Amy Lew, and we welcomed two new delegates; Carol Aderholdt accepted appointment to finish Amy's term representing the Social Equality Section, and Erik Mansager accepted appointment to finish Jane's term representing Region 6A. Amy Lew was also on the EC as 1st Vice President and Convention Chair; Riki Intner moved from 2nd Vice President into that slot and Patricia Kyle accepted appointment to the EC as 2nd Vice President. Erik, Carol, Patricia and Riki accepted the appointments with short notice and graciously jumped in with both feet, thanks! All of the other delegates were in attendance so NASAP members were well represented.

We spent quite a bit of time discussing our Conventions, and hired a new Meeting Planner, Bonnie Wallsh, who met with both the EC and DA, particularly the Convention Committee. We are looking at ways to make other professionals and the general public more aware of our conventions and how to be more responsive to community needs. NASAP '95 in Minneapolis met our training and networking goals, but the attendance was below expectations (as it has been the last three years) and so was the profit. The local group in Baltimore, McAbee Adlerian Psychology Society, is very enthusiastic and creative and we'll be working with them and Bonnie to try some new strategies for marketing. We also approved a site for 1997 -- the Adlerian Psychology Association of BC, will be the host group for Vancouver, British Columbia; and we'll be holding the convention on the campus of the University of British Columbia.

Our 1995 Summer Institute, held in Boca Raton, Florida, and coordinated by William G. Nicoll, was again a financial and training success. Bill, along with Oscar Christensen, James Bitter, and Clair Hawes trained about 50 people in the *Strategies and Techniques of Brief Therapy*. This group was also instrumental in getting the annual Summer Institute organized and implemented, and we thank them for all their contributions, particularly Bill. We have also approved a site and topic for the 1996 Summer Institute: Richard E. Smith will coordinate with Francis X. Walton, Welborn K. Willingham and Timothy E. Evans presenting on the topic of *Empowering the Challenging Child or Adolescent in the Home and School*, to be held in Texas (site to be announced).

We spent some time discussing
(continued on page four)

Dates To Remember:

NASAP '96, June 20-23
Baltimore, Maryland

ICASSI, July 21-Aug. 3
Warwick, England

IAIP Congress, Aug. 4-8
Oxford, England

Summer Institute, Aug. 11-16
Denton, Texas

-----Delegate Column-----

Adlerian Virtual Networking

By Elsie K. McDorman, Region 5B Delegate

It all began on the Saturday night boat cruise at NASAP '94 in San Diego: How to get people meeting people who live miles apart; and could cupid play a role in some cases? While dining, dinner companions brainstormed and "Adlerian Virtual Networking" was named.

Then, NASAP '95 in Minneapolis provided an opportunity to roundtable chat with people interested in having *Fun With Computers* and *Adlerian Virtual Networking*. Five of us shared information on having the courage to start networking by computer, using electronic mail.

Ted McDorman's roundtable handout noted: A request for an e-mail address is becoming as common as asking for a Fax number, and generally business cards now include an e-mail address. **So how can one get an e-mail address and what does it entail?** The simple answer is to sign up with a service that has e-mail and dial up via a **modem** from a computer to that service...for many, the agency they work for provides e-mail. But even these people may want a separate address for personal e-mail.

Internet service providers are probably at the top of the list for starters. This would also open up the other attractions of the Internet. Find out if your city has **Freenet**. These community-based Internet providers are great, and, since they are run by volunteers, are indeed free.

Need help?...seek out knowledgeable friends, or join a local computer club and go to the beginner sessions. These folks love to help neophytes and advise on selection of computer hardware and software, and assist with any snags. Usually the public library has someone to give you some basic training as well.

Concluding our "co-operative learning" NASAP '95 roundtable, we not only wrote out suggestions, but, in typical Adlerian style, have already started acting on them:

- 1). To plan with the Central Office to set up a modem and start Adlerian Virtual Networking. (Note: Why not each of us submit our e-mail address for the next NASAP Directory?)
- 2). To write a short article in the Social Equality section newsletter, *Collage*, asking to use e-mail and a bulletin board. (Appeared in *Collage*, Vol. 2, No. 2).
- 3). Card or sticker: "I have the courage to use e-mail". (Note: This is the challenge for each Adlerian.)

(Continued on page six)

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Baltimore Post-Workshops

(continued from page one)

The Personality Priorities and The Adlerian Life Tasks *Barbara Fairfield*

Goal: To Integrate the four personality priorities and the Adlerian life tasks and present these concepts in a useable life style-analysis form.

Counseling Persons with Disabilities *Rob Guttenberg*

Goal: To learn Adlerian counseling skills as they apply to the helping relationship, when working with persons with disabilities.

Metaphor Therapy Using Client-Generated Metaphors: Empowering the Client *Richard Kopp*

Goal: To present and demonstrate how to use client-generated metaphors to access our clients' creative imagination and empower clients to create deeper awareness and self-generated change.

The Base Is the BASIS-A *Mary Wheeler, Roy Kern, William Curlette, John Newbauer and Elaine Davies*

Goal: To learn how to score and interpret the BASIS-A Inventory and how to use it in the participant's setting.

Two-Day Workshop, June 20 & 23**Positive Discipline in the Classroom** *Bill Scott and Jane Nelsen*

Goal: To demonstrate the effective use of class meetings to teach cooperation, collaboration, accountability and problem-solving skills.

Special Pre-Convention Session**Finding Your Lost Musician** *David Darling*

Goal: To open hearts to the mystery of sound. This adventure will rejuvenate the spirit. Participants may bring an instrument or not.

NEWSLETTER DEADLINE: The next issue of the Newsletter will be January, 1996. Deadline for news items, features and other articles is December 15. All current NASAP members will receive the January issue but will have to renew for 1996 to receive subsequent issues.

Co-Sponsoring CE Is An Option For NASAP Affiliates

By **John Newbauer**, NASAP CE Director

NASAP recently secured approval as a continuing education provider for the American Psychological Association. In addition, we have been an approved provider for counselor education through NBCC for a number of years. One of the options under the APA guidelines is for NASAP to co-sponsor continuing education programs with our affiliates. **Eligible groups for this co-sponsorship program are not-for-profit groups who are affiliate members of NASAP and who are not organized for the sole purpose of education or training.**

As a co-sponsor, NASAP's CE Director (currently me) works out a contract between the affiliate organization and NASAP regarding the program which includes the goals and objectives of the activities, advertisement, the selection and evaluation of presenters and the financial arrangements. In order to receive APA approval for an event, it must represent a topic or subject that is suitable for post-graduate training in psychology. Many of our programs meet this requirement without a doubt. Others will not. Please call and discuss the program and find out.

Through coordination with NASAP, the event that is being sponsored may be able to provide APA or NBCC continuing education credits to the participants. It can also provide free advertisement in the APA Monitor, the largest calendar of training events for psychologists in the country. This helps provide more visibility for Adlerian training opportunities and may also enhance the appeal that the program has to area psychologists and counselors. In essence, it allows you to provide them with approved training in your own community.

There are a few catches to this. NASAP has to be involved early in the process so that it is not just a last minute rubber-stamp approval. NASAP needs to be able to have some input into program selection and selection of presenters. This is not to control but to ensure that the programs meet the standards of APA and NBCC. If in doubt, please call me and we can talk about it and see if your upcoming training event or program meets these criteria. NASAP will print announcements in the newsletter (if you provide the information about the event), as well as provide mailing lists/labels for your region or regions you specify.

The financial arrangement for co-sponsorship would be that 80 percent of the net profit would go to the sponsoring organization and 20 percent to NASAP (the same agreement usually applies to NASAP Regional Conferences, when NASAP co-sponsors with one of its regions). In addition, \$200.00 would be charged to the sponsoring organization to help us defray the costs of being approved sponsors for APA/NBCC CE hours and for maintaining the CE records.

To give an example of how this works, a local institute may wish to sponsor a training event. The local coordinator calls John Newbauer and they agree on the goals of the program and the presenter(s). From there on, the program proceeds pretty much as usual with additional announcements in the APA Monitor and the NASAP Newsletter. The local group builds \$200 into its budget for the APA and NBCC credit registration and that amount along with 20 percent of the net profit of the event after all expenses are taken out is sent to NASAP. Give it a try! Your professional participants deserve to get full the credit they can for their training dollar! **Contact: John Newbauer 219/424-0411, Fax 219/424-3530.**

ADDITIONAL 1995 MEMBERSHIP DIRECTORIES can be purchased by members for \$6 each, plus \$2 postage per directory. Call or write the central office to order.

News From Members

Richard Smith of Dallas, Texas was recently elected President of **Region 3B**. Assisting him in spreading Adlerian ideas in that southwest area will be **Patrick Heard**, Vice-President, **Roberta Berger**, Secretary, and **David Nolan Davis**, Treasurer.

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Del Eberhardt, **Region 5A** Delegate, reports that 80 people participated in the moonlight boat cruise in September off Long Beach, NY. Some of the guests came from Europe, Jamaica and Canada.

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Walter "Buzz" O'Connell says he will be speaking at the Jung Society of Austin, TX December 1. Title of his talk is *Creative Psychospirituality For Everyday Life*. For information call 512/458-1108.

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Eva Skrenta recently provided a presentation for the Family Matters chapter of the Child Study Association of Maryland. In recognition of her time, the group donated to NASAP.

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Randall Thompson was recognized for his ten years as President of the Adler School of Professional Psychology at the school's annual graduation last month. Twenty-one students received doctor's degrees and over 70 received masters degrees.

Achi Yotam Memorial Booklet

ICASSI has published a memorial booklet to honor Achi Yotam, featuring his speeches, articles and remembrances from the many people he touched. It is available from the Adler School of Professional Psychology (312/201-5900, Fax 312/201-5917) for \$13 U.S. or from the Adlerian Psychology Association of BC (604/874-4634, Fax 604/874-4614) for \$16 Canadian. Please add postage and handling. Proceeds will go to the Achi Yotam Scholarship Fund of ICASSI.

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Adlerian Virtual Networking *(contin. from page two)*

4). I'll try to get an Adlerian site on winternet.com. (Dee Dege -- ddege@winternet.com). Please note: **There is now an Adlerian Psychology bulletin board, thanks to Dee!**

Region 2B and 5B are communicating with each other on the bulletin board. All regions and Adlerians are encouraged to post notices of coming events, make suggestions and comments, make suggestions and comments, and creatively network.

Let's all have fun virtual networking with Adlerians in '95 and beyond!!

Highlights of NASAP '96

- o Keynote speaker - Bob Levey, Washington Post columnist
- o Luncheon speaker - Janet Turner, co-author of The Courage To Be Imperfect
- o Early morning Tai Chi Sessions
- o "Courage To Be Imperfect Dance Party" with some inclusive dances
- o Saturday night dinner boat cruise
- o Chair massages

Watch for details in the registration brochure to be mailed in January. Contact the central office for extra brochure copies for prospective attendees.

ICASSI Schedules Leadership Seminar

ICASSI (International Committee for Adlerian Summer Schools Institute) will offer a Leadership and Management seminar July 28-30 in Warwick, England. Roy Kern will conduct the three-day session designed for supervisors, managers, and leaders from various countries to learn how Adlerian principles can address major issues related to technology, global competition, work force diversity, and organizational productivity. Lifestyle, social interest, cooperation, conflict resolution, and family constellation will be some of the Individual Psychology theory presented. For more information, contact: Betty Haeussler, 9212 Morley Road, Lanham, MD 20706, Fax 301/345-1961.

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IP Journals To Be Delayed

We have just learned that the publication schedule of University of Texas Press is running behind by several weeks. The September issue of **Individual Psychology** will not be mailed out until January, 1996. The December issue will immediately follow in February.

Please be assured that you will receive the two issues as soon as they are available. NASAP regrets any inconvenience this delay may cause journal readers.

Contacts For NASAP '96

There are two new people who are working on NASAP '96. **Riki Intner**, as First Vice President, is Chair of NASAP's Convention/Workshop Committee and oversees the educational program. **Bonnie Wallsh** is the newly hired Meeting Planner, who will handle all the logistical items and work with the local committee on publicity and local arrangements. **Steven J. Stein** continues as the Chair of the Local Committee. Addresses and phone numbers follow:

Riki Intner
4765 Hoem Ave.
Santa Rosa, CA 95405-7969
707/526-3141

Bonnie Wallsh
173 Old Town Road
Staten Island, NY 10305
718/979-1012

Steven J. Stein
11 Hardwicke Place
Rockville, MD 20850
703/271-0111

DA Makes Preparations (continued from page one)

the goals and strategies of the Long Range Plan, and Social Equality Committee accepted the challenge of implementing some of the strategies regarding diversity at the convention and increasing diversity awareness among members. The Long Range Planning Committee has plans to meet in February.

We also worked on the Region Handbook began by Marcia Mullins, and started developing plans for a Section Handbook. We agreed that it would be helpful to gather all of the information regarding regions and sections so that guidelines, expectations, strategies, etc. are compiled for delegates.

The committees were active and productive, some of the highlights: we accepted the generous offer of the Ansbacher family for the development of the Ansbacher Lectureship, we are encouraging "How-To" columns for the newsletter, we will be calling members who have failed to renew, we are mailing a ballot regarding constitution changes, we are compiling a list of Adlerian books for distribution, and we are encouraging people to apply for the Certificate of Study. We also accepted the generous offers of two members to work on projects: Wes Wingett will be printing at cost the **Adlerian Resource Book**, edited by Betty Lou Bettner; Susan Pye Brokaw is writing a grant to develop a volunteer based project for parenting groups in the workplace.

Thanks to all of the delegates for their commitment, hard work and the fun. And I would like to remind all of the members that the delegates are your representatives, please let them know your ideas and concerns. The EC will meet again on February 16, 1996, and both the EC and DA will meet in Baltimore at the convention, June 20-23, 1996. Looking forward to hearing from you.
Mary Jamin Maguire, President

Books of the Month:

Two Classics From NASAP

With the holidays approaching, NASAP members may want to take advantage of two NASAP books for gifts to teachers, clients, co-workers or friends:

An Adlerian Resource Book, edited by Betty Lou Bettner, offers Adlerians ideas from more than 50 counselors and therapists in this 68-page spiral bound book. Publication format facilitates photocopying for handouts to clients, students, parents, teachers, employees and business associates. Cost: \$10 for members, \$13 non-members. Add \$3 for postage and handling (\$4 Canada and other countries).

Alfred Adler: As We Remember Him, edited by Guy Manaster, Genevieve Painter, Danica Deutsch and Betty Jane Overholt, captures the personality and character of Alfred Adler in a collection of warm, entertaining reminiscences of those who knew him. Cost: \$6 for members, \$8 non-members. Add \$2 postage and handling (\$3 Canada and other countries).

Order Form

Send ____ copies of Adlerian Resource Book \$ _____
(\$10 ea. members, \$13 non-members)

Send ____ copies of Alfred Adler: As We Remember Him \$ _____
(\$6 ea. members, \$8 non-members)

Please add postage and handling (see story) \$ _____
(include \$1 more for every two books ordered)

TOTAL DUE \$ _____

___ Check or money order (US funds)

Visa/MC# _____

Expires _____ Name: _____

Shipto: _____

This offer is always available from NASAP.

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

News and Events from the Regions

Regions 1A - 1B

Boise, ID - The Idaho Society of Individual Psychology will present its 20th annual spring conference, *Building Healthy Relationships: A Gentle Approach to a Difficult Journey*, March 1-2, 1996. College and NBCC credit will be available. For registration information contact Elaine Grossaint, 208/375-2408, Fax 208/375-0149.

Vancouver, BC - The Adler School of Professional Psychology BC (the graduate program of the Adlerian Psychology Association of BC) schedule includes Psychometrics with Henry Reitan December 1-3; and Lifestyle Diagnosis with Harold Mosak December 15-17. Registration for winter classes will be held January 3 through 11. For a complete schedule contact: ASPPBC, 604/874-4614, Fax 604/874-4634.

Regions 2A - 2B

Chicago, IL - The Adler School of Professional Psychology will hold its Founder's Day February 9-10 at the Ramada Congress Hotel. Joyce L. McKay will conduct an all day workshop Friday, *Drug Free Teacher Training*; and Gary D. McKay will present Saturday's workshop, *S.T.E.P. Leader Training*. For more information contact Sally Powell, 312/201-5900, ext. 225 or Fax 312/201-5917.

Regions 3A - 3B

Springmaid Beach, SC - The South Carolina Society of Adlerian Psychology reports its conference here this fall attracted 175 participants. Robert L. Powers was awarded the Society's Arliss J. Epps Social Interest Award for his many years of teaching Adlerian psychology. Next year's conference has been scheduled for September 20-22, 1996.

Orlando, FL - The Southeastern Adlerian Conference will be held here at the Ramada Resort Hotel February 22-24, 1996. All conference days will be full-day workshops with CE's available for participants. Interested parties not residing in the southeast may request a brochure by calling 800/369-0890. Registration discounts are available to NASAP members.

Regions 4A - 4B

Fort Wayne, IN - The Alfred Adler Institute of Fort Wayne is offering Seminar: Gender Issues in Psychotherapy with David Jolliff, November 17 and 18; Group Leadership with Carl Jylland, December 8 and 9. Contact: Jan Richmond at AAIFW, 219/461-5845, Fax 219/461-5700.

Fort Wayne, IN - The Midwest Fall Regional Conference held here last month drew about 75 participants. The conference was in honor of Homer Kiracofe who died recently. He was a founding member of the Alfred Adler Institute of Fort Wayne and dedicated his life to training families in Dreikursian methods of child rearing.

Regions 5A - 5B

Montreal, QC - The Adler Graduate School of Psychology Montreal will offer Introduction to Lifestyle Diagnosis with Dr. Harold Mosak December 1-3. For more information, contact Joanne Wiggins, Executive Director at 514/482-8789 or Fax 514/482-8785.

Toronto, ON - The Adler School of Professional Psychology Ontario will offer 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 Alfred Adler Institute of Quebec has scheduled two all day workshops: Robert Sherman will present *Using the Energy of Resistance to Motivate Change* December 2; and Alvin Mahrer will present *How a Session Enables the Person to Undergo Deepseated Personal Change: An Introductory Workshop on Experiential Psychotherapy* January 27. For further information contact: AAIQ, 514/731-5675, Fax 514/731-9242.

Regions 6A - 6B

Oakland, CA - The Adlerian Western Institute for Research and Training in Humanics winter class schedule runs from 1/3/96 to 3/7/96. Courses include: Methods of Group & Family Psychotherapy; School Counseling; Understanding Human Nature. IP Marathons held monthly. Contact Lucy Ackerknecht, 510/891-8194.

International

ICASSI Scholarships - A few scholarships are available for next year's ICASSI to be held in Warwick, England July 21 to August 3. Application forms may be obtained from chairperson Frank Walton, 1313 St. Andrews Rd. Columbia, SC 29210. Deadline for returned applications is February 15, 1996.

IAIP - The 20th International Congress of Individual Psychology will be held in Oxford, England August 4-8 at Oxford University. Main topic will be *To Preserve and to Change -- Individual Psychology in a Network of Recent Developments*. For further information contact Horst Groner, IAIP Secretary-General, Markstr. 12, D-99867 Gotha, Germany.