

The NĀSAP Newsletter

November/December, 1996

Volume 29, Number 9

NASAP Announces On-site Workshops For Vancouver

The 45th Annual Convention and Workshops will be held at the University of British Columbia campus in Vancouver, BC May 22-25. There will be both on-site and off-site workshops. Below are listed the on-site:

Pre-Convention, May 22

Images From Within: Art Therapy, Early Recollections and Belonging in a Multi-cultural Society: Hala Buck. Goal: To use art therapy to explore cultural identity, bias, and how one finds a sense of belonging and community in a multicultural society.

Empowerment Through Adlerian Therapy for the New Century: Clair Hawes, Oscar Christensen, James R. Bitter. Goal: To provide clinicians with refined skills which empower their clients to make desired changes more quickly, more efficiently and more economically.

Play, Adlerian Style: Using Activity-Based Counseling Strategies to Build Community: Terry Kottman, Jeff Ashby. Goal: To learn to use activity-based counseling strategies to encourage clients to increase social interest and move towards positive goals.

Coming Together or Coming Apart? Understanding Conflict in Intimate Relationships: Amy Lew, Betty Lou Bettner. Goal: To present a model which shows how understanding can help turn anger into caring and conflicts into mutual tasks.

(Continued on page four)

--President's Message--

NASAP To Increase Connections with IAIP

This seems to be a transition year for NASAP, but then, sometimes I think they're all transition years. If you've been reading this newsletter for the past year or so then you know that the Long Range Planning Committee has been guiding the Delegate Assembly in thinking about possible structural changes to make the organization more effective and responsive. It is very interesting to me that the International Association of Individual Psychology (IAIP) is going through similar changes; except that they have just initiated changes to make their structure resemble NASAP's *current* structure, for example, they have added "Interest Sections" (Education, Clinical, Business, etc.) to their governance structure just as we are questioning the role of sections in our organization. The IAIP is an international association of "organized bodies of Individual (Adlerian) Psychology throughout the world," some of which also have smaller, regionally based, organizations as members as well as individual members. NASAP, for example, is an organizational member of IAIP and all of our individual members and our affiliates are, therefore, also represented in IAIP.

Both organizations are about the same age, NASAP is 45 and IAIP is 42. And, as I mentioned in the September newsletter, both organizations had some of the same people involved in their founding (Rudolf Dreikurs, Alexandra Adler) and they were developed for similar purposes. It makes sense that we would be going through similar structural changes at about the same time. There are four issues, it seems to me, that both IAIP and NASAP are struggling with at this time: 1) developing a common understanding of what Adlerian/Individual Psychology is and can be; and, 2) specifically, developing an understanding of democratic principles and how they apply to group and individual relationships (I have been at meetings of both NASAP and IAIP when someone has said "there is too much democracy in the organization," or something similar — there's something to think about!); 3) developing an organizational structure that is effective and responsive (clearly related to the first two issues); and, 4) last but not least, struggling to develop a strong financial base.

We are moving in NASAP towards developing a stronger relationship with IAIP and other Adlerian organizations throughout the world. We are more clearly defining the role of delegates to IAIP (we have eight delegates), improving communication to members about IAIP news and issues; and are in the early stages of developing a joint convention with IAIP in San Francisco for 1999.

The idea of increasing communication and collaboration with International Adlerian groups is exciting, I can't help but think that if we didn't have the IAIP, someone would be trying to start one. We need to strengthen the already existing connections and work to build new ones; as we learn from each other's varying views, research, and applications, we will be enriched.

(Continued on page six)

What Is The Incentive?

By Del Eberhardt, Region 5A Delegate

Have you ever asked yourself why anyone would or should become a member of NASAP? What are the incentives for a person to affiliate? What are one's inducements to join?

I've heard a number of excuses for not joining:

Excuse No. 1 — Most of the current benefits for becoming a member are intangible, such as linking with others, networking, greeting friends and colleagues at the annual meetings, responding to news items and articles in our publications, noting that there is a fellow-Adlerian living in Centerville fifty miles away, or at Ft. Yukon above the Arctic Circle, 1,450 miles north.

Excuse No. 2 — The annual meetings are great, stimulating and charged with wonderful people. But the cost to participate can run from several hundred dollars to well over \$1,000 bucks. And if you are not a very *successful* psychologist, psychiatrist or psychotherapist, but just a staff member in a clinic or some human services agency, a parent, a teacher, a preacher, etc., you just don't have that kind of money to spare.

Excuse No. 3 — The scene has changed from 20-30 years ago. Nowadays we have parents and a vast number of *specialists* working in clinics, prisons, hospitals, and agencies of various kinds, whose incomes are quite ordinary. They have families to support and mortgages to pay. They are not coming to our conferences, nor joining NASAP — they are staying home; they cannot afford to come!

So what are the inducements which would encourage one to join? If we wish to become influential and a catalyst for good in our society, then we must focus on ways to involve the middle class professionals, or should I better say, the middle income professionals, the educators, school counselors, clergy, parents, industrial personnel employees, leaders of minority groups, including native Americans. Our focus needs to be on how we can assist such people in their work and in their professions. Growth of our organization will become a by-product of our efforts if we can find ways to meet their needs. What can be the inducements to offer them that would attract them to what we have to offer? AND WE DO HAVE MUCH TO OFFER!

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Convention Update

Poster Sessions

If there were a "Poster Session" offered at a future NASAP Convention, would you be interested in presenting? NASAP is interested in learning if there is enough interest to merit adding this format to our convention.

A poster session format allows for a presentation using illustrative materials that have been placed on a poster. The poster might contain data, graphs, tables, etc. that could be read from a distance of 2 to 3 feet. Handouts and possibly business cards are also available at the session. The presenter may or may not be present in the poster session. People circulate throughout the room to learn about topics of interest.

This is being considered because it offers an opportunity for more people to present at the convention in a shorter time frame. Please let us know what you think of this idea by writing or calling the NASAP office.

Selection of Convention Presentations

It has come to my attention that our membership may not be advised that there are three presentations that are *invited* by the Executive Committee. They are:

60 minute — Introduction to Adlerian Psychology

90 minute — Open Forum Family Counseling

150 minute — A program to be determined by the E.C. (The last few years this has been case consultations).

These programs are not submitted through our regular process. If any member has a desire to present any of these, please contact a member of the E.C. and let them know of your interest. Selections are made at the September E.C. meeting. **Riki Intner**, Convention Chair

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NEWSLETTER DEADLINE: Articles and news items for the January, 1997 issue should be in the central office by December 1,

--IN MEMORIAM--

Rowena R. Ansbacher

Rowena R. Ansbacher, significant contributor to the growth of Adlerian psychology and beloved wife and of Heinz Ansbacher, died October 25, two months preceding her 90th birthday, after a 16-year battle with Alzheimer's disease.

Rowena and Heinz had the quintessential Adlerian marriage as well as being models of professional collaboration. Together they co-authored several books including, **The Individual Psychology of Alfred Adler: A Systematic Presentation in Selections from his writings** (1956), still one of the most important references for students of Adlerian psychology. They were also co-editors of the Journal of Individual Psychology for 17 years and were recognized by the American Society of Adlerian Psychology (precursor of NASAP) for their service to the Journal. She was a NASAP member for over 30 years and served two terms as a Delegate Assembly member between 1967 through 1979.

Rowena received her B.A., Phi Beta Kappa, from Barnard College of Columbia University in 1927. Two years later, she received her Ph.D. in psychology with distinction from the University of Vienna. She was working in New York as a psychologist and teacher of psychology when she met and married Heinz in 1934. Later, they became residents of Burlington, Vermont when he accepted a faculty position at the University of Vermont in 1946.

From 1972-82, Rowena coordinated a summer workshop on Adlerian theory and practice at the University of Vermont. Her efforts in conducting this workshop brought Adlerian theory to hundreds of attendees. The Ansbachers were awarded an honorary degree by the University in 1980 for their major contributions to psychology as well as their many years of service to the University.

Rowena's contributions extended beyond her duties as a psychologist, wife and mother of the Ansbacher's four sons--Max, Benjamin, Theodore and Charles. She was an ardent promoter of world peace — finding time to work at the local level to end nuclear proliferation and the Vietnam war.

The Ansbachers' life long collaboration continued through Rowena's illness with Heinz caring consistently for her during these years. He now survives her and remains active.

Seymour Schneider

Seymour Schneider's heroic battle with cancer ended September 30. NASAP and Adlerian Psychology have lost a friend and supporter. Seymour has been a member of NASAP since 1970, served on the Delegate Assembly for a 3-year term in 1981, and presented programs at a number of NASAP conventions.

Seymour came to the U.S. from Montreal after receiving a bachelor's degree from McGill University. He received a doctor's degree from West Virginia University in 1974, where he worked with Manford Sonstegard. He then came to Chicago to work with Harold Mosak as an intern and to take courses at the former Alfred Adler Institute of Chicago, receiving a Certificate in Psychotherapy. He has been on the Adler School's faculty since 1979 and served in several administrative positions.

Seymour touched the lives of many students of Adlerian Psychology throughout the U.S. and Canada, not only in classes but as the coordinator of the practicum and internship programs and the qualifying exams for doctoral students. His work will live on through others, but he will be missed. Condolences may be sent to Mary Schneider, 5323 Galitz, Skokie, IL 60077.

News From Members

An interview of **Manford Sonstegard** conducted by **Jim Bitter** appears in the September issue of the Journal for Specialists in Group Work (Vol. 21, No. 3). Bitter reports that Sonstegard talks about his career as an Adlerian group counselor in the 20-page article.

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Linda Maier is a new itinerant elementary school counselor for Kanawha County Schools, Charleston, WV. Her new position takes her to five different schools, filling different needs from guidance lessons, parent and student meetings and home visits.

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Frank Walton reports he has a new videotape available, *Initial Counseling Session with Family of Child Diagnosed as ADHD*. It can be ordered for \$20, plus \$2 postage from Adlerian Child Care Books, Box 210206, Columbia, SC 29221, 803/798-0300.

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Rollie Miles, late husband of **Marianne Miles**, was recently honored for his athletic achievements and work with children by having an athletic field named after him in Edmonton, Alberta. Rollie is a member of the Canadian Football Hall of Fame and served on the Alberta Human Rights Commission.

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John Huber would like to purchase a copy of the original translation of **What Life Should Mean to You**. Anyone with a copy to sell should contact him at Dept. of Psychology, Meredith College, Raleigh, NC 27607, 919/829-8402, E-mail: huberj@meredith.edu.

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Richard Smith, M.S., says he is seeking employment with an experienced Adlerian supervisor. His specialty is counseling children and adolescents. Contact him at 972/664-9305.

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President's Message *(Cont. from page one)*

On a practical note, NASAP pays IAIP about \$1,600 in yearly dues. Due to our own challenges the past three years (which are steadily improving thanks to hard work and creativity), we made only partial payments and owe \$2,709 for 1994 and 1995. IAIP is having their own budget problems this year and have asked member organizations to catch up with back dues. We are asking members who support this international coalition to consider sending contributions to NASAP to assist us in meeting this financial obligation to IAIP. You may designate "IAIP dues" in the donations section of the renewal form when you send in your dues for 1997.

As we continue to discuss and develop our philosophy and its applications to our work, our organizations and our lives, it makes sense to me that we use all of the resources available to us, particularly the rich and varied resources of other Adlerian organizations and the individuals within them. I look forward to working with all of you as we move forward in this process.

Mary Jamin Maguire, President

WEB Page In the Works For NASAP

Ted McDorman, member of the Delegate Assembly's Technology Sub-Committee, is developing a North American Society of Adlerian Psychology (NASAP) home page for the world wide web. Set your web browser for:

<http://www.ncf.carleton.ca/~ak916/>

and have a look. The pages are under development — comments and suggestions are requested. Just send e-mail from home page to Ted McDorman ('Web Master' -- ted@freenet.carleton.ca).

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New Meeting Planner Announced

NASAP's new meeting planner is David Lee of the ARDEL Group who will be managing the 1997 NASAP Convention and Workshops in Vancouver, British Columbia, May 22-25. Questions and concerns about the upcoming event may be addressed to him at 6518 Walker Street, Suite 150, Minneapolis, Minnesota 55426-4215, phone 612/927-6707, Fax 612/927-8127.

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Remember to renew your membership for '97!

What's New with our Journal?

Information about the journal of Individual Psychology is now available on two Internet sites:

From Georgia State University:
<http://www.gsu.edu/~epswlc/ip.htm>

From University of Texas Press:
<http://www.utexas.edu/depts/utpress/journals/jip.html>

Due to a publishing delay of the University of Texas Press, the December issue of the Journal will be mailed in March, 1997. Below is the Table of Contents:

Editor's Note: Adler in 1996: His Contribution and Ours, James Robert Bitter

Special Section: Adler on Neurosis

On Neurosis: An Introduction to Adler's Concepts and Approach, James Robert Bitter
What is Neurosis? (1935) Alfred Adler
Adler's "What is Neurosis?": A Response
Robert L. Powers

Adler's "What is Neurosis?" - Clinical and Predictive Revelations From The Past, Gerald Mozdzierz

The Structure of Neurosis (1935), Alfred Adler
"The Structure of Neurosis": A Contemporary Critique, Guy J. Manaster

Adler's Conception of Neurosis - In The Contemporary Treatment of The Personality Disorders, Len Sperry

Articles

Was Adler Right? The Issue of Suicide: 1937 to 1996 - Review of the Literature, Louis J. Bevilacqua

Anorexia Nervosa: An Adlerian Perspective on Etiology and Treatment, Dahlia R. Keen

Conceptualization and Treatment of the Bulimic Client - From an Adlerian Perspective, Denise McCormick, Terry Kottman, Jeff Ashby

Posttraumatic Stress Disorder: An Adlerian View of Treatment, Deborah Azoulay, Michael Maniacci

Behavioral Characteristics and Treatment Strategies with Homeless Adolescents, Kevin A. Fall, Robert C. Berg

An Interview with Janet Wolfe, Michael F. Shaughnessy, Michael Nystul

Parent and Family Education Column

The Perfect Parenting and Other Myths Study Group, James Robert Bitter, Column Editor.

NASAP Seeks Multicultural Input

By Linda Maier, D.A. Social Equality Committee

"You won't get much response." I was warned when I offered to survey the NASAP membership for organizations with a multicultural emphasis who would be likely to be interested in attending the NASAP Annual Convention.

Now I'm asking members to do the unexpected! If you know of such an organization, please send the name, address, E-mail, phone number, and a contact person to:

Linda Maier, Social Equality Committee

P.O. Box 56

Buffalo, West Virginia 25033

800/642-9842, extension 2044, Fax 304/344-4522

E-mail, lmaier@wvvc.edu

These organizations may be contacted in several ways: 1). placing an ad in their newsletters regarding our Annual Convention; 2). sending them our Annual Convention brochure for dissemination to their members; or 3). contacting them personally.

Vancouver Workshops (Continued from page one)

Pre-Convention, continued

Clinical Therapy: An Adlerian Perspective: Michael Maniacci. Goal: To explore how to utilize Adlerian principles with complex cases involving major psychopathology.

Post Convention

Life Style and Life Energy: Marieluisa Auterson. Goal: To demonstrate that the ancient Asian wisdom of Chakra energy highlights a cornerstone of life-style formation, confirming Adler's idea: "ALL IS MOVEMENT".

Back to the Future: Using Early Memory Metaphors to Change Present Problems and Future Directions: Richard R. Kopp. Goal: To learn to use early memory metaphors in accessing clients' creative imagination, producing (a) deeper understanding of life-style issues, and (b) accelerated problem-solving and change.

Discover Your Power to Do Adlerian Therapy Effectively: Lynn Lott, Laurie Stolmaker. Goal: To see how Adlerian therapy enhances your effectiveness counseling individuals, couples, families or groups and practice strategies that develop respectful, healthy, healing relationships.

Parent Group Leader Training: Featuring the New Revised STEP Program: Gary K. McKay. To train participants in parent group leadership roles and skills.

Psychospirituality-in-Action: Building Community for the 21st Century: Walter O'Connell. To use such techniques as psychodrama and art therapy, to teach awareness of images, words, and sensations which block the meaningful experience of spirit and soul.

News and Events from the Regions

Regions 1A - 1B

Vancouver, BC - The Adlerian Psychology Association of British Columbia reports they now have a home page on the internet which has won two awards and has pictures of Alfred Adler and Rudolf Dreikurs. It can be found at:

<http://familyforum.com/apabc>

Their e-mail address is: adler@mindlink.BC.ca.

Eugene, OR - The Oregon Society of Individual Psychology and Saturday Circus, the parent education program at Lane Community College, held their day-long Conference on Families, November 2. The large attending audience heard John Platt give a keynote address entitled, *Home Improvement: Restock your tool chest and build satisfying parent-child relationships*.

Saskatoon, SK - The Saskatoon Adlerian Society is planning their Day for Parents for March 22, 1997. More information is available from the SAS office, 306/384-7703. The Saskatoon Society also announces a new "Freenet" address: <http://www.sfn.saskatoon.sk.ca/health/adler/index.html>.

Regions 2A - 2B

Peoria, IL - NASAP Region 2A will hold its first weekend conference here at the Tri-county Urban League office December 7-8. Mike Maniaci and Rachell Anderson will give two Adlerian Open Forum workshops, one in Family Counseling (Saturday) and the other in Case Consultation (Sunday). Attendees can earn 11 APA continuing education hours for both workshops. For registration information call Pam McKeel at the University of Illinois in Springfield, 217/786-6687.

Regions 3A - 3B

Myrtle Beach, SC - The South Carolina Conference of Adlerian Psychology witnessed another record attendance with 187 people from eleven states participating in the three-day event, Frank Walton reports. The South Carolina Society of Adlerian Psychology has tentatively set the date of next year's conference for September 25-27.

Orlando, FL - The 20th Annual Southeast Region Orlando Conference will be held here February 20-22. Preparations are in progress for a special appreciation on this 20th anniversary for previous presenters. For more information contact Don Dinkmeyer, Jr. 502/781-9481, Fax 502/781-1550, e-mail ddjr@wku.edu.

Regions 4A - 4B

Fort Wayne, IN - The Alfred Adler Institute of Fort Wayne has two classes beginning December 13: Group Leadership with John Newbauer and Psychopharmacology with Ron Pancner. For more information, contact Jan Richmond at 219/461-5845.

Fort Wayne, IN - The NASAP Midwest Regional Conference in October had 55 people from four states attending the two-day event in October. Arthur Freeman, well-known practitioner of cognitive therapy, provided the presentation on short-term therapy.

Regions 5A - 5B

Gloucester, MA - The first mini-conference of NASAP Regions 5A and 5B drew over twenty people here from Canada and Northeastern U.S., report Elsie McDorman and Del Eberhardt, conference organizers. The two Regions are planning a Fall-October '97 mini conference in New York to celebrate the Alfred Adler Institute of New York's 50th anniversary. Howard Garrell's videotape interviews with Kurt Adler on *Past, Present and Future of Adlerian Psychology* will be featured.

Toronto, ON - The Adler School of Professional Psychology Ontario's upcoming courses include: Psychopathology: Anxiety Based and Personality Disorders, beginning January 5 and Adlerian Approaches to Psychopathology, beginning January 11. Call 416/480-2303 or Fax 416/480-9358 to register.

Regions 6A - 6B

Tucson, AZ - The Adlerian Society of Arizona will present Adlerian Counseling Potpourri February 1, 1997. Presentations will include *Life Style* with Lee Schnebly; *Marriage Counseling* with Clair Hawes; and *Dealing with Anger* with Gary McKay. The workshops will qualify for six NBCC continuing education hours. For information contact: Gary McKay, 1800 N. Heatherbrae, Tucson, AZ 85715, 520/885-8197, Fax 520/290-8189.

Petaluma, CA - The Family Education Centers offer workshops for parents here and in Sonoma and Santa Rosa. *Birth Order: How Your Place in Line Affects Your Life* will be presented beginning January 7; and *Is Your Kid's Fighting Driving You Crazy?*, beginning January 14. Childcare is available. Call 707/762-8835 for details.

LETTER TO THE EDITOR

We are very thankful to John Newbauer for publishing an Education Committee Report in the October newsletter regarding NASAP's Summer Training Institutes, and our parts in it. We believe the report goes a long way toward answering many of the concerns we know were raised at regional meetings and other gatherings at the convention in Baltimore. At that same convention, however, there were a few more personal issues raised that we feel also need to be addressed. These were:

- a). that Bill Nicoll, as administrator, and the faculty of the Adlerian Training Institute *used* NASAP to develop a successful program, and then left NASAP high and dry;
- b). that the training program was supposed to rotate out of Region III, and it never did;
- c). that the continuation of the Adlerian Training Institute programs in Region III hurts other programs in the area (e.g., the region's annual meeting and conference) and may hurt Adlerian programs in other parts of the world (e.g., ICASSI).

Our responses to these concerns are multiple.

First, we would like to affirm that no one could have been *less* focused on self-promotion and "hurting" NASAP than Bill Nicoll. Bill is the one who *saved* the Summer Training Program after Jim Bitter failed to get the program off the ground in Vancouver in 1993. Bill used what was left of seed money and, as noted, produced successful programs in Florida in 1994 and 1995. Both made money for NASAP, and both followed a plan developed by NASAP for that period and monitored by the Education Committee of NASAP. A copy of this plan is available through the NASAP central office.

Second, while a verbal promise to not take the program to Tampa more than once was rendered and honored, no promise to keep it out of Florida or out of Region III was ever given. Indeed, the NASAP plan for 1992-1994 calls for expanding the number of programs, eventually, to as many as three across the United States and/or Canada — with one staying in either *Florida* or Arizona during the winter (see page 5 of the plan).

Third, John Newbauer's report notes that 75% of the participants attending in 1994 and 1995 were non-Adlerian when they came. This was also true of the people who attended the ATI workshop in Boca Raton, Florida in 1996. As John also noted, some of these people went to Region III conferences, ICASSI, and even joined NASAP as full members. It is hard for us to see how our work is "hurting" other Adlerian programs.

We, as former faculty of the NASAP Summer Training Institutes 1994/1995, now return to our private personal/professional lives. We will offer Adlerian programs and training seminars in many places each year: in the U.S., in Canada, and in other parts of the world. Some of these programs we will offer individually. Some we will deliver in teams. And at least one time each year, we will do one as a group, probably in Florida with Bill. We feel we are free to do this

(Continued on back)

within the bounds of the original contract with NASAP. We hope to continue to work together in various parts of the world as long as it is useful for us to do so, and as long as we are well-received.

Again, we appreciate John Newbauer's excellent report, and the opportunity for the three of us to present our collective voice too. We were privileged to be part of Bill Nicoll's successful 1994/1995 programs on behalf of NASAP, and we wish NASAP (and all Adlerians) the best in whatever programs they choose to offer in the future. There is room for all of us to contribute and prosper.

Sincerely,

Oscar C. Christensen, Ed.D.

Clair Hawes, Ph.D.

Jim Bitter, Ed.D.