

The NASAP Newsletter

March/April, 1999

Volume 32, Number 2

Earn A Certificate of Study At NASAP '99 Convention

You may not know that NASAP offers a special recognition program for those NASAP members attending NASAP Convention, the **Certificate of Study of Adlerian Psychology**. By accumulating a total of 90 NASAP Convention and Workshop hours within required areas, a NASAP member may apply for and be awarded the Certificate. Certain hours toward completion of the Certificate program may also be obtained through NASAP Regional Conferences or through study with NASAP affiliated programs. The certificate holder receives a special *certificate* suitable for framing, recognizing accomplishment.

Many NASAP members already meet the requirements of the Certificate and those of you who are not yet up to the requisite number of hours, will be after attending NASAP '99 in Atlanta!

The following is a summary of the Certificate of Study requirements:

- * Be a NASAP member (general or associate) for at least three consecutive years at the time of application.

- * Attend an Introduction to Adlerian Psychology program at NASAP or elsewhere (look in your Convention Brochure, we offer this program presentation every year).

- * Attend at least 24 hours of intensive workshops (4 hours minimum) at an Adlerian Convention or Regional Conference.

- * Attend at least 45 hours of NASAP Convention Programs or Workshops.

- * Complete a total of 90 hours of study. In addition to the above, the remaining hours can be obtained through additional NASAP Convention programs or workshops or at Regional Conferences or affiliated programs of study.

- * Complete the application and pay the \$100 processing fee.

To receive an official application for the Certificate of Study of Adlerian Psychology, call or write the NASAP Central Office.

Steven A. Maybell, Chair
Committee on Education and Training.

"Georgia On My Mind"

Georgia on your mind? ...by now you should have received your NASAP '99 convention brochure and seen the exciting educational opportunities that will be available at both the workshops and convention presentations in Atlanta (May 27-30). This convention is sure to be an inspirational event!

The Heinz L. and Rowena R. Ansbacher Lecturer will be Jon Carlson with a keynote address entitled: *Adler 2000 and Beyond: Astronaut or Dinosaur? Headline or Footnote?* Sure to be stimulating and not to be missed.

Also, don't miss the 5th annual silent and live auctions: visit the bookstore/hospitality area to bid on the silent auction items, and join us Friday night for the live auction. Lots of exciting, rare and unusual items and memorabilia will be auctioned (and the auctioneer is definitely not to be missed — last year Dan Eckstein literally auctioned the shirt off his back). For the first time, we will have some fun with a raffle — watch for details.

Also for the first time, we're offering half-day "Pre" and "Post" Workshops along with those that are whole day, to offer attendees more options (particularly those who plan to arrive Thursday morning or leave Sunday afternoon — now they can take a half-day workshop).

We're honoring Oscar Christensen's lifetime contributions to Adlerian Psychology. We have invited him to share his wit and wisdom in a Fireside Chat at the Saturday Luncheon. "Chris" (as many call him) has influenced literally thousands of teachers and counselors, and some of his students will be featured presenters throughout the convention.

See you in Atlanta!

Riki Intner, Chair, Convention Committee

Two Ways To Enjoy NASAP '99

Going once...Going twice...The Auction! Your enthusiasm, generosity, and donations will make the fundraising-event-of-the-year a smashing success. You can make a difference in NASAP's future! How?

1. Bring big and small auction items for **LIVE AND SILENT ACTIONS** from family members, friends, and your own resources to the NASAP convention in Atlanta in May.

2. If you are not coming to the convention, please send items with someone who is coming.

3. Contact me (below) to let me know the item you are planning to contribute. Examples of items auctioned in the past are: books, tapes, vacations, hand embroidering and woodworking, STEP parenting kit, artwork, jewelry, clothing, Adlerian/Dreikursian memorabilia.

Belonging Begins with a Buddy

It's no secret that when you give, you gain. Please volunteer to be a buddy to a NASAP newcomer and gain a new friend. All that is involved is to help a new participant feel at home at the Convention. Indicate on your Convention Registration form that you are willing, and we'll let you know upon arrival who your buddy will be. Thank you on behalf of all newcomers!

Susan Prosser-Zuijdwijk, Phone 613/737-5553, Fax 613/523-7148, e-mail: adleriance@sympatico.ca.

President's Letter

Dear NASAP Colleagues, I just came back from Vancouver, BC where I pitched membership in NASAP in the context of "Vienna Night," an event sponsored by the Adlerian Psychology Association of British Columbia (APABC) — an affiliate member of NASAP — and the Adler School of Professional Psychology, BC. The evening was held in a white-tablecloth coffeehouse (transformed from a classroom by "waiters" connected with APABC and/or the Adler School) complete with fresh flowers, an espresso bar, and a tempting layout of pastries *mit schlag*. Bob Powers and Marieluisa Auterson were the evening's other presenters.

Bob told funny and touching stories about Adler and Dreikurs and Marieluisa read a charming poem, then shared her views on the state of IP in today's climate. In sum, she sees the penetration of Adlerian ideas into the theory and practice of other schools, and into the culture generally, as diminishing others' interest in IP. She even questioned, as a consequence of this co-optation of Adler, IP's further usefulness. She lamented this, but this was how it looked to her.

Bob responded that he saw something quite different, namely, the turning of attention more and more toward speculations about the genome and other revivals of biochemical reductionism. He stated it's more important than ever that Adler's understanding of the creative child shaping his or her own life from the *meaning* the child gives to the environmental and constitutional situation be known, and that we must never give up this position to the determinists.

[Dialogue in these pages invited — JG.]

Following the comments of the presenters and Q&A, people at each table read excerpts from Adlerian materials that had been distributed beforehand. A thank you to the many organizers and contributors of this altogether engaging evening (an evening that could provide a model for other Adlerian groups), especially to Teal Maedel and Emi Kordyback, APABC Affiliate Representatives, and Joan McMahon, Adler School Executive Director.

"We're in the money . . ." Well, *some* of the money. Thanks to each of the members and supporters of the South Carolina Society of Adlerian Psychology who made it possible for SCSAP to give a generous donation to NASAP; we'll use it thoughtfully. It's also a pleasure to acknowledge the recent significant contributions of Eva Dreikurs Ferguson and Riki and Bob Intner. (You should know how *reluctant* our donors are to be *named*, but I've prevailed on them because it's encouraging to everyone to know how dearly valued this organization is.) Thank you, friends.

"Ac-cen-tuate the positive . . ." Here's a mini-report from the Board's February meeting (more to come in the next *Newsletter*). *About membership:* In 1998 at this time NASAP had 14 affiliate member organizations; in 1999 at this time NASAP has 21. General membership has increased by 30 members over last year. *About money:* The Board has saved \$1600 plus on insurance and newsletter costs. Income from all sources is up \$4,000, though, as expected, the Board authorized the withdrawal of essential cash from investments in the period of shortage prior to the Atlanta meeting. *About work:* NASAP members can be proud of their hard-working Board. Since the executive director left in October, members have taken care of business without involving the central office staff to the extent possible. Then, at the February meeting, I circulated a detailed report on the workload of our central office ("16 tons!") with suggestions on how various pieces could be parceled out to Board members; all agreed to add to their own workloads so that demands on the staff could be further reduced.

In sum, while it's not yet "Happy Days Are Here Again . . ." for NASAP, prospects are improving. And, we're not the only membership organization having

difficulty. A recent headline in the newsletter of Psychology of Women (APA Div. 35), trumpeted "APA FINANCIAL ISSUES." The ensuing article discloses that APA approved significant cuts and cost savings for its 1999 budget, with "major reductions" (and even the elimination of some activities). The author adds "It's crucial to know the priorities of members . . . so your voice may be part of this important debate." With similar economizing, it's also crucial for NASAP. "Drop me a line, stating point of view . . ." (though I'm no longer 64).
In friendship, Jane

###

A Special Central Office Thank You goes to Julia Hefner and Neva Hefner who continue to donate many hours of free office help to keep NASAP running through its difficult transition time.

In addition, Julia took on the task of Volunteer Coordinator for the 1999 convention, putting time in at home to contact interested people.

The "pitch in" spirit of both is truly an example of Adlerian social interest.

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Dates To Remember:

NASAP '99, May 27-30, Atlanta, Georgia
ICASSI, July 18-31, Boston, Massachusetts
IAIP, August 3-7, Chicago, Illinois

Communication: The Road to Connection in Families

Communication in the contemporary American family has not broken down; it exists, but not always for beneficial purposes.

Rudolf Dreikurs

Many communication problems are caused by differences in: (1) perception, or how people interpret the same information; and (2) semantics, or how people define the same word. Such differences can be mitigated by a willingness to enter into the other person's world. Family members are less likely to listen, or to care about what is being said, if they feel misunderstood. Influencing others begins with the respect you show when you try to understand them.

1. Communication that strengthens families is based on taking the time to really focus on one another. Make time each day — maybe mealtime or bedtime — for family members to talk to one another. Don't let the TV and other distractions replace conversation time.
2. Begin sentences with "I" rather than "you." We can only speak for ourselves (what we feel, think, desire, need.) A statement such as "I feel angry when you say things that way" works better than saying "You make me mad" which blames the other person for your feeling.
3. When you share your perception, recognize that it's only one side of the story.
4. Ask for feedback as often as possible. ("Tell me what you think" about what I just said).
5. If it is difficult for you to share your angry feelings verbally, consider writing a letter.
6. Instead of automatically rejecting or disagreeing with someone's opinion or request, state in your own words what you think they said and ask if you've understood them correctly.
7. Pay attention to non-verbal messages as well as verbal messages. They give a more complete picture of the communication.
8. When someone speaks to you, be fully present. Put down the newspaper or whatever you might be holding in your hands, look directly at the person speaking, listen with complete attention, and try to learn something.
9. Remind yourself that people are more important than projects. You can always go back to your project, but you may not get another chance to listen to this person.
10. If it's truly a bad time to stop what you're doing to listen to someone, ask if you can talk in a few minutes or set another time.
11. Begin each day with a promise to listen carefully. Perhaps post the phrase "listen carefully" on a mirror or telephone, or in your date book.

12. Telephone conversations, e-mail messages, *sticky notes* on the refrigerator, etc. can be important communication tools between parents and children, or brothers and sisters, when you can't be together.
13. Use your sense of humour, and value any contribution that encourages everyone to share and have fun together. (With research showing that young children laugh 200 times a day, and adults laugh only 15 times a day, who needs to learn from whom?)

There are no perfect families, nor perfect ways to build communication. We will always make mistakes, and we will hopefully learn new strategies by observing others. Developing effective communication skills within the family takes time, energy and humility. The rewards can be great, however, when our children grow up to be skilled, resourceful and involved adults who will, in turn, enhance the quality of life for the whole family.

By Marion Balla

Excerpted from a paper written for the Vanier Institute for the Family.

Other Recommended Reading:

The Seven Habits of Highly Effective Families. Covey, Stephen. Simon & Schuster (Fireside paperbacks — S&S Trade), 1996

Raising Kids Who Can. Bettner, Betty Lou and Lew, Amy. Connexions Press, 10 Langley Rd., Newton Centre, MA 02159, 1990

Chores Without Wars. Lott, Lynn and Intner, Riki. California: Prima Press, 1995.

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:

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Guiding the Family: Practical Counseling Techniques

(Editor's Note: The following is excerpted from Robert L. Power's Forward to the revised edition of Bernice Bronia Grunwald and Harold V. McAbee's *Guiding the Family: Practical Counseling Techniques*, recently published by Accelerated Development, reprinted by permission.)

.... In straightforward, clear, and illuminating ways, this book presents and brings up to date the development of a method and a set of attitudes and procedures that were revolutionary when they first appeared, in a broken and demoralized Europe, just after the devastation of the first World War. They continue to startle and inspire those who encounter them now, for the first time, in the broken and demoralized families of our own time of turbulence and social change.

Alfred Adler challenged a group of his fellow physicians in Vienna — together with allies they had found among professional educators, social workers, and public health counselors — to go directly into the poorest schools, and to intervene with a radical new form of social medicine in prescriptions that were mixtures of respect, understanding, and encouragement. Respect was the foundation ingredient — a respect for children with problems that was in itself a radical new way of thinking about and treating “problem children.”

When the repressive and punitive governments that led to the Nazi darkness came to power in Europe, many of Adler's students and associates, who had witnessed the transformative power of his ideas and attitudes, came to the United States, bringing with them the new psychological understanding that he had developed. Among these there was none more tireless, more determined to pass on what he had learned from Adler than Rudolf Dreikurs, who expanded the meaning of psychiatry in the United States from its limited pattern of secret meetings with clients behind closed doors to open forums in which parents and children met with teachers, counselors, and other interested persons to consider how their difficulties with life and one another could be understood and mitigated.

Bernice Bronia Grunwald and Harold V. McAbee, each a professional educator, were among those who most responded to what Dreikurs taught. They have exemplified the range of his influence and his ability to inspire and enlist the enthusiasm of others for the work of encouraging children and guiding their parents into more wholesome (and therefore, more successful) ways of raising those children, equipping both to take part in the new democratic culture of self-respect and mutual respect. Their book — this book — draws together the principles of Adlerian training that Dreikurs codified and passed on to them and others; erected on this foundation is the wealth of experience they then enjoyed in refining, practicing, and teaching what they had learned.

The result is a text full of resources, for the experienced counselor as well as the beginner. Be prepared to have your breath taken away by some of the verbatim reconstructions of counseling sessions that you will find here, as (for example) you are allowed to share in the conversation with a surly, antagonistic and provocative teenage client responding, more and more quietly and humanely, to the directness of the counselor's respectful questions and suggestions. Be prepared to see what can happen when, confronting an angry parent or a resentful child, a counselor communicates a confidence in these hostile, oppositional, and unhappy people, and acts on that confidence, letting them see that their agreement to talk things over is already a sign of progress and a sign of their remaining hope and desire for finding a way to solve problems and safeguard dignity, a better way than fighting, retaliation, or blame.

The authors of this book model and pass on this kind of confidence in themselves and in their clients. Their respectful attitude also reflects a more basic belief in the goodness of human life and the life of the human community. Further, their direct and practical way of approaching problems gives the lie to pessimistic estimates of the human condition — estimates that masquerade as sophisticated, but are little more than cynical and condescending. Finally, their book, in this new edition, adds to what is good in their approach and makes it better for the new ground it covers in addressing addictions, eating disorders, the special problems of single parents, and

many other issues of topical concern.

You are fortunate to have discovered this book; you may also discover a greater fortune that is awaiting you, that may become yours as you read it and take in and appreciate what it has to teach you: You may find yourself drawn into the authors' work of encouragement. You may even become one of their partners and colleagues, a member of the new generation challenged to carry this work forward.

(This book is available from the Adler School of Professional Psychology for \$29.95, 312/201-5900, ext. 228, Fax 312/201-5917.

###

— New and Reprinted Books —

(Accelerated Development has announced several new and updated editions by prominent Adlerians. The first two books which are already in print are available from the Adler School bookstore, phone and fax above.)

The Challenge of Marriage by Rudolf Dreikurs has been reprinted. This book offers a positive program for resolving problems of love and sex in marriage, including dealing with infidelity and jealousy, resolving arguments constructively and getting along together. The Newsletter will be running a review in its next issue. Cost is \$29.95.

###

Adlerian Counseling: A Practitioner's Approach by Thomas Sweeney is now in its fourth edition. This book is a concise, useful overview of the theory and practice of Adler's Individual Psychology. In this edition, the text has been expanded, revised and updated. It addresses encouragement as a means for helping others, and demonstrates the application of Adlerian psychology to people of all ages. Cost is \$39.95.

###

Interventions and Strategies in Counseling and Psychotherapy by Richard Watts and Jon Carlson will become available in April. This book illustrates the many ways in which Adlerian ideas underpin and influence contemporary therapeutic approaches. The book covers a wide range of topics (play therapy, parent education, couples therapy, and problem-solving counseling), combining classic Adlerian theories with proven and effective methods from other approaches. Cost will be \$29.95.

BBC Television To Air Program about Birth Order

by **Henry T. Stein,**

Director of The Alfred Adler Institute of San Francisco

The BBC is preparing a special television program about birth order. A BBC interviewer and film crew questioned me about Adler's ideas on birth order, and filmed demonstrations of two of my therapeutic strategies (using eidetic imagery and role-playing to provide a missing developmental experience) for dealing with problems connected to early sibling relationships. They have also interviewed Frank Sulloway (Born To Rebel...), Judith Harris, and other researchers, theorists, and authors. The program will present several contrasting views about the impact of birth order on personality development, and will probably air later this summer in England as well as the Discovery channel in the United States. I'll post information about it as soon as they announce the schedule.

The interviewer was quite intrigued by the Adlerian "balanced" view of early influences on personality development that includes: birth order; parental attitudes; social and economic position of the family; organ inferiority, early illness and appearance; and gender roles. I emphasized that birth order does not cause any direction of development, but that the individual's interpretation, and degrees of creative power, courage and feeling of community influence which birth order advantages or disadvantages may be used to formulate a style of life and fictional final goal. I also pointed out that highly competitive family environments may contribute to the character contrasts between siblings, and that the emergence of more democratic family environments may lessen (or eliminate) those contrasts. During our discussion about the correlation of birth order and occupations, I suggested that an equally interesting avenue of inquiry might be the correlation of organ inferiorities and occupations. (I asked the sound technician if he recalled any early physical problems. He replied that he had suffered from chronic ear aches during most of his childhood).

Although they filmed nearly four hours of the interview with me, and a demonstration with a client (another Classical Adlerian therapist assisted in the role-play), a considerably shorter, edited version will appear in the final cut. Hopefully, the program will help clarify and highlight the ongoing relevance of Adler's ideas.

— Book Review —

Positive Discipline: The First Three Years

By **Jane Nelsen, Cheryl Erwin and Roslyn Duffy**

This is a sensitive, informative book which speaks to new parents in plain understandable language (often using the voices of children) to incorporate common sense child rearing practices with developmentally appropriate material to bring about a clearer understanding of both.

Jane Nelsen, Cheryl Erwin and Roslyn Duffy invite parents (both mothers and fathers) to value behaviors typically and unique temperaments found in children during distinct developmental stages (designed from Erickson's stages of development) which may be confusing and frustrating to parents without this knowledge. Addressing parents in all kinds of families, the authors pay attention to both practical and philosophical issues in parenting. Using a parent group format, parents are encouraged to prepare for the coming of their children and to struggle with tough questions in raising them. In this context, parents can express their frustrations and ultimately come to their own understanding about what best to do.

Whether dealing with issues such as to spank or not to spank; how to deal with food fights; how to decrease bedtime hassles; and what should be done about potty training; parents are encouraged to *behave* in ways which promote self esteem allowing children to blossom "into their full potential as happy, contributing members of society." (p. 8) Case illustrations are used to teach specific parenting skills respect, kindness, firmness and encouragement. Mistakes such as over protecting and ineffective methods such as rescuing are discussed giving parents practical and psychological reason to refrain.

The book gently helps parents to lay foundations for dealing with the simplest and toughest problems of the early years with wisdom and confidence.

Rachell N. Anderson

(This book is available from Prima Publishing, Rocklin, California, and can be ordered through Empowering People, 800/456-7770.)

Donations

(NASAP is grateful for the many donations it receives. Below are contributions through March 5).

**Central Illinois Society
of Adlerian Psychology
Del Eberhardt
Herbert H. Laube
Charlene C. Wenc**

*In Honor of Jon Carlson
Don C. Dinkmeyer*

*In Honor of Sylvia Robbins
Robert Sherman*

*In Honor of Manfred Sonstegard
Florida M. Bosley
Sandra Paul
Robert Morrow*

*In Honor of Neva Hefner
Bob and Bev Armstrong*

*In Honor of Betty Lou Bettner
Kay L. Kummerow*

*In Honor of Eva Dreikurs Ferguson
and in Memory of Sadie T. Dreikurs
Jane Griffith*

*In Honor of Frank and Kathy Walton
Robert J. McBrien*

*In Honor of Oscar Christensen
LaNila R. Marchant
William C. Marchant*

*In Honor of Genevieve Painter
Gloria K. Gates*

*In Honor of Harold Mosak
Ann R. Scanlan*

*In Honor of Rocky Garrison and Karen
Drescher who held out a candle
Joshua M. Gross*

*In Honor of New Ventures Adlerian Counseling
Center which has completed its purpose
Betty Silon*

*In Honor of Riki and Bob Intner
for hosting the Board meeting
Rachell N. Anderson
Rocky Garrison
Jane Griffith
Becky LaFountain
Mary Jamin Maguire
Steven A. Maybell*

*In Memory of Hal McAbee
Kamakaokalani Penny Scott*

*In Memory of Sadie T. Dreikurs
Luella Downing*

Education and Training Opportunities

Northwest

Saskatoon, SK - Saskatoon Adlerian Society (SAS) announces a Parent Education Facilitator Training Workshop based on Adlerian principles to be held April 28-30. Contact Terry Lowe, 306/653-4923 or the SAS office, 306/384-7703 for registration information.

Vancouver, BC - The Adlerian Psychology Association of British Columbia offers free lectures for parents. Coming up are *Discipline: Selecting the Appropriate Approach*, March 30 with Judy Simonett, and *Encouragement: Bringing Out the Best in Your Teen (Part II)*, April 20 with Sheila Boyce. Call APABC for details, 604/874-4614.

Southwest

Tucson, AZ - The Adlerian Society of Arizona offers social/educational forums which include presentations providing one hour of NBCC CE credit. Tentative date for the next forum is May 7. Contact Co-President Regine Ebner, 502/299-2160 for details.

San Francisco, CA - The Alfred Adler Institute of San Francisco will hold its 4th annual summer seminar, *Love, Sex & Money: Helping Couples Cooperate*, July 9-12, 1999 at a university conference center. The program is intended for professionals who wish to refine their understanding of Adlerian personality theory and its practical application in working with couples. Contact AAISF at 415/282-1661 or e-mail: HTStein@att.net.

Petaluma, CA - Family Education Centers will be offering new Saturday classes for blended families and families with teens in March and April. Contact FEC, 707/762-8835 for more information.

Huntington Beach, CA - Adlerian Society of Southern California (ASCC) announces *A Child Abuse Registry Presentation* by Rick Kopps. The presentation is tentatively scheduled for May 8, 1999. Contact ASCC at 909/591-9822 or 909/445-6327 for further information.

Midwest

Edina, MN - *Creative Imagination in Psychotherapy* is the theme of the next Midcontinent Adlerian Community's Annual Workshop to be held April 10-11 at the Edina Community Center. The conference will feature Richard Kopp, Mim Pew and Leo Gold. For details contact Susan Johnson, 612/798-0224 or e-mail: sjj@mr.net.

Chicago, IL - The Adler School of Professional Psychology will be hosting a series of open houses Wednesdays this Spring including *Adler and Freud: The 100 Year Debate* on March 24th at 6:30 and *Becoming a Marriage & Family Therapist: The Path to Licensure* on April 7th at 6:30. Please

contact the admissions department, 312/201-5900 ext 222 for more information or to make reservations. (Reservations required for groups of ten or more.)

Chicago - The International Association of Individual Psychology and the Adler School of Professional Psychology will co-host the 21st International Congress here August 3-7. The conference is entitled *Science of Living — Tasks, Contributions and Solutions*, and will explore the abundant knowledge of human/social life that has been developed through Individual Psychology. For more information contact Marion Balla, IAIP, 1729 Bank St., Ste. 205, Ottawa, ON, K1V 7Z5, Canada, phone 613/247-6237, fax 613/523-7148, e-mail: adleriance@sympatico.ca.

Northeast

ICASSI - The 32nd Annual Rudolf Dreikurs Summer Institute will be held at Wheaton College in Norton, Massachusetts July 18-31, 1999. Accommodations and classes will be on the Wheaton campus which is located between Boston, Massachusetts and Providence, Rhode Island. Contact the NASAP central office for a brochure, 312/629-8801, fax 312/629-8859, e-mail: nasap@msn.com.

Plattsburgh, NY - The Counselor Education Department of Plattsburgh State University of New York will be offering a course this summer entitled *Adlerian Psychology and Counseling Tactics*. The course will meet Tuesday and Thursday afternoons from July 6th to August 5th. Three graduate-counseling credits will be awarded. For more information contact Stephen Saiz, 518/564-4170.

New York, NY - The Alfred Adler Institute of New York offers a three-year course which leads to Certification with the National Accreditation Association for Psychoanalysis. Contact the Adler Institute, 24 East 21st St., New York, NY 10010, phone 212/254-1048 for further information.

Southeast

Springmaid Beach, Myrtle Beach, SC - Mark your calendars. The South Carolina Society of Adlerian Psychology will hold its conference September 24-26 in Springmaid and Myrtle beach. Contact Frank Walton, 803/798-0300, to be put on the mailing list for a brochure.

Deerfield Beach, FL - The Adlerian Training Institute has scheduled two five-day intensive summer workshops for June 27-July 1 — *Brief Therapy: Strategies & Techniques with Individuals, Couples and Families* and *Family Counseling Interventions with School Problems*. Faculty includes Oscar Christensen, Robert Armstrong, James Bitter, Clair Hawes, Frank Main and William Nicoll. Contact ATI, P.O. Box 276358, Boca Raton, Florida 33427-6358 or tel/fax 954/787-2845.

Adler/Dreikurs Fund

(This is NASAP'S endowment fund, designed to provide a foundation for stability and growth. We thank those below who contributed through March 5.)

Francesca Peckman

*In Honor of Bob and Riki Intner
Jane Griffith*

*In Honor of Don Dinkmeyer, Jr.
Don C. Dinkmeyer*

*In Honor of Eleanor Redwin
Renee Dobkin Dushman*

*In Honor and Memory of Rudolf Dreikurs
Eva Dreikurs Ferguson*

*In Honor and Memory of Sadie T. Dreikurs
Eva Dreikurs Ferguson*

*In Memory of Marilyn Finkelstein
Dorothy A. Sutton*

*In Memory of Gloria Lane
Manford Sonstegard
#*

Ansbacher Lecture Fund

(The Heinz L. and Rowena R. Ansbacher Lecture Fund provides a keynote speaker for each NASAP convention. Below are contributors through March 5.)

**Eva Dreikurs Ferguson
Arthur G. Nikelly
Francesca Peckman**

*In Honor of Daniel Eckstein
Don C. Dinkmeyer*

*In Honor of Liliane Bensinger
Robert Sherman*

*In Memory of Seymour Schneider
Manford Sonstegard
#*

--News From Members--

Linda E. Jessup announces she is leaving her position as Executive Director of the Parent Encouragement Program (PEP) and the center is inviting applications for the opening. PEP is a non-profit Adlerian Family Education Center in Kensington, Maryland which provides classes, workshops and consultations to nearly 400 families in the D.C. metro area (D.C., Maryland and Northern Virginia). Candidates may send resumes to PEP, Inc., 10100 Connecticut Ave., Kensington, MD 20895, Attn: TIC or Fax 301/929-8834.

Intner, Maybell Added To Board of Directors

When five NASAP officers were installed in September, 1998 one of the first tasks was to evaluate the appointment of additional directors. It became apparent that more person-power was needed. **Riki Intner** MA, MFCC was appointed a director and chair of the convention committee. Riki chaired this committee while a member of the former executive committee (1994-98). The Board also appointed **Steven A. Maybell**, Ph.D., LCSW, MFCC as director and chair of the education and training committee. Steven initiated NASAP's CE program, the *Certificate of Study*, while a member of the former executive committee (1988-92). Steve is located in Kirkland, WA and works in nearby Bellevue, where he is Director of the Clinical Program at Youth Eastside Services, serving individuals and families. He is author of *Parenting: A New Tradition* and professional articles. Riki, located in San Francisco, is in private practice there and also in Santa Rosa, CA. She is co-author of many books on parenting and has a new release, *Do It Yourself Therapy: How to Think, Feel and Act Like a New Person in Just 8 Weeks*, which she co-authored with Barbara Mendenhall and Lynn Lott.



Steve Maybell and Riki Intner

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IP Announces A Call for Papers For Special Issue

The Editors of the Journal of Individual Psychology are requesting manuscripts for the special issue, "Holism, Wellness, Spirituality." The issue focuses on how Adlerian psychology's holistic grounding can contribute to the wellbeing of individuals, families, clients and students by taking into account the spiritual process in which a person may engage.

Manuscripts submitted for this special issue should focus on spirituality rather than religion or religiosity. For example, "Spirituality is the experience of consciously striving to integrate one's life in terms not of isolation and self-absorption but of self-transcendence toward the ultimate value one perceives" (Schneiders). Upon inquiry, suggestions are also provided to prospective authors regarding 'holism' and 'wellness.' The editors are especially interested in articles across the range of faith traditions: Jewish, Christian (Catholic, Orthodox, Protestant, Evangelical), Muslim, Buddhist, Hindu — including non-theistic spirituality. They hope to receive articles involving diverse cultures, gender roles, and personal orientations.

The preferred length of manuscripts, including references, is 15 pages. Manuscripts must be received no later than August 15, 1999, for consideration for this special issue. If you are interested in submitting, please contact the guest editor as soon as possible: Erik Mansager, St. John's Seminary College, 5118 Seminary Rd., Camarillo, California 93012.

NASAP Newsletter

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