

# The NASAP Newsletter

August, 1997

Volume 30, Number 6

## Deadline Approaching For 1998 Workshop Proposals

Full-day Pre and Post workshop proposals for the 1998 NASAP Convention in Dallas, Texas May 21-24 are due in the central office by the first week of September.

Only proposals post-marked by the September 5 deadline will be considered by the Executive Committee at their September 19 meeting. This deadline allows members of the E.C. to review submissions before their meeting. Full-day workshops will occur on Thursday, May 21 and Sunday, May 24. NASAP gives a \$200 honorarium for full-day workshops.

Convention presentation proposals are not due until October 20. The Delegate Assembly meets in early November to select these programs (occurring May 22-23). Lengths of presentation slots are 150, 90, and 60 minutes, round table and, new this year, poster sessions.

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

Proposal forms are available from the central office.

## --Executive Director's Message--

### *DA Passes Action Items At Convention Meeting*

As reported in the last newsletter, the Delegate Assembly (D.A.) And Executive Committee (E.C.) met at the Annual Convention in Vancouver and a good deal of time was spent discussing the proposed changes in the constitution to provide for the new governance structure recommended by the Long Range Planning Committee. In addition, the Standing Committees brought forward a number of other action items to be considered and approved by the D.A. which were not discussed in that newsletter. These included the following.

#### **Future Conventions**

**No Host Group:** At previous meetings, the D.A. has discussed the possibility of holding a convention at a site even though there might not be a local group to serve as host with the suggestion to try that model. Since an invitation from a local group to host our convention in 1998 was not received, this appeared to be the year for the trial and the Meeting Planner was asked to investigate possible sites in Regions 3A and 3B. The E.C. approved his recommendation to go to Dallas for 1998. The D.A. then approved the recommendation that for the next three years there be the option of holding a convention at a site without a local group. This model will be evaluated and monitored.

**IAIP:** The International Association of Individual Psychology (IAIP) invited NASAP to consider meeting with them at their International Congress in San Francisco in August, 1999 and to serve as the host group. After exploring the matter, it did not seem feasible to change our meeting time in order to meet with them in August. The D.A. recommended that we continue with our regularly scheduled pattern of meetings on Memorial Day weekend in 1999 and that we support the IAIP International Congress with publicity and by encouraging people to attend.

**2000:** For the year 2000, it was recommended that the NASAP Convention be held in Chicago in order to celebrate the turn of the century in the birthplace of NASAP.

**Midwest:** One final approved suggestion regarding future conventions was to hold a convention in the Midwest every three years in proximity to the Chicago, Fort Wayne, Minneapolis triangle because of the density of Adlerian population from which to draw and the less expensive travel costs in a central location.

#### **Social Equality**

The D.A. approved that the Social Equality Committee be a Standing Committee of the Board and that this provision be included in the new by-laws, if the Proposed Constitution is ratified by the membership.

*(Continued on page four)*

## Increasing Membership in NASAP

By **Georgine Nash**, Family Education Delegate

About thirty years ago, I was a young mother with two little boys, and all the good intentions to raise them to be kind, respectful, responsible, caring and happy individuals. I loved them, which I felt was most important, and figured that somehow everything would fall into place as far as the results of my parenting efforts were concerned. To my dismay, with all my good intentions, using an authoritative system only generated rebellion.

To my good fortune, one of my friends just finished reading a new book called, Children the Challenge, by someone named Rudolf Dreikurs. As a matter of fact, the author was going to come to Toronto in a few weeks. I borrowed the book, went to see Dr. Dreikurs and, as they say, *the rest is history*.

My husband and I got into a parent study group that fall, where the excitement I felt by learning these new ideas, I can't even express. My whole world started to change. Everything made such common sense, was so practical and workable! After completing the course, I was thirsty for more. I joined the Toronto Adlerian Society where I became involved by organizing, setting up and conducting parent study groups. The next logical step was to become members of NASAP, the North American Society of Adlerian Psychology. Now I felt truly integrated with other Adlerians from all over the world! Going to the annual conventions became a yearly event, that my husband and I would never miss. At these conventions our "Adlerian batteries" get recharged, and we find out the latest developments in the movement. The Journal serves the same purpose, during the entire year.

At present, I am a member of the Delegate Assembly, representing my first love, Family Education. At every DA meeting we discuss the fact, that as wonderful as we believe our Society is, our membership is low. How to encourage prospective members to join our ranks is a major part of the bi-annual meetings.

My feeling always was that we need to go back to the "grass roots," to the average moms and dads, to the people, who are helped the most by the Adlerian philosophy. After all, the greatest promise for an improved society is resting on

*(Continued on page six)*

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### Letter To The Editor

*(Addressed to Linda Maier, Social Equality Committee)*

Saw your plea for information surrounding multicultural approaches to treatment. I have been working since 1993 for the PRRP (Post Traumatic Stress Rehabilitation Residential Program), a non-hospital based treatment center, which serves combat veterans from the Pacific Basin, including American Samoa. In addition to our treatment of Post Traumatic Stress (PTSD), we also offer a PTSD and Addiction cycle. Both cycles run simultaneously, each consisting of eight veterans.

In respect for the population we serve, we feel it is also important to offer a Cultural Component, facilitated by Nationally acclaimed Hawaiians. This component is interspersed throughout our 8-week program and includes a weekend camping trip to a remote area of Waipio Valley, where Hawaiian practices are introduced, such as a ceremonious request to enter the valley, the picking of Taro, and making nose flutes. The emphasis is on respecting people from all cultures and ethnic backgrounds.

In addition to the cultural emphasis at work, I was also fortunate enough to attend an Addictions Nursing conference in Phoenix last year whose theme was "Cultural Diversity in Treatment Settings." There I had the opportunity to share with others a poster presentation depicting the overall treatment that we offer.

I am a new member to NASAP but have attended four ICASSI Summer Institutes, including this past year in Warwick, England. If I can share any additional information with you, I'll be happy to do so.

**Maureen Gjertsen**

###

**NEWSLETTER DEADLINE:** News and feature articles for the September Newsletter need to be in the central office by August 15, address, fax and e-mail in box at left.

IN HORIZONTAL RELATIONSHIPS, PEOPLE:	IN VERTICAL RELATIONSHIPS, PEOPLE:
change themselves	try to change or control others
practice emotional honesty	uses displays of emotion to intimidate and manipulate others

Relationship table created by Riki Intner, Lynn Lott and Barbara Mendenhall.  
 Excerpted from an upcoming book entitled, Making Your Life Work

### Additional Recommended Reading:

Social Equality: The Challenge of Today. Dreikurs, Rudolf. Chicago: Alfred Adler Institute of Chicago, 1971.

Cooperation Between the Sexes. Adler, Alfred. Ed. and trans. by Heinz and Rowena Ansbacher, reprinted, New York: W.W. Norton Co., Inc., 1978.

Superiority and Social Interest: A Collection of Later Writings. Adler, Alfred. Trans. By Heinz and Rowena Ansbacher, reprinted, New York: W.W. Norton, 1979.

*(The above books are available for purchase from the Adler School of Professional Psychology bookstore, 312/201-5900, ext. 228)*

Positive Discipline for Parenting in Recovery. Nelsen, Jane; Intner, Riki; and Lott, Lynn. California: Prima Press, 1992.

The Family That Works Together. Lott, Lynn and Intner, Riki. California: Prima Press, 1995.

*(The above books are available from Empowering People, 800/456-7770)*

You have just read an article based on Adlerian Psychology. NASAP, the North American Society of Adlerian Psychology, was founded in 1952 by a small group of Adlerians under the leadership of Rudolf Dreikurs. Their purpose was to promote growth and understanding of Adlerian Psychology, the work of Alfred Adler, and effective approaches to living based on his philosophy. As early as 1900, he began addressing such crucial issues as equality, democracy, parenting, education, the influence of birth order, life style, and the holism of individuals. Today Adlerian concepts are being used creatively in education, community programs, business and the arts, as well as in counseling, therapy and clinical practice. Our membership includes educators, psychologists, psychiatrists, counselors, parents, business people, community organizations and interested people. If you are interested in knowing about Adlerians practicing in your area, in learning more about NASAP or Adlerian Psychology, please call or write us, we'd love to hear from you:

#### NASAP

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# The NASAP Newsletter

## SOCIAL EQUALITY IN RELATIONSHIPS

*Adler recognized equality as the fundamental prerequisite for social harmony and stability. We simply have to learn to live with each other as equals. This is the paramount challenge we face today, and may well be the factor that determines whether society will survive or collapse. Rudolf Dreikurs*

One way to look at relationships is to consider whether they are vertical (not equal - one up, one down) or horizontal (equal):

IN HORIZONTAL RELATIONSHIPS, PEOPLE:	IN VERTICAL RELATIONSHIPS, PEOPLE:
treat each other as equals	treat each other in a one up or one down fashion
encourage others and promote self confidence	discourage others and promote feelings of inadequacy
stimulate positive feelings and a sense of security	stimulate negative feelings and insecurity
solicit disclosure, discussions, alternatives, contributions, and openness	insist their way is the right way and the only way
like themselves and treat others well	put themselves down and criticize, correct, punish and threaten others
promote equality	see themselves or others as "just - a" (just a little kid, just a trainee, just an invalid, just a victim, just a woman)
practice give and take	expect others to take care of them and think of themselves as entitled
ask how can we help each other and seek win/win solutions	boss or obey
are firm and kind	are permissive or autocratic
emphasize cooperation	emphasize competition and power over others
rely on the power of love	have a love of power
value differences	insist on right and wrong ways of doing things or of thinking and hold on to rigid roles
practice mutual respect	practice moral superiority
make room for everyone to be a learner	confer special status of "expert" on the few
think in terms of "ours"	think in terms of "mine" and "yours" or "theirs"
have an attitude of curiosity	have a know-it-all attitude
take responsibility for their own behavior and expect others to do the same	blame, judge, criticize others and look for fault
	(Over)

## News From Members

**Richard E. Watts**, an assistant professor, Department of Counseling, Texas A & M University-Commerce, reports that he received the 1996 Texas Counseling Association *Research Award* for his Adlerian-based research entitled, "Perceived Early Childhood Family Influences and Counselor Effectiveness: An Exploration Study." The research was published in Counselor Education and Supervision, Volume 35, Number 2, pp. 104-110.

###

The **Alfred Adler Institute of Fort Wayne** resumed their free live family education demonstrations in June, according to their newsletter. The revived public sessions will be held the fourth Wednesday of every month and deal with parent-child situations, providing examples of self-respect, encouragement, responsibility, natural and logical consequences, working together as a team, allowances, anger, temper tantrums, single parenting and other topics of interest.

###

The Child Study Association of Maryland has made a third donation to NASAP in appreciation of a recent talk by **Eva Skrenta**. NASAP thanks both CSA and Eva for continuing to think of us.

## D. A. Action Items (Continued from page one)

### Membership

**Life Members:** The By-laws provide that Life Memberships may be given to people the Society wishes to honor. The D.A. approved the E.C. recommendation that Life Memberships be given to **Alexandra Adler, Kurt Adler, Tanya Adler and Ina Block**.

**Membership List Policy:** It was agreed that NASAP's policy statement about restricting the sale or loan of its membership list be revised to provide that a price be established for individual members to purchase a membership disk for their own personal use and that consideration be given to a differential price for Affiliates and other approved groups.

**Affiliate Marketing Packet:** The Development/PR/ Membership Committee was authorized to develop an information marketing packet on how to establish an organizational affiliated relationship, which will include, but not be limited to, such issues as benefits, sample by-laws, associate members and paperwork for applying for non-profit status.

**Personal Contact:** Regional Delegates will be asked to contact current NASAP members at least once a year and to phone 1997 non-renewals by September 15, reporting results to the Executive Director with a copy to membership chair by September 30.

### Journal

**Name Change and Focus:** The journal editors have requested that the name of the journal be changed back to the Journal of Individual Psychology. One of the problems with the current name is that "journal" appears after the colon, so it does not appear in a "journal" search on the computer. Currently, there are two journal issues on theory and research and two issues on applications and practice. Editors would like the option of integrating articles from each focus in the same issue. The D.A. approved both requests.

**Neva L. Hefner**, Executive Director

## Thank You Ode

(Written by **Phil Hefner** on the *Royal Caribbean Cruise*, May 31, 1997. The cruise was a gift to **Neva and Phil** for *Neva's many years of service to NASAP.*)

Small town to big city  
Putting husband through school  
Call it hard, call it pretty --  
Neva named it -- Gemeinschaftsgefuehl

A baby girl in Chicago, again in Ohio,  
Neva's got a household to rule  
Then it's girl number three, back to Chicago  
Phil says, "Relax it's Gemeinschaftsgefuehl"

In nineteen hundred and seventy-five,  
Neva meets McClory and Powers -- they're nobody's fool -  
They say, "Neva, with NASAP you'll come alive"  
She responds, "I like your Gemeinschaftsgefuehl!"

Twenty-two years and a whole lot of history  
From two days a week to eight -- that's cool!  
A mountain of work and it's still a mystery  
How very compelling is Gemeinschaftsgefuehl

A cause to believe in, an ideal to pursue  
The richness of life -- that's Adler's real jewel  
The depth of Spirit will always echo through  
Neva's own treasure of Gemeinschaftsgefuehl

Now it's Neva and Phil on the Inside Passage  
Supplies of find food, a continuous drool --  
Glaciers galore and eight a.m. massages  
It's Royal Caribbean Gemeinschaftsgefuehl

But NASAP is people -- that's the main thing  
With equality and love as the Golden Rule  
And Neva and Phil would, if they could, sing:  
"Hey People -- thanks for your Gemeinschaftsgefuehl!"

## News and Events from the Regions

### Regions 1A - 1B

**Vancouver, BC** - The Adler School of Professional Psychology BC upcoming schedule includes: Abnormal Psychology with Russell King, August 22-24; Principles of Adlerian Psychology with Deb Bailey, September 5-7 & 12-14; Intro to Lifestyle Diagnosis with Tom Beames, September 26-28; and Psychopathology: Anxiety Based and Personality with Michael Maniacci, October 9-12. Contact the Adler School BC at 604/874-4614 or Fax 604/874-4634.

**Saskatoon, SK** - The Saskatoon Adlerian Society will offer a facilitator workshop for parent training, September 10-12, and continuing education classes in Adlerian theory and practice this fall. For details, contact SAS at 306/384-7703.

### Regions 2A - 2B

**Chicago** - The Adler School of Professional Psychology will begin its fall classes September 22. To receive a schedule or registration information contact the School at 312/201-5900 or Fax 312/201-5917.

### Region 3A-3B

**Myrtle Beach, SC** - The South Carolina Society of Adlerian Psychology will hold its fifteenth annual conference here at the Sheraton Beach Hotel, September 26-28. The three-day event includes half and whole day workshops on Friday and Sunday and 75-minute presentations on Saturday. For more information contact Frank Walton, 803/798-0300 or Fax 803/798-9005.

**Tampa, FL** - The Florida Adlerian Society will hold its Third Annual Bay Area Conference, *Towards A Deeper Understanding of Adlerian Psychology*, November 14 & 15. For proposal application, contact Dan Kane 813/877-5471 or Rob Villavisanis, 813/973-1555, e-mail [robmhc@gte.net](mailto:robmhc@gte.net). Deadline for proposals is August 25.

### Regions 4A - 4B

**Fort Wayne, IN** - The Alfred Adler Institute of Fort Wayne will be offering the following courses this fall: Principles of Adlerian Psychology, Psychometric Methods and Theories of Personality. For schedule details call Michael at AAIFW, 219/461-5845.

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**Dreikurs Sayings:** The proper way of training children is identical with the proper way of treating human beings.

**Fort Wayne, IN** - The NASAP Midwest Regional Conference is scheduled for September 11-12 at the Marriott Hotel here. Presentations will include: *Drug Free* with Joyce McKay; *Revised STEP* with Gary McKay; *Experience Required* with Gordon McInnis and Tim Nussbaum; *You Are What's Eating You* with John Rathbun and Sharon Morgillo; and *Early Recollections* with Brian Hutner and John Newbauer. Alfred Adler Institute of Fort Wayne and NASAP are co-sponsoring the event. Contact 219/424-6443.

### Regions 5A - 5B

**Toronto, ON** - Richard Kopp will provide training in Metaphor Therapy, August 22-24 at the Adler Graduate School of Ontario, Inc. Principles of Adlerian Psychology with Linda Page, begins the school's fall term on September 20. Future classes include Humor and Psychotherapy with Harold Mosak, November 14, and with Elizabeth White and Mickey Mehal, November 15-16. For electives and courses leading to an M.A. in Counseling Psychology, phone Adler Graduate School Ontario, 416/480-2303 or visit the web site: [adlerontario.com](http://adlerontario.com)

**Montreal, QC** - The Adler School of Psychology Montreal announces the following September courses in its fall schedule: Theories of Personality with Vadney Haynes, September 5-7; Principles of Adlerian Psychology with Robert Tertoole, beginning September 16; Group Leadership Training with Marion Balla, September 13-14; and, Psychopathology: Anxiety-Based & Personality Disorder, Part I, with Carolyn Gralewski, September 19-21. Call 514/482-8789 or Fax 514/482-8785 to register.

**Montreal, QC** - The Alfred Adler Institute of Quebec announces a general meeting September 15 for anyone interested in giving input about future workshops at AAIQ. The Institute has scheduled a workshop November 8 with Marion Balla presenting *Using Proactive Strategies for Assessment and Treatment*. To register for this workshop or to give your input about future offerings, call AAIQ at 514/731-5675 or Fax 514/731-9242.

### Regions 6A-6B

**Tucson, AZ** - The Adlerian Society of Arizona includes in its fall social/educational forum schedule a presentation by Erik Mansager called *Parenting and Counseling with Teens*, November 7. For details about time and place, contact Susan Speer 520/325-7573.

## Convention Bookstore



Joanne Macpherson (left) and Bev Armstrong pose in the convention bookstore in Vancouver. Joanne and Bev were in charge of Hospitality for the four-day event. Joanne also headed the bookstore. NASAP thanks them and the many hard workers from the Adlerian Psychology Association of BC for their excellent service in making the 1997 convention a success..

###

### *More News From Vancouver Convention*

Eight outgoing Delegate Assembly members received certificates at the Saturday convention luncheon for their years of service to NASAP. D.A. members Henry J. Raymond and Patricia Kyle served a total of six years, from 1991-97. The other recipients served from 1994-97: Florida Bosley, Del Eberhardt, Lois Ingber, Michael P. Maniacci, Michael Nystul and Mary S. Wheeler. In addition to giving time, Delegate Assembly members pay for a portion of their expenses to meetings, reflecting the epitome of social interest.

####

NASAP made its traditional gift of library books for the host city to Rose Clarke, librarian of the Adlerian Psychology Association of British Columbia, the local group for this year's convention.

####

Heinz Ansbacher, Maurice Bullard, Pearl Cassell, Oscar Christensen, James Croake, Edith Foster, Buzz O'Connell, Mim Pew, Cam Meredith and Eva Dreikurs Ferguson shared their personal memories about Alfred Adler and Rudolf Dreikurs in the *Fireside Chats*. The Delegate Assembly approved a recommendation by the Executive Committee that the cost of videotaping these sessions be covered through the Clonick Challenge Grant Funds.

####

NASAP thanks ARDEL, Inc., this year's convention planner, for providing a financially successful event. ARDEL has informed us that they will be unable to continue as the meeting planner for our future conventions.

## DONATIONS

Adlerian Counseling &  
Therapy Section

Shunsaku Noda

*In Memory of Rudolf Dreikurs*  
Helen Millman Stambaugh

*In Memory of Nicholas Ionedes*  
Carole B. Aderholdt

*In Memory of Seymour Schneider*  
Ronald J. Pancner

*In Memory of Hal McAbee*  
Kamakaokalani Penny Scott

*In Honor of Eva Dreikurs Ferguson*  
Linda Jessup

*In Honor of James Croake*  
James Robert Sulliman

*In Honor Harold Mosak's Birthday*  
Marti A. Wilson  
####

### **Adler/Dreikurs Fund**

*In Honor of Neva L. Hefner*  
Heinz L. Ansbacher  
Kamakaokalani Penny Scott  
####

### **News From Members**

**Rob Guttenberg** reports he spent a productive spring in Eastern Europe giving both workshops and concerts, including one in Belarussian Children's Hospice that cares for many of the children suffering from Leukemia as a result of the Chernobyl disaster.

On a happier note his participation in ICASSI in Warwick, England last summer resulted in his engagement to Svetlana Firsova, a psychologist at the Belarus Academy of Sciences in Minsk, Belarus. She will be joining him in the U.S. sometime in the near future.

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## Increasing NASAP Membership *(Continued from page two)*

our children. We can be most influential in bringing around lasting changes by making sure that tomorrow's kids will grow up with mutual respect, unconditional love, and faith in them by their parents, teachers and other significant adults. We need to convince the thousands of parents who take part in these parenting classes all over North America, that their involvement must not stop at the end of the first ten week course, but by becoming members of NASAP, their introductory parent study group will represent the first step in their efforts to bring about the desired lasting change in their relationships.

Please take this message to your friends, relatives, neighbors, schools, churches, and to every place where you can find parents eager to work for a better future! We are most fortunate to be members of a great Society which is spreading Alfred Adler's words, help your friends to take advantage of it!

###

### *Intner Receives Certificate of Study*

**Riki Intner** received the *Certificate of Study of Adlerian Psychology* for completing the required hours in Adlerian training. The Certificate is available to anyone who completes 90 hours of attendance at Adlerian training programs; 45 hours from NASAP Conventions/Workshops and 45 from Adlerian regional conferences and training institutes. At least 24 hours have to be intensive workshops, six hours or greater; all 90 hours have to be completed in five years. Anyone interested in applying can receive an application by calling the central office.

## **Executive Director Update**

By **Mary J. Maguire**, President

Neva L. Hefner, our first and only Executive Director, is planning to retire this fall; and so we are in the process of searching for a new administrator for our organization. We have received over 100 applications for the position, and many of those were from people who appeared to be very qualified.

On Monday, July 28<sup>th</sup>, an interview team comprised of myself, John Newbauer, Treasurer (both from the Executive Committee) and Michael Popkin, representing the Long Range Planning Committee, interviewed nine candidates.

We were excited about the quality of the interviewees and are in the process of checking references before making a recommendation to the full E.C. We hope to have the new Executive Director in place by the first week of September, so that person can work with Neva during the transition.