

# The NASAP Newsletter

May, 1996

Volume 29, Number 4

## NASAP '96 Will Offer Case Consultation Session

One of the potpourri presentations this year at NASAP '96 in Baltimore will feature Roy Kern, Rosalyn Green and Mim Pew offering case consultation to participants. This is an opportunity to present a case and receive suggestions and feedback from some outstanding Adlerian therapist-educators. The presentation will be held Saturday, June 22, from 8:30 to 11:10 a.m. and the format will include case presentation followed by response from the panel members.

Case presentations should include information about the client's history, family constellation and atmosphere, presenting problem, their approach-avoidance of the life tasks, and question(s) for the panel. This type of consultation is suitable for therapists seeing individuals, couples or even families. To demonstrate the usefulness of BASIS-A in clinical work and supervision, the presenters are giving some preference for those participants who have taken the BASIS-A and whose client(s) over 18 have also taken the BASIS-A.

In order to help the case consultation run smoothly and allow adequate time for consultation, the presenters are asking that persons interested in participating in the case consultation contact John Newbauer, 2200 Lake Avenue, Suite 260, Fort Wayne, IN 46805 or 219/424-0411 and let him know you would like to present a case to the panel. If time permits, the presenters also plan to take cases from the audience.

### Author Signing Table Set For Convention

This year's convention will feature an *Author Signing Table* in the Hospitality Room which will allow conventioners a chance to meet the authors of recent books. Details on times will be in the convention program. Authors should contact John Newbauer by e-mail, Phoeni2971@aol.com, or the address and phone above, before May 1.

## President's Message:

### Community Outreach Is A NASAP Priority

As I think about the challenges facing NASAP, they seem to fall into two categories: serving members' needs and outreach into the larger community. We seem to be doing a pretty good job in the first category, our members are generally satisfied and many are active participants in the organization. The questions for me are -- how do we attract new members?; how do we reach people who would join if they knew about us, or knew more about us, or people who might join if we could offer them something more or different? (and still fulfill our purpose).

Outreach into the community seems to me to be our greater challenge. This outreach might include an effort to gain new members (indeed, we need new members); but, I'm primarily talking about outreach to share ideas and to network with other people and organizations with similar views and agendas.

### Getting the Job Done

As Don Dinkmeyer, Jr. said in his President's Message (September, 1988), "The simultaneous beauty and frustration of Adlerian Psychology is our reservoir of ideas, largely unknown to 'others'." Adlerian Psychology and its many applications have much to offer, the challenge is how do we actually get the word out? We, as a group, are very good at coming up with ideas. We are a creative group and the psychology is practical and begs to be applied to community issues. We even have specific ideas about how to spread the general concepts (such as ensuring representation of Adlerian ideas at non-Adlerian conferences and in non-Adlerian publications). In fact, the same ideas seem to come up again and again.

The Long Range Planning Committee has developed, in conjunction with the Delegate Assembly (D.A.), a wonderful document (discussed in previous newsletters) which details many of our outreach ideas. We're still deciding who will get the job done and with what resources? Some of the work is being done by the D.A. committees, of course, and there is an effort being made to expand the autonomy and membership of these committees. It has been proposed to have regions, or any interested group of members living in close proximity, take on such tasks. Some individuals have taken on specific tasks, either as a one-time deal or as an ongoing project. All of these approaches are workable, and with the structure and resources to support the work, there is no reason why we can't accomplish all that we envision. The challenge here will be to further develop and maintain a supportive structure (central office/D.A.) which will ensure a sense of common purpose, priority of resources and integrated services while allowing for creativity and flexibility.

Balancing these issues is a current struggle for us regarding the NASAP convention committee and the local committees as we plan and present our conventions. It is the *beauty and frustration of Adlerian Psychology* that we are a creative, strong-minded, and purposeful group. I am committed to finding more ways to share and implement our ideas, without stretching our resources (human and other) too thin. I invite and welcome all of you to participate with me and our governing bodies as we continue to grapple with these issues.

Mary Jamin Maguire, President

## General Assembly Meeting Update

By Riki Intner, Convention Committee Chair

With NASAP '96 in Baltimore coming up I thought it might be useful to give you a follow-up on our General Assembly meeting in Minneapolis. We had an overwhelmingly favorable response to the format -- having delegates at each table and members sharing their ideas on a number of topics. I'm happy to report that our membership has lots of ideas!

The following are excerpts of the notes of discussions and some of the ways we're responding (*in italics*):

● **What are we doing right?** Responses: APA approval. *Thanks to the hard work and follow-through of John Newbauer. Glad to see no head table. We don't plan on having one in Baltimore either. Liked the variety of presentations. We have 52 offered this year. Mix of people from varied disciplines is a strength; people are nice, friendly and respectful. We'll continue to be nice, friendly and respectful.*

● **What needs to be improved?** Responses: Use the internet, Worldwide Web, (convention) needs to be more widely publicized. *Our new meeting planner is publicizing our convention/workshops on the internet. Better Advertisement. With the generous help of Barbara Valakos, specific fliers for teachers, clinicians and people new to the Adler-Dreikurs approach have been created and distributed -- let the central office know if you need some. Have the convention at a university. Next year, 1997, our conference will be held at University of British Columbia in Vancouver. Newer offerings. We try to balance our program with new, as well as classic, topics and presenters. For cross-fertilization of ideas and people, have hospitality room or hour where new people get to know older people. Please attend the Section and Region meetings -- that's a place to connect and share ideas. Concerned about attendance dropping. We hired a new meeting planner and the Long Range Planning Committee has been hard at work to strategize how to strengthen NASAP.*

● **What would you like to see in the Newsletter?** Responses: More personal notes in Newsletter -- What are individuals up to, more "family news." *Send some news to Jerianne Garber, Newsletter Coordinator. "How to" real stories, how it worked. Again, send some in. Put hotel location in Newsletter. Radisson Plaza Lord Baltimore, 20 West Baltimore St., Baltimore, MD 21201-3285, (located three blocks from the inner harbor), 410/539-8400. Write provocative/challenging thoughts (apropos to our theory). The Publications Committee will collect submissions for consideration to be*

*(Continued on page three)*

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Jerianne Garber, News Coordinator  
Nava Heiner, NASAP Executive Director

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## NASAP Summer Institute Offers Special Discount To Members

A special incentive has been created to help NASAP members to come to this year's NASAP Summer Training Institute August 11-16 at the University of North Texas, Denton, TX. The Institute will give a \$40 registration discount to members for each non-NASAP participant that he/she signs up for the week-long event.

In other words, says Richard Smith, Institute coordinator, if a member recruits 10 non-members to attend the Institute, their entire tuition cost will be paid through this program. Ordinary cost for members is \$395 before July 15 and \$450 after that date. Non-members pay \$425 and \$475.

There will also be a special discount for agencies willing to send five or more of their staff to the Institute. Contact Smith at 214/664-9305 for details or E-Mail: [elliott@flash.net](mailto:elliott@flash.net).

## Letter To The Editor

...It is interesting to note that The Authoritative Guide to Self Help Books, by Sandrock, Minnette and Campbell still lists *Children, The Challenge* by Rudolf Dreikurs as a 5-star book after 30 years of publication. They state that it is "still the most widely recommended book on parental discipline of children by mental health professionals in the 1990's."

Tito Chenkas, Department of Psychology, San Augustin University, Arequipa, Peru, informs me that my book, *Living in Harmony with Our Children* has been published in Spanish... Jessica St. Claire did the translation.

It might be of interest that Adlerian psychology is gaining a foothold in Peru, S. America. Mary Talavera, who studied at the Adlerian Summer Institute in West Virginia and at ICASSI, returned to Arequipa and established a preschool based on Adlerian psychology principles.

James Bitter and I were invited to present papers and demonstrate parent counseling at the recent meeting of the First Inter-American Congress of Clinical Psychology held in Arequipa.

Manford Sonstegard

## Remembering Tee Dreikurs

By Judy Sutherland

I first met Sadie "Tee" Dreikurs in 1981 at what is now the Adler School of Professional Psychology. She was teaching a course in which I was enrolled called, *The Use of Art in Counseling*. Her ability to combine art-making, psychology and story-telling deeply impressed me, especially when I found out that Tee was already 81 years old. A year later I became Tee's assistant while continuing my studies toward a M.A. degree at Adler.

Tee understood from her life and from working with her husband, Rudolf Dreikurs, that the psychological theories of Alfred Adler were applicable to groups: children, couples, families, and even groups of psychiatric patients in a hospital setting where she first experimented with integrating art and counseling. Tee, being an artist, also understood the value of art in the therapeutic process; that art-making taps into our creative source and keeps us in the present moment.

Starting in the mid-1930's, Tee worked with Jane Addams at Hull House in Chicago which was known for its settlement work and world-wide efforts for peace. The center provided immigrants with day-care, an employment bureau, art classes and a library. Tee was among a powerful group of women who championed reform measures for social welfare, including strong child labor and compulsory education laws (Dreikurs, S., 1986). Hired as a social worker, Tee gave art lessons to the children of immigrants who lived in the area. It was here that Tee first recognized how the art process could be used to facilitate group cohesion. Much later in life, after Rudolf Dreikurs died (1972), Tee was invited to develop an art therapy approach in a hospital setting and then to teach this approach to others at the Adler School.

The art experientials that Tee designed based on the tenets of Adlerian psychology have been taught all over the world and continue to be taught by those she trained. Her method, so simple in its wisdom and so far-reaching in its impact, offers class experiences that I fondly remember, as do other students, many years later.

For Adlerians, the development of social interest is the spiritual journey. Adler believed that social interest is innate but that it also must be consciously trained in the spirit of social equality. The spiritual journey calls for an evolution of consciousness, toward understanding our own lives in community with others. The process of making art becomes the meeting ground of the inner imaginative world and our relationships in the outer world with the art product giving visible form to these life experiences. Both the process and the form offer an approach to self-understanding beyond words. The goal of Adlerian art therapy is to promote social interest and a feeling of belonging through self-awareness and encouragement.

In the later years of her life when Tee was no longer able to come to class, she would invite the students to come to her. I was now the instructor for her course and together, the students and I would find a time to go and visit Tee. I have a photograph of Tee and me in her apartment taken by a student on one of these visits. The photograph brings back many happy memories of Tee's gracious hospitality, her courageous willingness to share her life with others, and her goal of cooperation based on social interest.

My greatest contribution to Tee and to her beloved Adler School and NASAP, is to honor her memory by keeping her work alive. This is the gift I have to offer, giving to others what Tee gave to me. The work is there for me to do. I give thanks to Tee and to all those who made it possible.



## General Assembly

(continued from page two)

published in the Newsletter.

### ● Some other thoughts.

Responses: Raise money by sponsoring more Summer Institutes. *This year's SI will be held in Denton, TX, contact Richard Smith or central office for more information.* Family Education Centers should be encouraged. *Sign up for pre-convention workshop (#1 Training and Practice in Open Forum Family Counseling) and come to the counseling session with Barbara Mendenhall.* We feel there's an "in" group and an "out" group. *If you think you're "out", approach someone who is "in" -- I'm not sure the "in" group knows they're in!* Arrange an informal time to talk with and hear stories of "old-timers". *We're working to organize chat room or conversation suite, may have to wait for Vancouver.* Do more Jane Nelsen programs at the convention. *Jane is presenting a pre/post workshop.* Have Oscar Christensen do something in Baltimore. *He is!* Suggest NASAP have conference in Florida. *The Convention Committee is looking for a site for 1998 -- we'd love a submission from Florida.* Expenses are a big problem. *Scholarships are available; get lower airfares with our new travel agency (800-343-1018); purchase the meal package; we've lowered conference rates as much as possible; next year we're at a University campus.*

We realized we were overly enthusiastic with the number of questions we wanted to discuss last year. This year we'll keep the same format, we want you to have the opportunity to share your thoughts, but we'll limit the questions to the following: 1) Who would you like to hear present the Heinz & Rowena lecture at the NASAP Convention? On what topic? 2) What direction should we be going in as we enter the next century? 3) What are we doing and what more could we do to promote social equality?

Please give some thought to these and come to the General Assembly meeting on Friday, June 21.

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

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### Order Form

*This offer expires June 30, 1996*

Send \_\_\_\_\_ copies of Cows Can Be Purple (\$7.96 each) \$ \_\_\_\_\_

Please add postage and handling (\$4 for first two books) \$ \_\_\_\_\_  
(Include \$1 more for every two books ordered)

TOTAL DUE \$ \_\_\_\_\_

Check or money order (US funds)

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Simply clip and send this to NASAP, 65 E. Wacker Place, #400, Chicago, IL 60601. You can also call your credit card order in to the central office, 312/629-8801 or FAX it, 312/201-5917.

### Book of the Month:

#### Cows Can Be Purple

This 146-page book by Sadie "Tee" Dreikurs (Nancy Catlin, James Croake, Eds.) is being offered this month in honor of her memory. (Please see Judy Sutherland's article on page 3). It is an entertaining and easy-to-read combination autobiography and explanation of her approach to Adlerian art therapy.

Written in the first person, part I of this book gives a colorful description of Sadie's childhood and young adulthood, her experiences at the renown Jane Addam's Hull-House in Chicago, and her relationship with Rudolf. In part II, she chronicles her experiences as an art therapist, citing many case examples where she used Adlerian theory with art to help clients work through problems.

Members may purchase this book for \$7.96, a 20% reduction. Offer expires June 30. Please add \$4 U.S. postage and \$5, Canada and other countries for up to two books. An additional \$1 postage is needed for every two books ordered.

## News and Events from the Regions

### Regions 1A - 1B

**Vancouver, BC** - The Adler School of Professional Psychology BC includes in its schedule: Marriage and Family II with Clair Hawes, May 9-12; and Creative Metaphor with Richard Kopp, June 7-9. Contact: ASPPBC, 604/874-4614, Fax 604/874-4634.

**Saskatoon, SK** - The Saskatoon Adlerian Society offers continuing education courses in Adlerian psychology. A two-day workshop in Adlerian Psychodrama will be held May 10-11. For registration, contact SAS, 306/384-7703.

### Regions 2A - 2B

**Chicago, IL** - The Adler School of Professional Psychology offers free *Addictions Colloquia* and *Gender and Ethnocultural Studies* programs on Wednesday nights. Coming up in May are Substance Abuse Issues and Working with Batterers with Joseph Troiani and Terrie Badgett, May 8; and The Women's Health Initiative Program with Patricia Moseley, Rush Presbyterian St. Luke's Medical Center, May 15. For more information, contact the Adler School at 312/201-5900, ext. 226, Fax 312/201-5917.

### Region 3A - 3B

**Orlando, FL** - More than 250 mental health professionals and students attended the Southeast Region Orlando Conference in February, reports Don Dinkmeyer, Jr. Dates for the 1997 event have been set for February 20-22. Updates will be in future newsletters or contact Don at 502/781-9481, Fax 502/781-1550.

**Odessa, TX** - The Spring Workshop and Drive-In Conference here in March with Frank Walton presenting was a great success, reports Al Milliren, conference coordinator. About 50 people expressed interest in forming an Adlerian society in Texas and a preliminary meeting was held in April. Anyone interested in possible future meetings should contact Milliren at the University of Texas of the Permian Basin, School of Education, 4901 E. University, Odessa, TX 79762-0001, 915/552-2120, Fax 915/552-2374.

**Boca Raton, FL** - Oscar Christensen, James Bitter, Clair Hawes and William Nicoll will conduct a week-long training workshop here June 23-28, called *Strategies & Techniques in Brief Therapy: individuals, couples and families*. For more information contact Bill Nicoll, coordinator, 407/367-3626, Fax 407/367-2309.

### Regions 4A - 4B

**Fort Wayne, IN** - The Alfred Adler Institute of Fort Wayne includes in its schedule: Marriage & Family Therapy I with David Jolliff, beginning April 26; and Adlerian Approaches to Family Counseling with John Newbauer, beginning June 6. Contact Jan Richmond, 219/424-6443.

**Kensington, MD** - The Parent Encouragement Program will offer a special session for couples, *Dealing with Anger in Couple Relationships*, June 1 with Barbara and Don Fairfield as leaders; and a Family Council workshop for all members of the family, May 18. For a full schedule of classes, contact PEP, 301/929-8824 or Fax 301/929-8834.

### 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 will offer *Theory, Technique and Supervision* with Robert Sherman, May 31 and June 1. Credit is available. Contact: AAIQ, 514/731-5675, Fax 514/731-9242.

### Regions 6A - 6B

**Petaluma, CA** - The Family Education Centers offer continuing drop-in parent support groups at its three locations in Petaluma, Santa Rosa and Sonoma. "*Mom, I'm Bored*": *Survival Skills for the Summer*, is the theme of the May sessions. For more information and a schedule of summer classes, call FEC, 707/762-8835.

**Tucson, AZ** - The Adlerian Society of Arizona will hold a social/education forum the evening of May 10 entitled, *The Creative Self: The Yeast of the Lifestyle*, with Bill Mentzer presenting. CE's will be available. For more information contact: Carol Potter, 520/797-0829

**Oakland, CA** - The Adlerian Western Institute for Research and Training in Humanics spring schedule runs to May 15. Courses include: Methods of Group & Family Psychotherapy; School Counseling; Understanding Human Nature. Special emphasis will be given to Josef Rattner's book, *Alfred Adler*. IP Marathons will be held once a month. Contact: Lucy Ackerknecht at 510/891-8194.

## Donations

(NASAP is ever grateful to its many donors. Below are contributions since January 18).

Sandra Paul  
Barbara Ainsworth-Porter  
Manford Sonstegard

*In memory of Hal McAbee*  
Tereasa L. Morley

*In memory of Terry Harris*  
Margaret Harris

*In honor of Bob Bradbury*  
Marcia Mullins

*In honor of Judith Eloul*  
Carole B. Aderholdt

Jean Burkholder -- *in honor of*  
*Eva Dreikurs Ferguson*  
*Bernice "Bronia" Grunward*  
*Richard R. Kopp*  
*Genevieve Painter*  
*Miriam L. Pew*  
*Francis X. Walton*

## A/D Century Fund

Mary Alice Lausell

Erik and Marianne Blumenthal  
*cherishing Tee's memory*

Eva Dreikurs Ferguson  
*in memory of Edna Nash's husband,*  
*Bernard, and in appreciation of the many*  
*contributions Edna has made to NASAP*

## ICASSI/IAIP Both in England

For the first time in three years, Adlerians who want to attend both ICASSI and the International Congress of Individual Psychology will easily have that opportunity.

The two conferences will run side-by-side with ICASSI to be held at the University of Warwick in England July 21 to August 3, and immediately following, only one-hour away, will be the International Congress from August 4-8 at Oxford University. Call the central office for registration brochures.

—Delegate Column—

## Adler Ideas Without Adler

By Norman Silverman, Theory & Research Section

A 1991 textbook by two of America's leading social psychologists\* again illustrates how Adlerian ideas have come to permeate academic psychology. But why don't scholars know that Adler promulgated these concepts while they were indeed scoffed at by experimentalists, behaviorists, and psychoanalysts?

These two authors first discuss the difficulty in predicting behavior by studying individuals' traits; they also point out the obstacles to predicting behavior by studying the environmental situation. Yet they observe that, for the most part, we are consistent, predictable actors in a largely predictable world.

Any Adlerian knows that this is because people behave in accordance with their life styles. People understand the world in a biased way ("tendentious apperception") and pursue their (largely unconscious) goals in a consistent way, even though they may create and may alter their "traits" from time to time in order to pursue their goals. If you want to understand a person, understand his/her goals. To Adlerians this is "common sense." Here is what these contemporary social psychologists have to say (together with some of my irrepressible comments):

Finally, it should be noted that both consistencies and seeming inconsistencies in behavior can sometimes be reflections of individual differences in the construal processes (*tendentious apperception*) that people bring to their understanding of their social environments. Here we follow a strain in personality theory that has its origins in Freud (*where?*), was developed by George Kelly (1955) (*Kelly was not embarrassed to give credit to Adler*), and finds its modern fruition in work by Mischel (1973), Markus (1977); Markus, Smith, & Moreland, 1985), and Cantor & Kihlstrom (1987). Each of these theorists has contended that the key to a more powerful conception of individual differences is to be found in the enduring motivational concerns and cognitive schemes (*life style themes*) that guide attention, interpretation, and the formulation of goals and plans. An important consequence of this contention is that behavioral consistencies, where they are found, may not be well captured by traditional personality traits. That is, individuals may behave in consistent ways that distinguish them from their peers not because of their enduring predispositions to be friendly, dependent aggressive, or the like, but rather because they are pursuing consistent goals using consistent strategies, in light of consistent ways of interpreting their social world (cf. Cantor & Kihlstrom, 1987).

I rejoice to find this kind of thinking becoming more and more commonplace in academic psychology, but lament the ignorance about Alfred Adler. This reminds me of Freud's being credited with the Inferiority Complex and the idea of Psychic Compensation. Some of my academic colleagues are having difficulty accommodating to the "cognitive revolution" in psychology, but for Adlerians this kind of thinking is as comfortable as an old pair of slippers.

\* Ross, L., & Nisbett, R.E. (1991). *The person and the situation: Perspectives of social psychology*. NY: McGraw-Hill.

###

*DREIKUR'S QUOTES: Our emotions are the steam which we give ourselves in order to fortify ourselves in the direction in which we want to move.*