

The NASAP Newsletter

January, 1996

Volume 29, Number 1

Washington Columnist Is NASAP '96 Keynote

Bob Levey, a columnist for the *Washington Post*, will be the keynote speaker for the opening of the 44th Annual Convention and Workshops in Baltimore, Thursday, June 20, at 7 p.m. After an introduction by NASAP member Cubie Bragg, Levey will speak on the convention theme, *Social Equality: The Challenge of Today*. His address will be followed by additional comments by Henry Raymond, chair of the Adler-Dreikurs Institute at Bowie State University and an officer of NASAP.

Levey's column, "Bob Levey's Washington," has appeared in the *Post* five times weekly since 1981. The column comments on all phases of life in the Nation's Capital and has earned Levey a top columnist award twice from the *Washington Journalism Review*. In 1991, he received the Distinguished Service Award from the Washington chapter of the Society of Professional Journalists. A collection of his columns is available in his book, *Sillygisms*, published by Ballantine Books.

Levey hosts a weekday radio talk show on WMAL-AM (News-Talk 630) in Washington and was voted the 1994 Talk Show Host of the Year in the Washington market by Achievement in Radio. He was also a commentator for more than two years for WJLA-TV, the ABC affiliate in Washington, and he appears as a national television talk show host on CNBC.

This year's four-day event will be held June 20-23 at the Radisson Plaza Lord Baltimore Hotel in downtown Baltimore just blocks from the waterfront. Four pre-convention workshops, five post convention workshops, and one two-day workshop will be featured along with two days of convention presentations. The special music session with David Darling, as previously announced, will not be offered due to a conflict in his schedule.

Executive Director's Message

DA Elections Head '96 Agenda

We look forward to 1996, hoping that the year will be a fulfilling, fruitful, fantastic one for each and every reader of this newsletter.

We are mailing this newsletter to people who were members in 1994 and 1995, hoping that it will remind you to renew for 1996 so that you might continue to be a part of the Adlerian network.

DA Election: Early in 1996 there will be elections for Delegate Assembly members in Region 6A, ACT, Business & Organization, Education, Family Education, Social Equality, and Theory & Research. We encourage members who receive ballots to participate in the election process.

Thanks to Wes Wingett: Wes Wingett called the central office recently to offer his desktop publishing services. He noted that he has found **The Adlerian Resource Book** to be extremely useful and he wanted to ensure that it continue to be available. He also wanted to "give something back" to NASAP. We now have 100 copies of the **Resource Book** that were printed in Wes's Norfolk, Nebraska office at virtually no cost to NASAP. Our heartfelt thanks to Wes for putting his social interest into practice!

D.A. Action Items: A process was formalized at the November D.A. meeting for committees to present action items with a pre-printed form. The form includes the rationale for the motion, impact of motion on the organization (e.g., cost, staff, procedures, by-laws, etc.), who will do it and by when. Using the process greatly facilitated the meeting. D.A. approved the following motions:

- To reprint the membership brochure with a new cover, using the same basic contents but updated where necessary.
- To provide Family Education Centers with NASAP membership information to be given to participants at the conclusion of parent study groups.
- To ask Regional Delegates to conduct telephone inquiries of 1995 non-renewals, providing feedback information to the Development/PR/Membership Committee.
- To offer a scholarship to the NASAP Convention for registration fees, including one-day workshops, in exchange for assisting the committee in compiling a bibliography of Adlerian books.
- To ratify Revised Guidelines for the Journal, which clarify duties and responsibilities of editors and provide clear procedures for selection of editors.
- To ratify the slate of NASAP Delegates to the International Congress of Individual Psychology to be held in England in 1996.
- To "hire" a student to take minutes at the D.A. meeting during the

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

(continued on page three)

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

NASAP Because...

By Carole Aderholdt, Social Equality Section Delegate

Why did you join NASAP? Or why might you join the organization now? If you're a former member who's reading this Newsletter, we wonder why you chose to leave or allow your membership to lapse and we hope that you will decide to return.

The official "Mission Statement" for NASAP, as drafted in the 1990's Long-Range Plan, is "...to foster and promote the research, knowledge, training, and applications of Individual Psychology, maintaining its principles and encouraging its growth."

The Long Range Plan drawn up for the organization states four primary goals: **increase** the viability and utilization of Adlerian theory and practice; **establish** a process that fosters implementation of Individual Psychology in a growing number of local communities; **develop** procedures to increase membership that includes diverse populations, and to enhance members' sense of affiliation and Adlerian identity; and **establish** leadership structures and functions which advance the mission of NASAP throughout North America.

If you are a newcomer to Individual Psychology, you're entering a world of positive, wholesome, encouraging philosophy and methodology. Your ability to understand human behavior and the dynamics of interpersonal relationships will be enhanced by considering them through the Adlerian lenses. You will be acquiring new effective tools to use in your classroom, counseling sessions or therapeutic practice. You will also find wonderful new friends and professional colleagues.

If you are an Adlerian professor or expert practitioner, your knowledge and skill are very much needed. In times like these, the personal problems many people have to face require enlightened interpretation, creative alternatives, and strengthened courage. Your ability to provide that type of assistance or perspective in terms of Individual Psychology in your own practice or classroom is one thing. Being a member of the continental professional society is something else. At the NASAP level, you provide an encouraging example for newcomers, gratifying experiences for your students and "mentees" both by personal contact at the national conference and also through the articles and commentaries you might contribute through the Newsletter and Journal.

In any case, we see in our homes, schools, and the local communities

(Continued next column)

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Neva Hefner, NASAP Executive Director

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where we work the kinds of tensions, desires, and mistaken goals that are being played out in more horrible dimensions in the Balkans. While Peace in the Middle East or Conflict Resolution in Bosnia may not be in our immediate hands, there is much that we can do to make the world a better place. Our Society was established to that end way back in 1952. Won't you lend your own unique support to this effort -- as an expression of Social Interest!?! You are most welcome and very much needed!

Convention Committee News

NASAP is seeking to establish a graphic theme. This will be used for our convention materials, institutes, etc. The goal is to increase recognition. Anyone who knows a graphic artist who would like to help us, please give them our logo, brochure, stationery so we can get some preliminary ideas generated. Send them to the central office for consideration. Finalists' names will go to our meeting planner, Bonnie Wallsh, who will contact the selected artist.

* * * *

Membership in-put is also being requested for marketing our Baltimore convention to other groups and organizations. If you belong to other organizations or receive magazines that you feel would have interest in our convention, please contact Bonnie Wallsh, 173 Old Town Road, Staten Island, NY 10305, 718/979-1012.

* * * *

Herrick Travel will be handling air travel for this year's convention. If you would like to check out their rates, call 1-800-343-1018 and ask for Adele Feldman.

* * * *

There will be a list of people looking for roommates at the convention the year. More to come later.

Newsletter Welcomes Your Articles

In response to suggestions from members, the Newsletter is going to start publishing brief articles describing practical application of Adlerian theory at home, at work and in clinical practice. We welcome submissions from all readers. The Publications Committee will review them and select which ones to publish. Send your brief articles, descriptions, tips, or comments (1-3 paragraphs) to the Newsletter today!

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Neva L. Hefner, B.A.

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Convention Excursions Need Attendee Input

The local group has two possible pre-convention excursions for NASAP attendees at the 44th Annual Convention in Baltimore. They want feedback from people before making the arrangements:

Wednesday, June 19

1. Excursion to Washington, D.C. to see the Holocaust Museum, leaving the hotel at 9:00 a.m. and returning at 3:00p.m. Cost: \$19 for the bus; museum is free.

2. Evening game at Oriole Park in Camden Yards, where the Baltimore Orioles will play the Texas Rangers, starting at 7:30 p.m. The local group could obtain tickets in left field, upper reserves for \$10.

People who might be interested in attending either (or both) events, are asked to contact Bonnie Wallsh before February 15. Phone: 718/979-1012, Fax: 718/351-3598.

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Psychology Meeting In Houston

The American Society of Group Psychotherapy and Psychodrama will meet in Houston, Texas April 18-22. This year's theme is *75 Years of Psychodrama: So Much More to Explore!* For more information, contact ASGPP, 703/556-9222, Fax 703/556-8729.

REMINDER!!!

This Is Your **LAST** Issue of the Newsletter
Unless You Renew For 1996!

Scholarships Available For Baltimore Convention

Scholarships for the 1996 NASAP Convention in Baltimore, June 20-23, 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 to 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, Fax 312/201-5900.

---News From Members---

Powers Receives New Position At Adler School

Robert L. Powers, a former President of NASAP (1972-75), has been appointed Distinguished Service Professor of Adlerian Studies in Culture and Personality by the Adler School of Professional Psychology.

Powers has served as an Adler School faculty member since 1965 and was also the Dean of Students and member of the Adler Board of Trustees. As a Distinguished Service Professor, he will design and teach courses in the advanced study of Alfred Adler's Individual Psychology with an emphasis on the cultural context for the formation of personality.

Powers is a past president and member of the Chicago Psychological Association, and a member of the Illinois Psychological Association, as well as the American Civil Liberties Union and other social justice organizations.

###

Rebecca LaFountain is inviting fellow Adlerians to participate in a research study she is conducting on Early Recollections. The study is an examination of the relationship of ERs of graduate students (in a department of counseling) and the level of student's anxiety and performance in a required research and statistics course. Professionals are also needed to assess previously gathered ERs. Guidelines and postage will be provided. Those interested in volunteering their time may call Becky at 717/532-1654.

DA 1996 Agenda *(Continued from page one)*

annual convention, paying expenses for the convention.

- To ratify a proposed budget for 1996 with a deficit of \$2,116.71.
- To give a \$25 discount coupon for NASAP Annual Convention for persons completing Certificate of Study application by August 1, 1996.
- To encourage exhibits at NASAP convention from exhibitors who feel they have products of interest to our members, especially those with products that are compatible with Adlerian Psychology.
- To price pre and post workshops at an amount comparable to the fees of workshops in the area for professionals and family educators and that there be a discount for groups of five or more from one organization.
- To ask the Executive Committee to appoint a Standing Committee member to the Convention/Workshop Committee who has strong experience with NASAP convention planning, who will serve for a maximum of six years, and will be a non-voting D.A. member.
- To evaluate the Meeting Planner's performance annually with input from the Local Convention Committee, Convention Chair and the Executive Director; that the renewal of the contract by the E.C. be subject to satisfactory performance.
- To follow through on one of the tactics of the Long Range Plan goals, the Social Equality Committee will contact organizations such as Multicultural Counseling and Development to seek help in identifying people in the Baltimore area to make direct contact for publicity purposes.
- To ensure that convention presentations reflect NASAP's commitment to social equality issues and to making equality a working principle in NASAP, the Social Equality Committee will develop a set of guidelines, including a statement to be added to proposal and evaluation forms
- To follow through on another tactic of the Long Range Plan, the Social Equality Committee will conduct a poll to determine which members belong to organizations which include racially and/or culturally diverse activities.

News From Members

Oscar Christensen received the Lifetime Achievement Award from the Arizona Counseling Association at their recent convention, reports the Arizona Adlerian Society newsletter. It was noted that he has taught over 8,000 teachers in his career in addition to advising hundreds of students, making over 300 presentations throughout the world and contributing to many Adlerian publications. This was the first time AzCA presented this award.

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Kurt Adler is back teaching at the Alfred Adler Institute of New York on a weekly basis, reports Del Eberhardt of Region 5. Anyone interested in knowing courses available at AAINY, including those taught by Dr. Adler, may contact them at 24 East 21st St., New York, NY 10011, 212/974-0431.

***Commemorative Film Sought
On Alfred Adler's Life/Work***

Are you the person we need?

We are in need of that person or persons who could help put together a commemorative audio-visual film on Alfred Adler. It would consist of three parts: 1) the man and something of his life; 2) his principle teachings and, 3) enactment of Adlerian therapeutic practices.

This film would be most useful in presenting Adlerian therapy concepts and practices to colleges, universities, institutes, clinics, churches, various groups and individuals.

If you are the person having the skills and interests necessary to produce such a film or can provide the names and addresses of anyone so qualified, contact Del Eberhardt, 10 Lakewood Road, Staten Island, NY 10301, 718/442-8797.

NEWSLETTER DEADLINE: All news items for the February Newsletter need to be in the central office by January 8.

Donations

(NASAP wishes to thank its many donors through December 11).

Jean Alessi
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Reuben S. Horlick

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In Honor of Don Dinkmeyer, Sr.
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In Memory of Bill Carson
Elaine Davies

In Memory of Hal McAbee
Kamakaokalani Penny Scott

Bitter Named to IP Journal Position

James Robert Bitter is the new Editor of the Practice and Application editions of **Individual Psychology: Journal of Adlerian Theory, Research and Practice**, beginning with the March, 1996 issue. He succeeds **Jon Carlson** who has held that editorship since 1979.

Bitter has been an active member of NASAP for 21 years, elected to the NASAP Delegate Assembly for six years and served as vice president for two of those years. He is a frequent presenter at NASAP conventions, providing education on topics ranging from counseling and therapy to family education and research and therapy.

Bitter received his doctorate degree in Counselor Education at Idaho State University in Pocatello, Idaho, and is currently Professor and Chair of the Department of Human Development and Learning at East Tennessee State University in Johnson City, Tennessee. He has studied with the late pioneer of American family therapy, Virginia Satir, and is currently completing a book on *Social Construction in Marital and Family Therapy*. He is also co-authoring an article with J. Graham Disque on the integration of lifestyle assessment and narrative therapy.

New Educational Materials From Members

Don Dinkmeyer, Sr. and **Lew Losoney** are authors of a new book, *The Skills of Encouragement: Bringing out the Best in Yourself and Others*, published by St. Lucie Press. The book focuses on 16 skills that can be acquired in providing encouragement the Adlerian way. Skill building exercises and applications are included. In addition to St. Lucie, it is available from CMTI Press, P.O. Box 8268, Coral Springs, FL 33075 for \$18, plus postage and handling.

###

Puget Sound Adlerian Society says it is now offering *Bob Bradbury's Sanity Circus* video for \$32, reduced from \$40, plus \$2.50 shipping and handling. A book of poems by Carrie Fisher, a former kindergarten teacher who is now 88 years old, is also available from PSAS for \$3.95, plus \$1 postage. The poems present many Adlerian ideas. Contact PSAS to order, 206/527-2566.

###

Amy Lew and **Betty Lou Bettner** have a new guide for teachers called *Responsibility in the Classroom: A Teacher's Guide to Understanding and Motivating Students*. What kids need to succeed, the goals of misbehavior, changing our perceptions, logical classroom discipline, and preparing students to live in a democracy are some of the topics covered. The 50-page pamphlet is available from Connexions Press, 10 Langley Rd., Suite 200, Newton Centre, MA 02159, 617/332-3220, Fax 617/332-7863. Price is \$5.00 plus postage.

###

Daniel Eckstein has combined a collection of articles he has written over 30 years into a book published by Kendall/Hunt called, *The Encouragement Process in Life-Span Development*. Part one of the book deals with articles on encouragement, while part two features ideas in counseling. Eckstein draws his ideas from his personal life as well as his experience as a therapist. Students may copy the articles for educational purposes (only). Contact Kendall/Hunt to order this 157-page book 800/228-0810, Fax 800/772-9165.

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 registration for winter classes will be held January 3-11. Included in the schedule is Psychodynamics of Psychopathology Adlerian with Michael Maniaci, January 18-21; and Adult Survivors of Sexual Abuse with Clair Hawes, February 2-4. 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

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 will be offering courses leading to a Certificate or Masters in Substance Abuse for the first time this month. Sponsored by the Adler School of Professional Psychology in Chicago, the program will begin with Introduction to Substance Abuse, January 26, with Ronald Pancner and Sharon Morgillo. For more information and a complete winter schedule, contact: Jan Richmond at AAIFW, 219/461-5700.

Alfred Adler quote: The fruits...of life are communicated to us in traditions, philosophies, the sciences, and the arts, and in techniques for dealing with our human situation. All these things came down to us from people who contributed to human welfare.

Regions 5A - 5B

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 an all day workshop, *How a Session Enables the Person to Undergo Deepseated Personal Change: An Introductory Workshop on Experiential Psychotherapy* with Alvin Mahrer January 27. For further information contact: AAIQ, 514/731-5675, Fax 514/731-9242.

Regions 6A - 6B

San Diego, 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. Next course is "Applying Psychological Skills," February 22-25, 1996. Contact: Lois Nugent 619/967-5016.

Tucson, AZ - The Adlerian Society of Arizona will present a workshop, *Issues in Counseling Stepfamilies*, with Oscar Christensen, Erik Mansager and Bob Rencken at the Tucson Medical Center January 27. For more information contact Gary McKay, 520/885-8197.

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. Special emphasis this quarter will be given to a comparison of the theories of Adler and Freud. IP Marathons will be 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.