

# The NĀSAP Newsletter

July/August, 1998

Volume 31, Number 4

## U.S. Site For 3 Adlerian Conferences In 1999

The summer of 1999 will be an opportune time for NASAP members to take in three major Adlerian conferences and become acquainted with Adlerians worldwide as well as in North America. Next summer the 47<sup>th</sup> Annual NASAP Convention and Workshops will be in Atlanta, Georgia May 27-30; the 32<sup>nd</sup> Annual Rudolf Dreikurs Summer Institute (ICASSI) will be at Wheaton College near Boston, Massachusetts July 18-31; and, the 21<sup>st</sup> International Congress of Individual Psychology will be in Chicago, Illinois August 3-7.

Included with this Newsletter is a green and white flyer highlighting some of the details of the three events. NASAP '99 will offer two days of workshops and two days of shorter convention presentations. ICASSI attendees have the choice of one or two weeks of classes for children as well as adults. The Wheaton College campus where ICASSI will be held is located close to Boston to allow participants to take in the city's many historic sights.

The International Association of Individual Psychology (IAIP) will be holding their 1999 Congress in cooperation with the Adler School of Professional Psychology. Entitled *The Science of Living: Tasks, Contributions and Solutions*, the 5-day event will be held on the McDonald's Corporate Campus in Brookfield, a suburb of Chicago. One of the most up to date training facilities in the world, the facility offers simultaneous translation equipment as well as recreational and dining amenities. (A call for papers for the IAIP Congress is on page seven).

### We Have Moved!

NASAP has moved to Suite 1710 in the same building. We have a bigger and brighter space on the same floor as Adler School classrooms. We also have a new Fax number — 312/629-8859.

— President's Message—

## *A Presidency of Challenge and Change*

*Challenges make you discover things about yourself that you never really knew. They're what make the instrument stretch — what make you go beyond the norm.*

Cicely Tyson

NASAP has faced many challenges in the past few years as we have made a conscious decision to reorganize and modernize the organization. In response to the challenge to make NASAP more effective and responsive, we have initiated many changes, in addition to the changes that occur routinely in the life of any organization. Some of the changes have been a long time in coming, and some have been relatively spontaneous. In the period of one year, from May 22, 1997, at our Convention in Vancouver, until May 21, 1998 at our Convention in Dallas, we have faced an incredible number of major challenges and have stretched beyond our norm in response. Some of these changes are as follows:

- ▶ Executive Director, Neva L. Hefner, retired after 23 years of service.
- ▶ Lee Ann Deal was hired as our second Executive Director.
- ▶ We approved a plan and have begun the process of updating our computer system and other office equipment and to set up a web site.
- ▶ We moved our office (from Suite #400 to Suite #1710).
- ▶ We changed the title of our journal back to its original title (The Journal of Individual Psychology), decided to combine the Theory & Research and Practice & Application issues, and redesigned the cover.
- ▶ We selected the next journal editors (Roy M. Kern and William L. Curlette) who are preparing the first journal for 1999 while our current editors (Gerald Mozdzierz and James R. Bitter) have finished the 1998 issues.
- ▶ We agreed to modify and enhance the Newsletter and to continue the recently implemented Resource Page.
- ▶ We presented the 1<sup>st</sup> and 2<sup>nd</sup> Annual Heinz L. & Rowena R. Ansbacher Lectures.
- ▶ We hired Collette Hall of Centennial Conferences as our new Convention Coordinator.
- ▶ We decided to participate with the International Association of Individual Psychology (IAIP), for the first time, when they bring the triennial International Congress of Individual Psychology to Chicago in August, 1999.
- ▶ We discussed, proposed and approved major governance changes which are about to become a reality!

At the Delegate Assembly (DA) meeting in Dallas, during our 46<sup>th</sup> Annual Convention, the new By-Laws were approved unanimously after working for about two years to reach consensus on the issues. This follows the acceptance of the new Constitution by the membership last summer (to be implemented when "the by-laws are approved and the new structure's ready to be implemented"). In line with the new structure, a nominating committee has completed the process of selecting candidates for the Board of Directors (see article page 8). In September, we will have a joint meeting of the current Executive Committee (EC) and the newly elected Board of Directors and will, halfway through the meeting, fully implement the new Constitution and By-Laws. At that time your new President, with the rest of the Board elected by

(continued on page six)

## Finding A Cure For Loneliness

By Elaine Davies

Dean Ornish, M.D., writes in his latest book *Love and Survival: The Scientific Basis for the Healing Power of Intimacy*, that loneliness is the leading cause of death in this country. He cites studies that show that people who feel lonely and isolated have much higher rates of premature death and disease from virtually all causes.

As I see it, there are two cures for loneliness, and neither is easy. One cure for loneliness is relationship, expressed most deeply in intimate love, but also cultivated in friendships. Another cure for loneliness is solitude, because solitude is the joy and contentment of ones own company.

If I'm meeting the challenge of the fourth life task (relationship to self), I can tolerate the moments of disconnection from others. If I love, respect, and accept myself, I can even push away a relationship that ultimately is destructive. I can generate the courage to enter new relationships and believe that even if I've left a "bad one" or lost a cherished one, there is the possibility of finding and exchanging life-fulfilling energy with another. That takes a belief that I have something of value to offer and so do others. It requires the optimism of social interest.

Intimacy is the result of being courageous enough to be close with another human being and having that reciprocated. It requires genuineness and equality in vulnerability and sharing of feelings. It requires that I accept the fact that as a human being I have (and create) all kinds of feelings for all kinds of purposes, as do others. When I can share grief, pain, fear, anger, joy pride, and contentment with another and truly empathize with another when they do the same, I have intimacy; I have connection.

Alfred Adler was right. We enhance the quality of our individual and collective lives and the quantity of our days by cultivating social interest.

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### **Convention Proposals Have Been Mailed!**

Workshop/convention presentation proposals have been mailed. If you have not received yours or want more copies, call the Central Office. Please note that for the first time NASAP is offering half-day pre and post workshops. Due date for full and half-day workshop proposals is **September 5**; convention presentation proposals (60, 90 and 175 min.) are due **October 19**.

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Jerianne Garber, Editor  
Lee Ann Deal, Executive Director

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### **IP Journal Issues Call For Special Issue Manuscripts**

The Journal of Individual Psychology will be presenting a special issue on play therapy and counseling approaches with children. Editors Roy Kern and William Curlette are seeking manuscript submissions using Adlerian theory and/or applicable innovative research.

The manuscript submission deadline is **October 31, 1998**. Please submit manuscripts in APA style, with two hard copies and on a 3½ inch floppy disc (preferably formatted in WordPerfect).

Manuscripts and/or queries for further information should be directed to:

Dr. Joanna White  
Counseling & Psych. Services Dept.  
College of Education  
Georgia State University  
1 University Place  
Atlanta, Georgia 30303  
Phone 404/651-2550

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### **Training Resource Directory Now Available From NASAP**

A new resource directory that highlights Adlerian training throughout the U.S. and Canada is now available from the central office for \$5. The 15-page directory is divided into four sections featuring: 1) professional Adlerian schools; 2) universities and colleges providing Adlerian courses; 3) internship and supervision sites and 4) family education centers.

The directory is in a spiral binding and can be updated and expanded. Anyone who has Adlerian training programs to include in future updates is encouraged to contact the central office. Those wishing to buy the current directory may call with their credit card number or send their check to the address at left.

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### **NEWSLETTER DEADLINE:**

The deadline for the September/October issue of the NASAP Newsletter is **August 17**. Send all your news items, feature articles, letters to the editor, etc. to the central office (address, fax and e-mail in box at left) by that date.

## The 8 Keys To Becoming Wildly Successful and Happy!

Harry A. Olson, Author

(The Newsletter is offering two different views of this issue's "Book of the Month." Below Daniel Eckstein gives his views; and in the column at the right, Bill Linden writes his perspective. Details about ordering the book can be found below.)

Adlerians refer to the *four directions of encouragement* as being downward, across, upward and inward. Note that three of the four of these "directions" are interpersonal. The inward journey has often been the voyage where many people have the greatest challenges. Harry Olson has a long and distinguished career as a therapist who has creatively applied core Adlerian concepts in workshops and in writing. In his latest book, *The 8 Keys To Becoming Wildly Successful and Happy*, he has identified core principles to assist the inward journey. Each principle is defined in practical and concrete ways — more than 100 exercises put the theory into practice. Harry has a very "down-home" readable, conversational writing style. He also uses metaphors; for example, one chapter is titled "High-jump or limbo: What do you do with the bar?" His formula for healthy competition is  $W=E3+C1+C2=P$ , defined as "winning equals excellence (to the third degree) plus contribution, plus commitment, equals positioning.

He has a nice section on the qualities of being a missionary based on his interviews with many actual missionaries. He describes a "triple error" as characterized by the three mistaken notions of: 1. we are not worthy as we are; 2. Our worth is dependent on our performance; and 3. Our worth is as compared to others. For all us *pleasers*, who don't set proper boundaries, I enjoyed his section based on Robert Frost's quote, "Good fences make good neighbors." In his appendix there is a list of "igniter" contrasted to "killer" phrases.

All in all, Harry has compiled a useful set of Adlerian related concepts. I personally feel the inward journey is a bit more complicated and more filled with lots of moments I would characterize as less than "wildly successful and happy." Nonetheless, the wide market for self-help books indicates good possibilities for Harry's. It is a good step in the right direction of the inward journey of self encouragement.

Daniel G. Eckstein

### Order Form

(This offer expires September 30, 1998)

Send \_\_\_ copies of *The Eight Keys...* (\$13.50 each) \$ \_\_\_\_\_  
(Order limit is three books)

Please include postage and handling \_\_\_\_\_  
(\$3 U.S. for one book, \$4 Canada and other countries;  
add \$1 for each additional book ordered).

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

\_\_\_ Check or money order (U.S. funds)

VISA/MC# \_\_\_\_\_

Expires \_\_\_\_\_ Name: \_\_\_\_\_

Ship to: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Send this coupon to NASAP, 65 E. Wacker Pl., #1710, Chicago, IL 60601.  
Credit card orders call 312/629-8801 or Fax 312/629-8859.

## A Handbook For Encouragement

This slim work is basically a handbook for those who wish to become cheerleaders for encouragement. As such, it contains many practical exercises and visualizations that one may use either to encourage oneself or others.

Its basic theme is that one should strive for superiority over problems and not over people. One should become task oriented and not ego oriented by striving for significance. Significance is achieved by realizing the intrinsic values of activity, by becoming self-reliant and at the same time affirming one's social embeddedness. By learning to shift a simple consonant, "g", one can move from being egocentric to becoming geocentric. In so doing, one expresses social interest and contributes to the welfare of humanity. Such contribution constitutes happiness.

These are all good ideas that are, at times, unfortunately hidden by eccentric style. Also hidden among the fine ideas are some odd ones: e.g., that shame is innate, neurologically programmed and ingrained (pp. 62 and 221) or that "auras" of body energy fields have been photographed (p. 154). There appears to be little scientific evidence for such assertions; and even if there were, it is unclear what difference they would make for human beings who are basically self-determined.

Cheerleaders can find in *The 8 Keys...* many specific techniques for encouraging themselves and others.

George W. "Bill" Linden

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### Book of the Month Offer

*The Eight Keys to Becoming Wildly Successful and Happy* is now available from NASAP for \$13.50, a 20 percent discount off the regular retail price. This is an easy to read book designed for business as well as personal applications with simple language for the lay person. Members may purchase up to three copies at this price through September 30.

Please add postage and handling of \$3 U.S. for one book, \$4 for Canada and other countries. Add \$1 for each additional book ordered.

# NASAP '98 -- In Dallas!



Althea Poulos receives the President's Award from Mary Maguire at the Friday Night Awards Banquet. Her plaque reads "in recognition of her extensive, abiding work on behalf of children, families and educators through her books and lectures for professionals and parents and inspirational leadership as exemplified by her 35 years as the founder and director of the Kinderschool Adlerian Nurseries (KAN)." Located in Richmond Hill, Ontario, KAN uses *Children the Challenge* by Rudolf Dreikurs as its primary guideline.



Above, left to right are Board members of the Beecher Foundation: Gabe Macias, Louise Raggio, Lou Smith and Joyce Kahle. The Foundation graciously hosted the Willard and Marguerite Beecher Reception for NASAP conventioners prior to the Friday Night Awards Banquet. The Beecher Foundation was created to promote the books of Willard and Marguerite Beecher, who were students of Alfred Adler and professionals practicing Adlerian therapy in New York City for 30 years. More information about the Beecher books and book orders can be obtained from the Beecher Foundation, 972/644-8198, Fax 972/234-0101.



Gerald Corey, the second Heinz L. and Rowena R. Ansbacher Lecturer, explains to the Thursday night audience how Adlerian ideas have played a role in both his work as an author and as a therapist. Corey's textbooks have brought many new members to NASAP.



Jonathan Bundt of the Alfred Adler Institute of Minnesota (AAIM) gives a progress report on the school's significant growth and plans for additional programs at the Saturday luncheon. AAIM generously co-sponsored the Fireside Chats which included a scrumptious dessert.



Daniel Eckstein offers the vocal services for those conventioners who would rather not have their auction "silent." His effort not only helped NASAP financially, but provided great fun and a warm sense of comradery after the Friday Night Awards Banquet.



Peter Brown (at left) and Susan Prosser-Zuijdwijk are welcomed by President Mary Maguire (center) as new representatives of the Professional Clinicians and Family Education Sections, respectively. The new reps attended their first and last Delegate Assembly meeting; they now serve their sections on the Council of Representatives.



John Huber (at right) pays tribute to Heinz Ansbacher before the second Annual Heinz L. and Rowena R. Ansbacher Lecture.



Evelyn Haas (at left) and Wes Wingett do a little Texas style dancing at the Roadhouse Saloon where Adlerians enjoyed their *Evening in Dallas*. Part of the festivities also included some serious line dancing and live "country and western swing" music by the Wagonmasters.



Pictured above, Floy Pepper (left to right) joins Norma Lou McAbee and Edna Nash in talking over old times while enjoying the Beecher Reception before the Friday Night Awards Banquet.



Saturday's *Evening in Dallas* offered a tasty treat with a touch of history for the conventioners, including those pictured at left. An authentic barbeque meal (beef, chicken and sausage), like that served off a turn of the century chuck wagon on the Texas prairie, was duplicated complete with peach cobbler cooked over an open flame. The casual meal is being enjoyed by (left) Cubie Bragg, (in background) Gary McKay, Horst Groner, Robert Armstrong (right front) Fred Jones and Henry "Hank" Raymond.

## --News From Members--

**Marven O. Nelson** recently received the *Thomas D. Peace Award* from the Oklahoma Department of Health for his outstanding service as Director of the Woodward County Guidance Clinic, reports the Woodward News.

Nelson has directed the Clinic for the last eight years. The article noted that Dr. Nelson has taught at many eastern colleges and authored numerous articles for professional journals. He is recognized nationally and internationally as an Adlerian psychologist. He was described as an "invaluable asset" to the Clinic as well as to the Woodward, Oklahoma community at large.

###

**Carolyn Crowder** of Tucson, Arizona has co-authored a new book called, *BACKTALK: Four Steps To Ending Rude Behavior In Your Kids*. Published by Simon and Schuster, the book was released in March.

Since then, Carolyn has toured 14 major cities, interviewing with radio, TV and newspapers in each locale, including *Dateline* and the *Today Show*. The book, which provides a practical Adlerian approach for parents who are permissive, has hit a public nerve, Carolyn says. *Backtalk* has sold more than 165,000 copies and was included on the best seller lists for the New York Times, USA Today and Publisher's Weekly.

As a result of the national publicity, Carolyn was asked to give lectures for a rural school district in California. The afternoon session drew 250 school personnel; and 850 parents attended an evening session. Carolyn said she was surprised by the level of ignorance expressed by parents across the country about how to respond to the simplest of misbehaviors "Adlerian psychology is so needed today — more than ever."

Carolyn says she has a contract for a new book, *GIVING IN: Why You Should Not Cater To Children and How To Stop It*, to also be published by Simon and Schuster. She received her Adlerian training at the University of Arizona under the guidance of Oscar Christensen. In addition to a small private practice, she has worked in elementary schools and taught parenting classes.

## IN MEMORIAM RENA TAUB (1927-1998)

On April 19, 1998, Dr. Rena Taub, esteemed educator, psychotherapist and artist, died of cancer at the age of 71. In addition to having a private practice in New York City and at her Long Island residence, Dr. Taub held the position of Dean of Child and Group Psychotherapy at The Alfred Adler Institute in New York, where she was on the faculty for 35 years. She was an active member of NASAP for 30 years and has been a NASAP Delegate to IAIP.

On May 23, a memorial service was held at The Ethical Culture Society in New York. Family members reminisced about her early childhood and the development of her artistic and humanitarian pursuits. Classical music compositions were performed, poetry recited and works of art by Dr. Taub were displayed throughout the hall. It was a tribute befitting a woman of such beauty, grace and dignity.

I consider myself fortunate to have shared a very special relationship with Dr. Taub. She was my mentor and my analyst. If I could think of just one word that would most aptly describe her, that word is comfort. While in her presence, you always felt a sense of comfort. Whenever I arrived at her home office, she would greet me at the door with that heartwarming smile, and I would feel uplifted by the sound of soothing classical music. She would ask me if I would like some tea and return a few minutes later with an elegant cup and pot of tea on a tray. Being keenly aware that it was a hardship for me to navigate my way via public transportation from New Jersey to her home on Long Island and knowing of my affinity for nature and the outdoors, she suggested that I might appreciate the more scenic route to her home through the park. I loved taking that path every Saturday. It was the perfect prelude and coda to the therapeutic experience with her. As my mentor, I will always cherish the values she inspired in me of compassion, creativity, and a sense of humor.

She was the personification of all that Adler espoused. She possessed *joie de vivre* and lived life to the fullest. She achieved success in every facet of her life: family, humanitarian pursuits, her chosen field of work, and particularly her work with children. Through her unique artistic gifts, she taught us to view life with the wonderment of a child peering through the lens of a kaleidoscope and to embrace life with curiosity and enthusiasm, like a box of confections waiting to be opened. Rena Taub, this woman of beauty, grace and dignity, bequeathed to us a most rich legacy and will be deeply missed by all.

**Karyn M. Yurchak**

### *President's Message* (continued from page one)

the membership, will be seated and I will move into my role as Past-President. Whew! It's been quite a year.

This is my last *President's Message* to you. I want to thank you all for the opportunity to serve as President of NASAP and for all the support and encouragement I have received. I have thoroughly enjoyed the experience. Both as a Delegate and then as President, I have appreciated the opportunity to meet and work with so many wonderful people, many of whom I'm sure will be lifelong friends and colleagues. I have appreciated the opportunity to learn about and understand some of what makes NASAP what it is and what it can be, including its founders and many contributors. I have also enjoyed the opportunity to live, work with and be challenged by Adlerian Psychology in such an intense way.

I have been challenged personally and professionally throughout my four years as President, have stretched myself (sometimes kicking and screaming all the way) in the process of working with the EC, the DA, the office staff, the various committees and their chairs, the editors, and the members. Together we have supported the daily operations and ongoing projects, assessed the issues and assets of NASAP and made adjustments and changes as needed to ensure it's viability (to the best of our ability).

It's a process. All of the work we have done in the past few years is built upon the work that was done before us, and lays the ground for work to be done in the future. The growth that I have experienced in this position is invaluable and will serve me always. I look forward to many more years with NASAP and with all of you. Thanks again.

**Mary Jamin Maguire, President**

## Education and Training Opportunities

### Northwest

**Vancouver, BC** - The Adler School of Professional Psychology, BC offers the upcoming classes: *Marriage and Family Systems I*, Clair Hawes, August 18-21; *Theories of Personality*, Verna Amell and Anne MacGregor, August 21-23; *Abnormal Psychology*, Russell King, August 28-30; *Principles of Adlerian Psychology*, Tom Beames, September 11-13 and Deb Bailey, September 25-27. To register or receive a full schedule, call 604/874-4614, Fax 604/874-4634 or e-mail: adler@istar.ca.

### Midwest

**Fort Wayne, IN** - The Adler School of Professional Psychology, Fort Wayne announces that it is still recruiting students for its first Psy.D. in Clinical Psychology program beginning this fall. Anyone interested in applying should contact John Newbauer, 219/424-0411, Fax 219/424-3530 or Bob Chucka, 312/201-5900, ext. 222, Fax 312/201-5917.

### Southeast

**Myrtle Beach, SC** - Registration materials for the 16<sup>th</sup> South Carolina Conference of Adlerian Psychology will be mailed during the week of August 2. The program, to be held October 2-4 in Myrtle Beach, will feature Harold Mosak. Contact 803/798-0300, Fax 803/798-9005.

### Southeast (cont.)

**Tampa, FL** - The Florida Adlerian Society has issued a call for proposals for its annual conference to be held in Tampa November 6-7. **Deadline for proposals in August 15.** For further information contact Tim Evans 813/251-8484 or e-mail: TimEnc@AOL.Com.

### Northeast

**Kensington, MD** - The Parent Encouragement Program (PEP) offers the following parenting classes: *Raising "I Can" Kids*, Marcy Foster; August 4; *Your One and Only: Raising an Only Child*, Marlene Goldstein, August 6; *Using Logical Consequences*, August 11, and *Bullying and Fighting and Aggressive Play*, August 20, both with Linda Jessup. Contact PEP, 301/929-8824, Fax 301/929-8834, e-mail: pepoffice@aol.com.

**Lanham, MD** - *Oops! The Value of Mistakes, Their Lessons & Consequences* is the theme of a northeast regional conference being held October 16-17 at the Best Western Capital Beltway hotel. The conference will feature 1½ to 3 hour sessions in professional, parent/family, business and general tracks. Contact is Terri Crovato, 301/384-2764 or e-mail: tcrovato@nccbuscc.org.

### Certificate of Study in Adlerian Psychology Available From NASAP

**James P. McSherry** is the most recent recipient of the NASAP Certificate of Study in Adlerian Psychology. McSherry was presented his certificate by Mary Jamin Maguire, NASAP President, at the banquet during the Convention in Dallas last May. McSherry becomes the seventh person to receive this special Adlerian certificate. It is the only certification of continuing education hours exclusively in Adlerian psychology.

The *Certificate of Study* is available to anyone who completes 90 hours of continuing education in Adlerian Psychology; 45 of the study hours must be obtained at NASAP Annual Conventions or Workshops. The other 45 required hours may be earned at NASAP affiliated programs such as accredited colleges, universities and institutes, NASAP affiliated conferences, ICASSI (The International Rudolf Dreikurs Summer Institute) or the IAIP International Congress (see article at right).

With all three of the major Adlerian conferences being held in the U.S. during the summer of 1999, interested applicants will have an ideal opportunity to earn most of their credit hours for this certificate in one year. An application listing the specifications of the required credit hours can be obtained from the central office: 312/629-8801, Fax 312/629-8859, e-mail: nasap@msn.com.

### A Call For Papers 21<sup>st</sup> International Congress for IP

The International Association of Individual Psychology and the Adler School of Professional Psychology are issuing a *Call for Papers* for the 21<sup>st</sup> International Congress to be held in Chicago, Illinois August 3-7. Entitled, *Science of Living — Tasks, Contributions and Solutions*, papers are being accepted in four subject areas:

Theories of Individual Psychology: Fundamental Concepts and Principles; Theories of Personality; Developmental Psychology; Psychopathology.

Methods and Fields of Activities in IP: Counseling, Education, Psychotherapy; Children, Youth, Adults; School, Workplace, Clinics, etc.; Individual Setting, Family Setting, Group Setting; Empirical Research and Quality Control.

Society and IP: Ecology; Politics; Morality and Ethics.

History of IP: History of Ideas; Institutions and Personages.

Please submit a summary of the topic, limit 300 words, by November 1, 1998 to Marion Balla, Vice President IAIP, 1729 Bank St., Suite 205, Ottawa, ON K1V 7Z5, Canada. The preliminary program, with registration form and accommodation card, will be available March, 1999. Advance registration is possible immediately. Contact Marion Balla, 613/737-5553, Fax 613/523-7148 or e-mail: adleriance.sympatico.ca.

## ATTENTION ALL AFFILIATES

In the new NASAP governance structure (to be fully implemented in September), Affiliates assume a much stronger role than ever before. First and foremost is the fact that each Affiliate that meets the criteria will now be able to send their own representative(s) to NASAP.

According to the revised by-laws, "Affiliate Members (of NASAP), are organizational units governed by their own principles of operation independent of NASAP with at least two General Members of NASAP" and who have made formal application to NASAP to include submitting a membership list and a copy of their constitution, by-laws or statement of purpose which is consistent with the goals of NASAP. Once an organization has been accepted as an Affiliate, they "may send a Representative to serve on the Council of Representatives (COR) when their membership includes at least ten (10) General Members of NASAP. An Affiliate that has fifty (50) or more General Members of NASAP among their members may send two Representatives to the COR." All "Representatives to the COR must be General Members of NASAP... The responsibility of the expenses of COR Representatives of Affiliate Organizations remain with the Affiliate or with the individual Representative."

The purpose of the COR, aside from its constitutionally assigned responsibility "to establish the constitution and by-laws to govern the deliberations and actions" of NASAP, is to

- ♦ facilitate networking and mutual support among Affiliates including local Adlerian groups, Schools and Institutes, and other groupings of Adlerians;
- ♦ provide opportunities for cooperative and collaborative projects and activities among the Affiliates;
- ♦ stimulate and encourage NASAP membership (Associate and General);
- ♦ better enable NASAP to be actively involved in support of local groups;
- ♦ promote the value of Adlerian psychology throughout the North American community; and
- ♦ connect with other national and international organizations to facilitate collaboration and exploration of mutual issues.

Those of you who have paid dues as an Affiliate for 1998 will continue to receive benefits of membership; however, in order to send a representative to the COR, you will need to comply with the current criteria as listed above. The 1999 renewal packets (generally sent the first of November) will reflect the new governance changes and will include instructions consistent with the revised procedure.

Cultivating Affiliates throughout North America will both strengthen Adlerian influence at the local level and strengthen NASAP as an organization. To this end we are eager to send information to anyone who is interested in developing an Affiliate. Please contact NASAP central office for further information.

**The first meeting of the COR will be November 6 - 8, 1998. All eligible Affiliates wishing to send a representative must send "official written notice" (of their representative) to the Central Office as soon as possible and no later than Nov. 1, 1998.**

## DON'T FORGET TO VOTE!

Three cheers for all of you who have already sent in your ballot to elect the first NASAP Board of Directors!!! And to those of you who haven't, please take a moment **right now** to locate the ballot get it in the mail pronto!

As I mentioned in my memo, each General Member of NASAP has both the unique privilege and the awesome responsibility of electing the first Board of Directors. As many of you may know, not every Board is elected by the membership; in fact, in some organizations members are not involved in the process at all. However, true to its philosophy of democracy and social interest, NASAP invites and expects its General Members to participate in this all-important function.

Under the guidelines of the revised NASAP Constitution and By-laws (to be fully implemented in September, 1998), a nominating committee was selected by the Delegate Assembly (the Council of Representatives under the new structure). In accordance with the by-laws, the 1998-99 NASAP Nominating Committee (Bob Armstrong, Joyce McKay, John Newbauer and Kathy Walton) identified a minimum of two candidates per office. Following the announcement of this slate to the Delegate Assembly (once again, the COR under the new structure) any General Member could, with the signatures of nine other General Members, submit additional candidates to be placed on that slate. Now that the due date for submissions (postmarked by June 30, 1998) has passed, the slate is finalized and it is time to vote.

The candidates for Office of the first NASAP Board of Directors are as follows:

President: Jane Griffith and James Robert Sulliman  
V. President: Rachell Anderson and Riki Intner  
Secretary: Miller "Rocky" Garrison and Marianne Turner Miles  
Treasurer: Becky LaFountain and Henry J. Raymond

Now that the ballots are out, time is of the essence! The election rules call for all ballots to be **postmarked on or before August 9, 1998**. We cannot accept as valid any ballot we receive postmarked with a later date.

So, **ACT NOW!** Either pat yourself on the back for being so prompt with your response; or find that ballot, read those biographies, and **mark that ballot right now** so you can **get it in the mail today!** We will share the results of the election in the September/October issue of the *NASAP Newsletter*.

###

We wish to take this opportunity to apologize to Dr. James Sulliman, candidate for president. We inadvertently misread his fax and made an error in reproducing his biography. In the middle of the fifth paragraph, the wording should be "self-elevation" instead of the inaccurate "self-evaluation".

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## Nominations Open For The Harold Mosak Endowment

The Committee for the Harold H. Mosak Endowment is seeking nominations for its annual award to be given to an individual or individuals, or a group to provide financial assistance for a special project that will promote and advance Adlerian Psychology. Self-nominations and nominations of others are encouraged. The criteria include that the project is current and that it will advance Adlerian Psychology in a significant and enduring way. The award will be presented in the fall of 1998 and will include financial assistance ranging from \$1000 to \$5000, depending on the project or projects selected.

Please submit a brief description of the proposed project by September 1, 1998 and state how it would be significant and enduring. Send nominations to: The Harold Mosak Endowment, c/o Roseanne M. Boldt, Psy.D., Adler School of Professional Psychology, 65 E. Wacker Pl., Suite 2100, Chicago, IL 60601-7203, Fax 312/201-5917.

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*The true meaning of life depends upon contribution and cooperation.*  
Alfred Adler

## Parent Education: From Self Esteem to People Esteem

By Gary D. McKay

If you ask most people to define self esteem, you'll get answers which amount to how one values oneself. The very term "self" esteem leads people to focus on self. So, it logically follows that when people talk about self esteem and children, they focus on helping kids feel good about themselves. Of course this is important, and it is one of the goals of encouragement. We need to remember, though, that becoming involved with others in a useful way increases the child's sense of self. He experiences positive belonging.

Self esteem actually means to value self *and others*. But the "others" concept is often left out of the self esteem emphasis. Alfred Adler's concept of social interest is the true essence of self esteem. Simply put, social interest means to care as much about others as one does about oneself. Social interest involves contribution and cooperation. When a child learns to contribute and cooperate, she has self esteem.

I created the term "people esteem" to help parents focus on the child's positive involvement with others. Actually, people esteem is a part of self esteem.

### Self Esteem and Ego Esteem

The part of self esteem that focuses on self is often misunderstood as ego esteem because it's external and comparative. Children get their feeling of worth from outside sources such as being good students or excelling at sports. So, if children don't excel, they lose their self esteem. Or if they've not excelled at what others value as good accomplishments, they have low self esteem.

Ego esteem is discouraging to the individual's self image as well as to his or her esteem for others. Ego esteem is by its nature competitive, not cooperative because one's self esteem depends on accomplishments which often means comparisons and competition with others.

Self esteem is different from ego esteem in that self esteem simply means one values self and others apart from accomplishments. Children have strong self esteem when they believe they belong which often leads to success, but is not dependent upon success. Children with strong self esteem can take failures as temporary setbacks rather than catastrophes. They can accept others' mistakes as well.

### How Parents Can Help Build People Esteem in Children

◆**Teach respect for others.** It's difficult if not impossible to respect ourselves if we don't respect others. Mutual respect is more often caught than taught. The parent's model of respecting the child and other people is far more influential than what is said about respect.

◆**Help other people.** Esteem for others begins with the family. When children begin to learn to take care of themselves, they are making contributions as well as building their own self esteem. For example, Oscar Christensen points out that when school-aged children learn to get up and go off to school on their own, the children are contributing because this takes the burden off the parent. At the same time the children are building their own self esteem because they are learning they can take the responsibility — they feel good about being able to do this. Doing chores helps children contribute and also feel good about themselves — even if they don't like the chore. Parents can help build self/people esteem by noticing and appreciating the child's contributions.

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◆**Reach out.** People esteem also means reaching out beyond the family and becoming involved in the community. Families make contributions to charities and perhaps collect food and clothing for the homeless. These contributions are all important, but children also need regular hands on experiences that involve directly helping people. These kinds of contacts can begin with neighbors and friends. In many communities neighbors are strangers. Yet the people who live around us can be rich sources for relationships and support. Involve children in helping out in the neighborhood. The job may be large like helping someone move, or small like a child watering plants when a neighbor is out of town, or helping fix or carry a meal to a neighbor who is ill. Children can also become involved with friends and relatives who live in other neighborhoods or communities. They can participate in phone contacts, write letters, send drawings.

◆**Teach manners.** Part of people esteem is simply good manners. We've lost some of the politeness in today's world. Again, modeling is the best way to teach manners. "Please clear the dishes before you leave." "Thanks for putting away the laundry." Parents need to expect their children to treat them politely. You can begin by telling your children what you expect. If the child forgets, you can refrain from nagging and simply offer gentle reminders about please and thank you.

◆**Appreciate that people are different.** Part of mutual respect and people esteem is accepting people's differences. People have different interests, backgrounds, religious beliefs, etc. Also, racial tension is still a problem in society. If we're to generate harmony between races, we must teach our children that all people are of value. You can model acceptance by involving children in discussions about racial issues that are reported on the news. You can provide opportunities for your children to interact with children of another race. If there are children of different races in your child's school, encourage your child to invite these children to your house. If you have friends of another race, involve your children in these relationships. In some cases parents will need to make special efforts to facilitate such interactions. For example, some predominately Black congregations and predominately White congregations plan joint functions.

### Summary

People esteem is part of self esteem. It involves contribution, manners, acceptance, mutual respect and social interest. Begin by making a list of ways your children can contribute according to their age and abilities. Then, one step at a time, involve your children.

Parts of this handout are from *The Parent's Handbook* by Don Dinkmeyer, Sr., Gary D. McKay, and Don Dinkmeyer, Jr. © 1997 American Guidance Service, Inc., 4201 Woodland Road, Circle Pines, MN 55014-1796. All rights reserved.

### Additional Recommended Reading

Parenting Young Children. Dinkmeyer, Sr., Don; McKay, Gary D.; Dinkmeyer, James S. and McKay, Joyce L. American Guidance Service, Inc., 1997.

Parenting Teenagers. Dinkmeyer, Sr., Don; McKay, Gary D.; McKay, Joyce L. and Dinkmeyer, Jr., Don. American Guidance Service, Inc., 1998.

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. In the early 1900's, Adler 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. NASAP membership includes educators, psychologists, psychiatrists, counselors, parents, business people, community organizations and other interested people. If you are interested in knowing more about NASAP, Adlerian Psychology or Adlerians practicing in your area, please call or write us, we'd love to hear from you:

#### NASAP

North American Society of Adlerian Psychology  
65 East Wacker Place, #1710  
Chicago, IL 60601-7298  
(312)629-8801  
FAX (312)629-8859  
email: nasap@msn.com

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