

# The NASAP Newsletter

January, 1997

Volume 30, Number 1

## Vancouver

### Spectacular By Nature

NASAP Convention, May 22-25

By Joanne Macpherson, Bev Armstrong  
Hospitality Coordinators

Vancouver is a beautiful place to visit and explore. We hope you will come early to discover it for yourself. Nestled between the towering Coast Mountains and the sparkling blue pacific, Vancouver is one of the single most beautiful cities on the face of the earth. It's also one of the cleanest, safest and friendliest.

Whenever Bev and I visit a new city our challenge is to discover the places the locals frequent. We have come up with our top 10 favorite things to do to give you a head start and hopefully encourage you to come early to the city we love. With rooms at UBC Conference Centre starting at \$30 (Canadian), we believe this is a terrific opportunity to extend this conference into a full fledged vacation. So here we go.

#### *Bev and Joanne's Top 10 Reasons to come to Vancouver early!*

1. A drive up the sea to Sky Highway.
2. Spending the day at Whistler, either enjoying the outdoors or simply relaxing in the Town Centre. (Our friends love the golf course.)
3. People watching on Robson Street.
4. Exploring Granville Island Public Market.
5. Walking or biking the Seawall.
6. Wandering along our lovely city beaches.
7. Deciding which restaurant to go to tonight. Will it be Mandarin, Cantonese, Szechwan, French, Italian, Japanese, Greek, Indian, Vietnamese, or Thai?

*(Continued on page three)*

## --Executive Director's Message--

### Nine D.A. Positions Available in '97

New Year's Greetings! As I write these comments, tired old 1996 is about to go out the door and the bright new year will be started by the time you receive this. The year 1997 will see a number of changes for NASAP.

**New Delegates:** Early in the year, there will be Delegate Assembly elections in five regions and four sections with only one delegate eligible and willing to be re-elected, which means almost one-third of the D.A. will be new. Elections will be held in **Regions 1B, 2B, 3A, 4A, 5A, ACT, Clinicians, Social Equality, Theory and Research**. Letters will be sent in January explaining the election process and describing the responsibilities of delegates. We encourage members to give consideration to the information and to participate in the election process.

The Business and Organization Section held its election early in order to replace their delegates who found it necessary to resign for personal reasons this summer. The two elected are *Daniel G. Eckstein*, whose term expires 1998, and *Edward "Ted" McDorman*, whose term expires in 1999.

**New Meeting Planner:** A new firm has been engaged to manage NASAP conventions, beginning with the 1997 Annual Convention and Workshops in Vancouver. **ARDEL Management** is a for-profit corporation headquartered in Minneapolis, specializing in marketing and public relations, society management, and convention and trade show management. David J. Lee, Executive Vice President, is the Meeting Planner who has been working with the local committee and NASAP on the many details connected with the 1997 convention. He is also looking into possible future sites for the next three years. You will be seeing much of his name in 1997.

**Retirement:** There will be a change of leadership in the central office since I will be retiring sometime after the convention in Vancouver. The date is flexible at this point depending on the outcome of the deliberations on administrative changes being considered by the Long Range Planning Committee and the Delegate Assembly.

**Joint Meeting:** The Executive Committee will be meeting February 20-22, 1997 and will be joined by some of the members of the Long Range Planning Committee on the 22<sup>nd</sup> to work on the Long Range Plan proposal so that recommendations will be ready for the annual meeting in May.

**New Data Base:** A new membership data base system will be installed after the first of the year. We hope that it can be done with a minimum of confusion and without interrupting service to members.

**Neva L. Hefner, Executive Director**

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**This is the LAST ISSUE unless you renew for 1997!**

## The Question of Trust in Relationships

By Lois Ingber, ACT Delegate

The notion of trust is thought about in different ways in different contexts. For instance, there is trust in God, the public trust, and trust in the future. In the first example, there are those whose belief in God allows them to have confidence in the world. The second example speaks of a responsibility toward humanity. The third example describes a hope that things will be different (better) at some future point.

When it comes to relationships, the question of trust becomes more clouded. Consider the example of the parent who says about her teenage son, "I just can't trust him to come home on time." For many parents, this is a justification for denying contact with friends or for applying other types of restrictions, "until he can show me he is trustworthy!" This is usually accompanied by lectures, comparisons to siblings or other expressions of disappointment and punishment. While we can empathize with this parent's desire to have her son demonstrate cooperation, the way she is going about it may be leading to the exact opposite.

When used in relationships, "I can't trust you" becomes a disguised attempt to maintain superiority over another. How can this be? While expecting a child to cooperate and respect order in the home is appropriate, the notion of "trust" introduces into the equation judgment by one person over another as being "morally deficient," i.e., "untrustworthy." The person senses himself placed in an inferior position by the judgement. What occurs then is the classic "double bind." The youth knows he is not cooperating, yet to obey the parent's request (in his private logic) would be to agree to accept being placed in the inferior position and to accept being judged. Both youth and parent feel discouraged by the situation.

A more helpful approach is to first recognize that we cannot control another person's actions. Saying "I can't trust you" places all responsibility for problem solving and change solely on the other person. In a power contest or revenge cycle, a typical dynamic in these situations, the least helpful strategy is concentrating on what the other person should do, because he is more interested in protecting his dignity than hearing the points the other wishes to make. Avoiding the word *trust* altogether can leave both parties free to then consider

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## DONATIONS

*(Below are NASAP donations through December 17. Adler/Dreikurs and Ansbacher Lecture fund donations are on page six. NASAP wishes to thank its many contributors for their generosity.)*

Jean Alessi  
William C. Bassitt  
Susan M. Bitney  
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Midori Yamada

*In Memory of Bill Carson*

Elaine Davies

*In Memory of Danica Deutsch*

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*In Memory of Tee Dreikurs*

Bryna G. Gamson

*In Memory of Rollie Miles*

Gary D. McKay

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*In Memory of Rowena Ansbacher*

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*In Memory of Gloria Lane*

Barney L. Lane

*In Memory of Tee Dreikurs and Rowena*

*Ansbacher*

Miriam L. Pew

*In Memory of Seymour Schneider*

Katherine Scortino

*In honor of Eva Dreikurs Ferguson and*

*Frank Walton*

Jean Burkholder

*In Honor of Tom Edgar*

David Lemire

*In Honor of Manford Sonstegard*

Sandra Paul

*Towards IAIP Dues*

Riki Intner

## Adler "Rediscovered"

By Betty Lou Bettner

Adler was so far ahead of his time that when the current crop of writers and researchers find *truths* that Adler taught 70-90 years ago, it sounds new — especially when Adler isn't mentioned. Current examples include:

### Seven Habits of Highly Effective People by Steven Covey

All of Adler's major concepts are found in this book (human dignity, moving from dependence to independence to interdependence, cooperation, mutual respect, assuming responsibility, courage, purpose, family feeling, building relationships, contribution, etc.) Adlerian psychology is alive and well in this book and it's all over the world.

### Punished by Rewards by Alfie Kohn

It's clear that Mr. Kohn doesn't like Skinner or any phase of behavior modification. He lists one hundred pages of research that prove that rewards are not motivating; in fact, they teach children to concentrate on self and not others, destroy creativity, ruin relationships, discourage risk-taking, build fear, destroy teamwork, nourish rivalry, teach extrinsic control, and diminish autonomy. He doesn't agree with other Adler/Dreikurs ideas but he's very clear about rewards being disrespectful.

### Emotional Intelligence by Daniel Goleman

Goleman emphasizes the importance of self-awareness, self-motivation, empathy and social deftness. He says emotional intelligence is not fixed at birth and can be nurtured and strengthened in all of us. (Is it possible that he has discovered the social embeddedness and *gemeinschaftsgefühl* that Adler saw as movement towards mental health?)

### Born to Rebel by Frank Sulloway

This MIT science historian has *discovered* that the best indicator of future success is birth order. It's being called a "monumental work of scholarship." He describes Adler as Freud's estranged disciple who mentioned birth order but was "vague enough to accommodate almost any real world observation — or its opposite." He distracts with ideas like "congenital shyness" and the effects on birth order. He plans to expand his database, test new predications and publish a revised edition of the book every five years or so.

Adler did say he didn't care if others remembered his name but he hoped they would remember what he said. He didn't, however, give permission to borrow all of his ideas without credit or acknowledgment, or to pretend he never said it.

Perhaps we should invite these *discoverers* to join NASAP or, better yet, how about we give them a one year free membership. What do you think? Do you have other books we should know about or ideas you want to pass along?

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--News From Members--

## Ronald Pancner Receives Prominent Award

Ronald J. Pancner recently received an appointment to the Council of Sagamores of the Wabash from Indiana Governor Evan Bayh, an award which is the highest honor the Governor of Indiana bestows. The term *Sagamore* was used by the Native American tribes of northeastern U. S. to describe a great man among the tribe to whom the chief would look for wisdom and advice.

Pancner has been an important contributor to the establishment of the Interagency Drug Abuse Council, the McMillen Center for Health Education, and the Alcoholic Abuse Deterrent Program in Fort Wayne, and various mental health associations, volunteering time throughout his career.

## Spectacular Vancouver

(Continued From Page One)

8. Shopping at Upper 10<sup>th</sup> Avenue, Park Royal, or Oakridge.

9. A day trip to Victoria and Butchart Gardens.

10. Taking the Skyride to the top of Grouse Mountain to enjoy lunch and the scenic vistas.

As you will discover, Vancouver is Canada's paradise on the Pacific, a very special place that is certain to enrapture you with its many unique charms. So come early or stay later and share our city with us. We are sure you will find...

**"A LITTLE BIT OF HEAVEN  
in VANCOUVER '97"**

### Convention Housing for All Pocketbooks

There will be four housing rates on the University of BC campus available for the '97 Convention. A single suite with a private washroom and single bed will cost \$54 Canadian (approximately \$38 U.S.); a double bed suite with bedroom, living room, TV kitchenette, and private washroom, C\$79; a triple suite, with two twin beds in bedroom and queensize murphy bed in living room, plus previously mentioned rooms, C\$92; and single rooms with a shared washroom for C\$30. In the last facility, there are six single bedrooms with one large washroom. These prices do not include an 8% provincial hotel tax and 7% goods and services tax.

### Scholarships Available

There are scholarships available from both NASAP and individual 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 are in addition to the participants in the Graduate Student Forum. The Adlerian Counseling and Therapy Section offers three scholarships; Family Education offers two; and Business and Organization, Clinicians, and Education also offer scholarships.

For an application call 312/629-8801, or Fax 312/201-5917.

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## Action Items From D.A. Meeting

The Delegate Assembly met in Chicago November 1-3 and some of the approved action items follow:

- To videotape senior Adlerians at future conventions, starting in Vancouver.
- To drop the charge for the overhead projectors and screens for workshop and convention presenters, but retain for VCR and monitor
- To have a box at the registration desk for people to suggest multi-cultural organizations to contact for publicity purposes with a raffle of multi-cultural items to spark interest
- To hold the Social Equality Section meeting at a non-conflicting time, perhaps at breakfast.
- To set up telephone trees in each region for all members and to contact non-renewals.

###

### Question of Trust *(Continued. from page two)*

what the real issues are and more respectfully and courageously take steps to resolve them. In this example, logical consequences could be applied. The parent is then taking responsibility for what she can do and not feeling helpless, while the youth can feel encouraged by being given responsibility in a respectful way. The process is the same in couple, work, and school relationships, wherever there is a question of *trust*.

## DONATIONS

*(through December 17)*

### Adler/Dreikurs Fund

Max Colpetzer  
Elaine Davies  
Samuel M. Kamata  
Anthony J. Palo, O.Carm.  
Edward Mel Markowski

*In Honor of Genevieve Painter*  
Jean Burkholder

### Ansbacher Lecture Fund

*In Memory of Rowena Ansbacher*  
Paul J. Kahn  
Ruth Hoffberg Egel  
Adler School of Professional  
Psychology  
David E. Morgan  
Robert Sherman

**--News From Members--**

**Rob Guttenberg** reports that he has combined his newspaper articles into a book and published them. The book can be purchased from him for \$10, plus \$1.50 postage and handling. Contact him at 301/229-1347.

###

**Frank Walton** will give two presentations at the Aiken County Mental Health Association in Hilton Head, SC, February 19-20 — one will be on early recollections and the other on counseling adolescents. For more information contact Constance Shepard, 803/641-4164.

###

The Family Education Center of Southern Maryland reports that they have formed a partnership with the Charles County Public School System. FEC events will be published in school newspapers and an FEC information booth will be available at school open houses.

###

*Newsletter deadline for the February/March issue is January 15. Please send your items to the central office by that date.*

**Helping NASAP Affiliates Get Started**

By Susan Pye Brokaw

At our recent Delegate Assembly meeting of NASAP, it was decided to create a listing of members who would be willing to do a workshop (pro bono) for new developing affiliates around the country. In our efforts to help new Adlerian groups get started, we believe that bringing in a quality speaker on Adlerian ideas will expose new areas to these ideas, develop interest in Adlerian psychology, bring people together who could join the affiliate, help these groups raise money to get started, and ultimately bring in additional members to our organization. The affiliate will provide board, room and travel expenses. We already have 14 speakers who have agreed to do this. If you are willing to be a speaker, please contact the NASAP office.

**You Can Start an Affiliate of NASAP**

A packet, "How to Start an Affiliate," will become available in January. At the request of the regional representatives, Joyce McKay has agreed to put together the materials a group would need to do this. According to our by-laws, an Affiliate has Principles of Operation or by-laws which are consistent with the NASAP constitution and has at least 10 members in good standing. The affiliate pays the same membership fee as an individual member and has the same voting rights. Regional Representatives have agreed to help one group in their area become an affiliate by the time of the May '97 Convention. If you would like to know who your regional representative is, call the central office, 312/629-8801 or Fax 312/201-5917.

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The first national conference for **The Coalition of Marriage, Family and Couples Education** for mental health professionals is scheduled for May 15-19 in Washington, D.C. Contact Diane Sollee, 202/966-5376, Fax 202/362-0973 for information.

**Book Of The Month:**

**Raising A Responsible Child**

This book by Don Dinkmeyer and Gary McKay has been revised from its 1973 edition. Published by Fireside, the book is being offered this month by NASAP for \$8.80, a 20 percent discount from the bookstore price.

Four basic rules for helping a child assume responsibility are covered:

1. Avoid performing tasks a child can do for himself.
2. Allow time for training.
3. Ask — don't demand.
4. Use natural and logical consequences.

These topics are updated to include the more contemporary issues of single parenting, stepfamilies, drugs, sex and violence. Please include postage and handling with your order, \$3 U.S. for one book (\$4 for Canada and other counties); add \$1 for each additional book.

**Order Form**

*This order expires February 28, 1997*

Send \_\_\_ copies of Raising a Responsible Child (\$8.80 each) \$ \_\_\_\_\_

Please add postage and handling (\$3 for each book, \$4 for Canada other countries, add \$1 for each additional book.) \$ \_\_\_\_\_

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# News and Events from the Regions

## Regions 1A - 1B

**Seattle, WA** - The Puget Sound Adlerian Society is sponsoring a presentation by H. Stephen Glenn on *Raising Self-Reliant Children in a Self-Indulgent World* the evening of January 21. The presentation is designed for parents, grandparents, teachers and community members. For more information contact PSAS at 206/527-2566.

**Vancouver, BC** - The Adler School of Professional Psychology BC offers continuing education lectures for parents and educators of children. Rick Hancock will present *Responsible Teens Don't Just Happen* February 19. The lecture is free. Contact the Adler School for details, 604/874-4614, Fax 604/874-4634.

**Saskatoon, SA** - The Saskatoon Adlerian Society offers continuing education workshops in Adlerian psychology. Ethel Quiring and Hugh Savage will present a full day Saturday workshop, *Family Constellation*, February 15 and a two-day workshop, *Mind-Body Connection*, March 14-15. To register contact SAS at 306/384-7703.

**Boise, ID** - The Idaho Society of Individual Psychology will hold their annual conference here March 7-8. Frank Main will lead several workshops focused around the theme, *Treasures of Life: Finding Balance in a Stressful World*. There are workshops designed for educators, parents and mental health professionals. For registration information call ISIP at 208/362-1747 or 344-7194.

## Regions 2A - 2B

**Minneapolis, MN** - NASAP Region 2B announces their second annual meeting will feature a workshop April 5 with Terry Kottman presenting *Adlerian Play Therapy*. Kottman, who has written a book by the same name, will explore a child's lifestyle and helping clients understand that lifestyle. A dinner and social hour will follow. Contact Katherine Fritsche, 23751 Drexel Ave., New Prague, MN 56071, 612/758-2658, e-mail DDEGE@Winternet.com.

## Regions 3A - 3B

**Columbia, SC** - The South Carolina Society of Adlerian Psychology announces that their 1997 conference will be held in a new location, Sheraton Myrtle Beach Hotel, September 25-27. Meeting rooms and hotel rooms will be ocean front. Details of the conference will be available in future newsletters.

**Orlando, FL** - The 20<sup>th</sup> 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 5A - 5B

**Toronto, ON** - The Adler School of Professional Psychology, Ontario's upcoming courses include: Adlerian Approaches to Psychopathology, beginning January 11 and Principles of Adlerian Psychology beginning January 18. 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 CE's. Contact Gary McKay, 1800 N. Heatherbrae, Tucson, AZ 85715, 520/885-8197, Fax 520/290-8189.

**San Francisco, CA** - The Alfred Adler Institute of San Francisco announces an update of their internet home page. Classical Adlerian material will now include three new articles: 1). A Questionnaire to Save Interview Time in Adlerian Brief Therapy; 2). "Alfred Adler, As I Remember Him," by Anthony Bruck; and, 3). A Biographical Sketch of Anthony Bruck. Address is: <http://ourworld.compuserve.com/homepages/hstein/>

## International

**Schladming, Austria** - The 30<sup>th</sup> Annual Rudolf Dreikurs Summer Institute (ICASSI) will be held here July 20 through August 2, 1997. Scholarships are available and applications can be received from Oscar Christensen, 7002 Soyaluna Place, Tucson, AZ 85715. Didactic and experiential courses in Adlerian theory and technique are taught for application within schools, families, the community and workplace. This two-week school welcomes families and there are courses for adolescents as well as a program for younger children. Contact Betty Haeussler, 9212 Morley Rd., Lanham, MD 20706, Fax 301/595-0669.

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DREIKURS' SAYINGS: Children decide amongst themselves which role they intend to play in the family and parents reinforce their decision.