

# The NASAP Newsletter

February, 1996

Volume 29, Number 2

## Summer Institute To Feature Child/Adolescent Counseling

The third annual NASAP Summer Training Institute, called *Empowering the Challenging Child or Adolescent in Home or School*, will be held August 11-16 in Denton, Texas, 35 miles north of Dallas and Fort Worth. This year's faculty will include Frank Walton, Welborn Willingham and Timothy Evans.

Frank Walton has been involved in child and adolescent counseling in Columbia, South Carolina since 1974, authoring many books pertaining to these subjects, Welborn Willingham provided counseling education at Texas Tech University, and Tim Evans is a counseling educator at University of South Florida and involved in parent education throughout Tampa.

During the intensive full week of sessions participants can expect to:

- \* Learn how to encourage growth, cooperation and change in home and school settings.

- \* Observe live counseling and consulting demonstrations with individuals, couples and families.

- \* Receive in-depth supervised counseling practice in Adlerian therapy techniques applicable to individual and family therapy.

- \* Receive in-depth supervised practice in Adlerian consulting techniques applicable in home and school settings.

- \* Experience personal growth opportunities with encouraging professionals.

APA and NBCC continuing education credit will be given for the week of attendance. Participants who register before July 15 will pay \$395 if they are NASAP members and \$425, if not. After that date, member fee is \$450 and \$475 for non-members. For more information, contact coordinator Richard Smith at 9855 Shadow Way, #2119, Dallas, Texas, 75243, 214/664-9305, or E-mail: [elliott@flash.net](mailto:elliott@flash.net).

## President's Message

### NASAP Seeks Member Feedback

In thinking about what to say in this message I am aware that this is a time when many of us in NASAP have a chance to take a deep breath and get caught up. There are some exceptions to this lull in activity. Neva and Jerianne in the office are very busy with membership, the convention and preparing for the Executive Committee (E.C.) meeting in February. The convention committees -- both the Delegate Assembly (D.A.) committee and the local Baltimore committee -- are busy planning the program, developing the brochure and preparing publicity. Our new convention planner, Bonnie Walsh, has been working hard trying to understand NASAP (a daunting challenge for many of us), while she leapt into the middle of the plans for Baltimore (June 1996) and will begin planning for Vancouver (May 1997).

We hear that Bonnie was also one of many people struggling with the heavy snows that have fallen out east, and is now shoveling snow off her kitchen floor! Hang in there, Bonnie, we're thinking of you. And the local committee in the Baltimore area continues to demonstrate and share their enthusiasm and creativity, thanks to all of you and we're looking forward to seeing you in June.

We are gearing up for the E.C. meeting on February 16-18, in Santa Rosa, CA (with Riki and Bob Intner again serving as our gracious hosts). In addition to conventions and the annual meeting we will be discussing the Summer Institute, the Ansbacher Endowment, membership, the Long Range Plan and any other agenda items you might care to send our way.

In response to our recent efforts to contact all non-renewing members, and members who have quit, we are finding that most people are very satisfied with their NASAP membership and when they leave they cite personal reasons, not disappointment with NASAP. However, we also receive a small amount of mail and phone calls from members who are very upset about NASAP, the way they see it being run, and the "politics" of the organization. I have been trying very hard to understand and respond to these concerns, and am asking people with similar issues to let us know, and to offer some suggestions about how things could be different. It is frustrating to me, and an interesting paradox, that those of us with access to the most effective communication skills are often the ones to complain and blame rather than look for creative solutions. So, let us know your ideas, concerns and questions. The E.C. meets in February and we'll be planning the agenda for the Delegate Assembly (D.A.) meeting in June (we meet at the convention). You can call or write me, your D.A. representative or the central office; addresses and phone numbers are listed in the Membership Directory. Together we can work to bring NASAP into the next century as a viable, responsive, and effective organization. I'm looking forward to working with you.

Mary Jamin Maguire, President

#### Dates To Remember:

EC Meeting, February 16-18

NASAP '96, June 20-23  
Baltimore, Maryland

Summer Institute, Aug 11-16  
Denton, Texas

## What's New With '96 Convention Workshops

This year's full-day convention workshops in Baltimore have some new things to offer NASAP members. Oscar Christensen's June 20 workshop in Open Forum Family Counseling will admit only 12 serious students. The idea is to offer more intensive training in this practice for people who are committed to using it in their local communities. Gary and Joyce McKay will be assisting Christensen with this training.

Participants will have a choice of attending for one or two full days at Bill Scott and Jane Nelsen's workshop on classroom discipline. The workshop is designed for teachers who are tired of discipline problems and want to help students develop self-discipline and responsibility. The first day (June 20) will provide an overview of skills and the second day (June 23) will go more in-depth, allowing participants to role play.

Some counseling problems for specific types of clients will be addressed in workshops presented June 23 by Rob Guttenberg and Susan Pye Brokaw. Guttenberg will teach Adlerian counseling skills for dealing with persons with disabilities. Brokaw will provide therapists and educators with an Adlerian perspective for understanding children with Attention Deficit Hyperactivity Disorder (ADHD) and helping them succeed in school and at home.

For the first time, those attendees new to Adlerian psychology will have an in-depth workshop on Alfred Adler and his theories. R. John Huber and Mel Markowski will focus on Adler's background, and his theory of motivation, cognition and social development for a full-day session June 20.

Persons involved with businesses or organizations may want to learn the "8 keys to healthy personal and corporate championship" that Harry Olson will present in a pre-convention workshop June 20. Olson will offer a new model for managing competition and achieving peak performance.

Therapists and counselors will have an opportunity to learn the expertise of several other well-known professionals. Arthur Freeman, Mark Stone and Carol Oster will lead a session in using cognitive therapy with personality disorders (June 20); Barbara Fairfield will integrate the four personality priorities with the Adlerian life tasks; Richard Kopp will demonstrate how to use client-generated metaphors to empower clients; and Mary Wheeler, Roy Kern, William Curlette, John Newbauer and Elaine Davies will teach interpretation and scoring of the BASIS-A inventory (all June 23).

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## NASAP '96 To Feature Some Special Amenities

Attendees at NASAP '96 in Baltimore this summer will have some new alternatives for convention fatigue. Participants will be able to receive a ten-minute chair massage in the bookstore for \$10. Several licensed massage therapists will be available throughout the day on Friday and Saturday to provide this service. In addition, early morning Tai Chi sessions (6:30 to 7:30 a.m.) will be offered to help conventioners receive some low key exercise and get their day off to a good start.

Saturday night, another opportunity to relax will be available with a three-hour cruise of the Baltimore harbor. For a fee of only \$42 per person, the cruise ship will offer a full meal, with tax and gratuity, and a night of entertainment, including singing and light comedy by crew members, followed by open dancing by passengers.

Convention participants can insure a spot on the cruise ship by including it in their registration. Registration flyers will be mailed next month.

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### Letter To The Editor:

First, I really commend the idea of compiling a bibliography of Adlerian books provided that it starts where the Mosaks left off and does not waste time or energy duplicating their remarkable work. To offer the scholarship for assisting with this work -- especially if it can be given to a student -- makes complete sense to me. It's the sort of idea I wish I had come up with.

Wes Wingett's wonderful gift is a first class example of the kind of participatory contribution we have come to expect from our leadership. It is very easy to underestimate the value of this kind of donation, just as it is easy to take for granted the many hours of time and energy contributed by those who have led and are leading us forward into the next century. Gifts of money are important and easily recognized. I was delighted to see Wes' contribution recognized at the head of your report. Thank you for that. And thanks to all those others who give so much of themselves. **Tom B. Beames**

## ---Job Description---

## The Parent As Cheerleader

By Rob Guttenberg

(Rob is writing parenting articles for a local paper in Maryland. This is an excerpt from one of those columns.)

...The *Parent as Cheerleader* is concerned with "imperfect" effectiveness versus maximum "greatness" in plugging for the success of the children, as they play the game of life. Persons taking this job will no doubt be called upon to serve as pre-game trainer in many instances. Should they be found remaining on the field for a long period of time, once the game has gotten under way, they will be penalized by having to take all of the blame should the team lose.

While they may be called on to referee at certain points in the game, persons taking this job are cautioned to re-read the authoritative textbook on Children's Laws which states: "While you sit in judgment of your children, your children sit in judgment of you." Finally, while the major function of this job is the cheerleader function, responsibilities will rotate around team captain, coach, general manager and ballboy functions as well.

**SPECIFIC JOB SEGMENTS** -- The parent as cheerleader:

- Aims to understand the purposes of children's misbehavior versus simply reacting to the misbehavior itself.
- Attempts to gain the cooperation of the children during friendly moments versus demanding compliance from them in the midst of conflict.
- Aims to develop control over their own decision-making behavior in the face of the children's misbehavior versus attempting to control their behavior as a means of discipline.
- Disciplines children by using 'natural' and 'logical' consequences whenever possible versus using punishment to discipline or not responding with discipline at all.
- When setting limits, or following through with consequences, takes decisive action versus continuing on with empty threats, repeated explanations and "I told you so's."
- Encourages children to come up with solutions to their own problems versus solving the problem for them or displaying disinterest towards their concerns.
- Risks the consequences of training children to handle responsibility versus avoiding such risks by maintaining an under-estimation of the children's abilities or an over-exaggerated fear of the dangers involved in their mishandling the responsibility.
- Helps children become aware of their assets versus adding to their sense of inferiority by emphasizing their weaknesses.
- Recognizes the smallest improvements and gives specific feedback to children about their efforts versus focusing only on achievement or total improvement.
- Encourages children as to their ability to contribute to the community-living process versus praising or evaluating them as to their individual worth in a "spotlight" or on a "pedestal" apart from the community.

# # # #

**Canadian Journal Issues A Call For Papers:** The Canadian Journal of Adlerian Psychology is seeking papers of interest to Adlerians. Submissions should be typewritten, double-spaced and two copies should be submitted. Current APA format should be used, including an Abstract, and manuscripts must be accompanied by a computer diskette (either size) using Word Perfect 5.1 or newer. Submissions are to go to Steven Slavik, Editor, 3212 Doncaster Drive, Victoria, BC V8P 3V4, Canada, 604/592-7629, Fax 604/592-0090.

## News From Members

**Michael Maniacci** was the keynote speaker at an Illinois Parents Anonymous meeting and training session in November. He spoke to the group about conflict resolution between parent and child, parent and parent, and PA member and the PA group. # # # #

Blooming Grove Academy, a private C4R school in Bloomington, Illinois, is celebrating its tenth year of operation, the Education Section newsletter reports. The school was founded by **Claudia Milliren Felsen** and is currently being directed by **Dina Emser**. Four hundred people attended the reunion to celebrate the anniversary kickoff. # # # #

**Linda Albert** traveled to St. Petersburg, Russia recently and spoke through an interpreter to over 40 teachers and school psychologists, according to the Education Section newsletter. She explained the basic Adlerian principles of a democratic classroom to the group. Linda traveled with **Bill Nicoll** as part of his ongoing training program with the St. Petersburg State University of Pedagogical Art. Her book, *Cooperative Discipline*, has been translated into Russian with hopes of publishing it soon. # # # #

**Terry Kottman** has a new book out called *Partners In Play: An Adlerian Approach to Play Therapy*. Published by the American Counseling Association, the book describes step-by-step instructions on how to integrate Adlerian concepts and techniques into the practice of play therapy. Kottman includes ideas on how to teach the child interaction skills, provides information on the types of toys necessary for play therapy and how to set playroom limits. The book is available from the Adler School of Professional Psychology bookstore, 312/201-5900, ext. 228, Fax 312/201-5917.

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### *Region 3B Co-Sponsors March Conference*

A Spring Workshop and Drive-In Conference, featuring Frank Walton, will be held March 1-2 at the University of Texas of the Permian Basin in Odessa, Texas. NASAP Region 3B will co-sponsor the two-day event.

Frank Walton will present a full-day workshop on March 1, entitled *Adlerian Counseling Closeup -- A Day with Dr. Frank Walton*. The workshop will include an introduction to Adlerian counseling, and demonstrations of a brief lifestyle formulation, teacher consultation, and most memorable observations.

The second day will feature a series of shorter presentations on Adlerian theory and practice with the theme *Individual Psychology...for Home, School and Workplace*. Included will be a keynote address on encouragement and an open-forum family counseling demonstration by Frank Walton, plus presentations on redirecting children's behavior, the encouragement laboratory, understanding and treating ADHD children, conducting class meetings, creating the encouraging school, and the four priorities of lifestyle.

Six continuing education units will be available for each day of attendance at the workshop/conference. For a registration brochure, contact conference coordinator Al Milliren, Counseling Education, UTPB, 4901 E. University, Odessa, Texas 79762-0001, 915/552-2120, Fax 915/552-2374.

### IAIP To Hold 20th Congress On Oxford University Campus

The International Association of Individual Psychology will conduct its 20th Congress at Oxford University, U.K. August 4-8, in co-operation with the Adlerian Society of Great Britain.

Thirty minute papers will be presented under the main topic of *To Preserve and to Change -- Individual Psychology in a Network of Recent Developments*. Some of the subtopics addressed will include Theories of Individual Psychology, Methods of IP, Society and IP and History of IP. Translations will be provided in English, French, German and Italian.

Persons interested in attending may contact Horst Groner, IAIP Secretary-General, Marktstr. 12, D-99867 Gotha, Germany, Phone/Fax 49-3621-401060.

**NEWSLETTER DEADLINE: Articles for the March issue are due in the central office by February 7.**

## Donations

(NASAP wishes to thank its many donors through January 19).

Adele Blazek Dill  
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Neva L. Hefner  
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Barney Lane

*In Memory of Hal McAbee*  
Kenji Shibayama  
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*In Memory of Adele Friedland*  
Betty Silon

*In Memory of Achi Yotam*  
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*In Honor of Tee Dreikurs Birthday*  
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### Adler/Dreikurs Century Fund

Edward Abelson  
Alfred Adler Institute of  
Fort Wayne  
Renee Dushman  
Samuel Kamata  
Joyce L. McKay

*ICASSI Matching Fund*  
Tee Dreikurs

## Fun Way To Contribute To NASAP

Or *New Way To Deal With An Old Problem*

By Patti Kyle, Region 1B Delegate

More and more D.A. members of NASAP are wrestling with issues of rising expenses and declining incomes. Giving back to NASAP through serving on the Delegate Assembly is very rewarding to me personally. The only part that I do not like is the continual worry as to how everything is going to be paid for and the discussions as to what we can cut from our already slashed budget and still maintain the benefits that all of us get from NASAP.

Now we have a great solution, if everyone will join in the fun! We will be having the Second Annual Silent Auction at the convention in Baltimore. We need donations of goods or services from all of you in order for it to be successful. Whether or not you can come to the convention (we hope you can!), you can contribute "anything" to the auction.

"Anything" can be books, tapes, programs, workshops, accommodations or just about anything you can think of. Last year we had members donate a workshop, a counseling session, a chance to stay at their home, an Adlerian novelty, a dinner prepared for you and even a dance with Norman Silverman. Tapes and books and programs are a painless way to make a much needed contribution to the solvency of NASAP.

Start creating now what you can contribute and call or fax the NASAP office to let us know what you plan to donate. Once you have done that, the Silent Auction committee will be getting in touch with you about details. We are all busy. If you don't get it done now you might forget. (Phone: 312/629-8801, Fax 312/201-5917).

We got off to a great start last year with the First Annual Silent Auction at the convention, with donations from the people who knew about it, but we need participation from everyone, to make it really successful. That's the reason I chose to write this article to get the word out.

Visiting the Silent Auction and bidding on items at the convention in Baltimore is also an important part of the process. It is fun too! It is quite conceivable that this could be the way to solve NASAP's financial worries, so even though we can all have fun donating and bidding, there is a serious mission behind it. Please join in, we need you!

# # # #

### Convention Scholarships Open To All Interested Persons

Anyone interested in Adlerian psychology has an opportunity to apply for one of the many scholarships available to the 1996 Convention and Workshops in Baltimore, Maryland June 20-23. In addition to the 14 graduate student scholarships offered by NASAP, there are several other scholarships from NASAP's Sections which are open to anyone interested in Adlerian psychology.

The Adlerian Counseling and Therapy Section offers three such scholarships which include convention registration and a meal package. The Business and Organization Section requests that applicants be involved with these fields and state plans for applying ideas learned at the convention. Scholarships are also available for persons interested in either education or family education. The Education Section requests that the applicant be living within 250 miles of Baltimore. Two scholarships are available from the Family Education Section and minority persons are encouraged to apply.

If you would like a more complete breakdown of convention scholarships, contact the central office, 312/629-8801, and information and an application will be mailed out to you. **Deadline for all scholarships is March 15.**

## News and Events from the Regions

### Regions 1A - 1B

**Saskatoon, SK** - The Saskatoon Adlerian Society, in conjunction with the Ron Ladner Trust Fund, will be offering a series of Adlerian continuing education courses through May. Adlerian Principles and Practices, Mind-Body Connection, Psychodrama and Brief Therapy are some of the topics covered. Lander was a Saskatoon educator and counselor who left a portion of his estate for the development of Adlerian psychology. SAS has also scheduled their annual *Day for Parents* March 23. For more information on these programs contact: SAS, 306/384-7703.

**Boise, ID** - The Idaho Society of Individual Psychology will present its 20th annual spring conference, March 1-2. College and NBCC credit will be available. For more information contact Elaine Grossaint, 208/375-2408, Fax 208/375-0149.

**Vancouver, BC** - The Adler School of Professional Psychology BC includes in its schedule this month: Current Psychotherapies and Adlerian Integration with Richard Kopp, March 15-17; and Advanced Lifestyle with Harold Mosak, March 21-24. Contact: ASPPBC, 604/874-4614, Fax 604/874-4634.

### Regions 2A - 2B

**Chicago, IL** - In honor of Black History Month, the Adler School of Professional Psychology's Gender and Ethnocultural Studies will present *African American Youth at Risk: Culturally Appropriate Prevention Strategies* with Clotel Harris, director of the American Academy of Child Care & Family Services, February 21, from 7-9 p.m. To register, contact the school at 312/201-5900, ext. 225, 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. All conference days will be full-day workshops with CE's available for participants. Interested parties may request a brochure by calling 800/369-0890.

### Regions 4A - 4B

**Fort Wayne, IN** - The Alfred Adler Institute of Fort Wayne offers Clinical Assessment & Interviewing with Martin Greengrass, beginning February 2; and Introduction to Psychotherapy with David Jolliff, beginning February 16. For more information and a complete winter schedule, contact: Jan Richmond at AAIFW, 219/461-5700.

**Kensington, MD** - The Parent Encouragement Program will offer an open forum counseling session March 9 called *Marital Life After Children* with Barbara Fairfield as leader. For more information contact PEP, 301/929-8824, Fax 301/929-8834.

**Waldorf, MD** - The Family Education Center of Southern Maryland offers free workshops and counseling demonstrations. Next month's schedule includes: *Communication in Family Relationships*, March 1 and *PACT = Parents and Children Talking about Sex*, March 15. Contact FEC 301/705-8527.

### 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** - Adler Graduate School of Psychology Montreal is offering Human Sexuality with Ilana Spector, February 9-11 and 16-18; and Introduction to Psychotherapy with Vadney Haynes, February 23-25. Contact AGSPM, 514/482-8789, Fax 514/482-8785.

### 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. Contact: Lois Nugent 619/967-5016.

**Petaluma, CA** - The Family Education Centers of the north bay area offers drop-in parent support groups in Sonoma and Petaluma/Santa Rosa. February topics include: *Is Your Message of Love Getting Through?* and *Top Card: How Do You React Under Stress?* Call FEC for details, 707/762-8835.

**Oakland, CA** - The Adlerian Western Institute for Research and Training in Humanics winter class schedule continues to 3/7/96. Adler vs. Freud theories will be emphasized. Contact Lucy Ackerknecht, 510/891-8194.

### International

**ICASSI** - The 29th Rudolf Dreikurs Summer Institute will be held in Warwick, England July 21 to August 3 at the 500-acre parkland campus of the University of Warwick. For further information, contact Betty Haeussler, 9212 Morley Road, Lanham, MD 20706, Fax 301/345-1961.