

# The NĀSAP Newsletter

May/June, 1999

Volume 32, Number 3

## Special Events Calendar Atlanta '99

Grand Hyatt Hotel  
May 27-30, 1999

**Thursday, May 27:** Board and COR Meeting (all day, all invited); Ansbacher Lecture featuring Jon Carlson; Reception

**Friday, May 28:** First-timers' Breakfast

**Friday, May 28:** Section Meetings; General Assembly Luncheon with Board of Directors' Reports

**Friday, May 28:** Banquet and Auction with Dan Eckstein; live acoustic music with the Rushing Jazz Quartet

**Saturday, May 29:** Luncheon and Chat: Special Guest Oscar C. Christensen

**Saturday, May 29:** On the town at the Sambuca Jazz Cafe

**All day, every day:**  
Conversation and coffee at the  
Bookstore and Hospitality Suite

## Check Out the Silent Auction Items in the Convention Bookstore

A once in a lifetime selection of hardback books from the Sydney Roth Collection (a personal friend and promoter of Alfred Adler) are awaiting bids from interested parties in the Bookstore and Hospitality Room.

The books are editions from the 1950's and 60's in prime condition, complete with dustjackets. Books by Alfred Adler include *The Education of Children* (1957), *Guiding the Child* (1949), *The Practice and Theory of Individual Psychology* ((1964), *Understanding Human Nature* (1941), and *What Life Should Mean to You* (1960).

*Superiority and Social Interest* (1964) is an autographed edition by Heinz L. and Rowena R. Ansbacher, and two books are by Rudolf Dreikurs: *The Challenge of Marriage* (1964) and *Logical Consequences* (First Edition, 1968). Other books and items are also open to bidders.

## International Congress Celebrates IP in USA

The park-like campus of McDonald's famed *Hamburger U* in Oak Brook, Illinois is the setting for the 21<sup>st</sup> Triennial Congress of the International Association of Individual Psychology, August 2-7, 1999. Events span pre-Congress workshops on Monday, August 2, through lectures, Council and Delegate meetings, and social gatherings, to the final Main Lecture on Saturday morning, August 7. Meetings and presentations are scheduled for the *U*, while accommodations and dining will be provided by *The Lodge*, a Hyatt hotel located in the McDonald's preserve.

More than 90 lecturers representing diverse fields of professional practice in 12 countries will offer some 80 programs during the Congress. Simultaneous translations in official Congress languages (English, French, German, Italian) will be provided for the eight *Main Lectures* that take place in the mornings and late afternoons. Early afternoon programs are organized under the following categories: *Theories of Individual Psychology, Methods and Fields of Activities in IP, Society and IP, and History of IP*. An Additional 17 lectures address specialized topics.

In addition to the scientific and educational program, IAIP will hold Council and Delegate meetings. The Council consists of three officers: President Prof. Gain Giacomo Rovera, M.D., Italy; Secretary-General Horst Gröener, Germany; Treasurer Werner Leixnering, M.D., Austria; and five Section Vice-Presidents: Marion Balla, M.Ed., Canada, *Counseling*; Max Deon, Switzerland, *Business and Organizations*; Prof. Ulrike Lemkuhl, M.D., Germany, *Therapy*; Bernard Paulmier, Ed.D., France, *Education and Pedagogics*; and Prof. Ronald Wiegand, Ph.D., Germany, *Science, Theory and Research*. The Delegate Assembly varies in size depending on the numbers of delegates allowed each national organization or member group (individuals do not belong to IAIP). The following NASAP members will represent the Society at the Congress: Marion Balla, Dan R. Dalton, Jane Griffith, Riki Intner, Mary J. Maguire, Guy J. Manaster, Joyce L. McKay, and Pamela R. McKeel. Alternates are Barry Isaacson and Wes Wingett. NASAP's Board of Directors nominated Guy J. Manaster, former NASAP President and IP Journal Editor, for President of IAIP.

### NASAP's Special Event

On Tuesday morning, August 3, NASAP will host a pre-Congress presentation, *Adlerian Psychology in North America*. Registration and continental breakfast are scheduled for 7:30-8:30 a.m., followed by two panel discussions and a refreshment break. The morning concludes with "Luncheon with the Presenters" from noon to 1:30 p.m. The panel *Education and Training in North America* will be moderated by Mark Stone with Rachell Anderson, Guy J. Manaster, Michael Maniacci, Linda J. Page, and Charlene C. Wenc presenting. Their discussion will take place from 8:30 to 10:05 a.m. The second panel, from 10:25 to 12:00 p.m., moderated by Robert L. Powers, will feature *Psychotherapy and Counseling in North America*. Discussants are James R. Bitter, Dan R. Dalton, Lynn Lott, E. Mel Markowski, and Edna Nash.

The fee for the NASAP event is an all-inclusive \$65.00 (panels, continental breakfast, refreshment break, luncheon). Note that APA and NBCC approved continuing education hours may be earned for Congress participation and that students of the Adler School of Professional Psychology may receive two credit hours. For information, and to register for IAIP activities, contact the Adler School of Professional Psychology, 65 E. Wacker Place, Ste. 2100, Chicago, IL 60601-7298; 312/201-5900; Fax 312/201-5917.

## President's Letter

**Dear NASAP Colleagues,** In this letter, I want to respond to those who have written to question me further about NASAP's current financial difficulties. "What went wrong?" "How could NASAP have used \$70,000 - \$80,000 of endowment funds on operating expenses?" "Who was minding the store?" "Why wasn't I/weren't we informed?" "How could this have happened?" "What have you learned from this?" These people are *not* disaffected, are *not* leaving the Society; indeed, they are assisting in restoring the Society's fiscal soundness. But they want answers, and they want to be assured these problems won't arise again.

Bear in mind that human being is phenomenological: This is *my* letter; others doubtless have other ways of understanding the situation. I insisted on going public with these matters in the *President's Letter* of September/October (with further remarks in November/December) to engage *everyone*, both in confronting this history and in developing lasting solutions. Dialog was invited and is ongoing.

That said, I see two interrelated problems that have inhibited more prudent management of NASAP's affairs. While I've sensed these problems for a long time, since my tenure as president began last Fall I've gained the clarity that arises in fight or flight situations. Here goes.

**Problem:** We have developed a "make-nice" culture within our Society that precludes scrutiny of ideas and actions and accountability for one's mistakes. This arises from (1) a misunderstanding of "the courage to be imperfect," and (2) a misunderstanding of social interest. The first results in approving and acting upon ideas without serious scrutiny, as if sharp pencil financial planning represented a failure of nerve. The second inhibits straight talk, straight listening, and give-and-take problem-solving, as if to question too closely or to oppose altogether is to be rude or uncooperative.

It should distress us when the powerful evocation of "the courage to be imperfect" is diluted to an excuse for careless attitudes and slipshod work. This courage cannot be allowed to mean that whatever one does is O.K. because one had the courage to do it in whatever fashion. Similarly, *Gemeinschaftsgefühl* has been trivialized, reduced to meaning that one is a good sport or has good manners. It's often used as a bid for a cooperation that is collusive, a velvet hammer for getting other people to behave: "Show your social interest by (doing whatever it is I want you to do)." "Come on, where's your social interest?" As a consequence, it's not O.K. to question, to challenge, to assert one's position, to demur. If one does, one can be clubbed with social interest by the socially interested folk among us.

**Correction:** First, let's think again before using the phrase, "the courage to be imperfect." Is it another excuse, another way of saying, "That's just the way I am?" Second, let's reconsider *Gemeinschaftsgefühl* in studying Heinz L. Ansbacher's 1992 discussion of social interest in the *Journal* (Vol. 48, No. 4, pp 402-412). Here he recounts the origins of his and Rowena's translation of *Gemeinschaftsgefühl* into the (slippery) "social interest," and urges our adoption of the more accurate "community feeling." This is a crucial difference. "Community feeling" has dimension, encompassing as it does past and future, material reality and the fictional life. Though it will take time to retrain the neural pathways, I invite you to join me in using "community feeling" in lieu of "social interest." Third, in a renewed effort to talk straight, to listen straight, and to enter into straightforward problem-solving, let's experience democracy as Rudolf Dreikurs taught us. He understood that democracy requires mutual respect and that mutual respect requires truth. I say what I think with the expectation that you can take it, and will also say what you think. Now that's respect. As Dreikurs might venture, "Want to give it a try?"

**Problem:** We're attracted to Adlerian Psychology because it fits us, in both reason and temperament. We're the very template for Adler's theory. We have a sense of ourselves as little, wanting to be big, as striving to escape the painful experience of the minus position by moving toward a subjectively-conceived plus position. In brief, we compensate. Since all compensation tends toward overcompensation, we overdo it. In this company, our striving is mostly on the useful

side — but not always. In this case it appears we've thought that if income falls short of budget this year, we only have to draw up a bigger budget next year in a gambler's hope that next year's winnings will cover last year's losses. This overdriven expectation has resulted in chronic financial overreaching, as each year has led to renewed efforts that cost even more money. In the past ten years, the Society has made budget exactly *twice*, drawing down investment funds to cover the deficits in the other eight years..

**Correction:** Life itself makes the correction. The *natural consequences* of overplanning and overspending over years is that we now find ourselves with few resources. This has been a hard lesson. Learning it has nearly bankrupted us. (Nearly, but not quite. NASAP has about \$80,000 in investments.) We are learning to change the way we do things, to reduce the scale of our activities, to hold the line. But should membership flag, or the annual conference fail to put money into the coffers, or donations decline, we will have to reinvent the Adlerian movement in North America. And, of course, we will. In friendship, Jane.

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## Shedding Light on Clinical Boundaries

Clinicians have the opportunity to exercise the ultimate form of social interest. The therapeutic relationship, by its very nature, is a forum for developing a sense of connectedness and the ability to contribute to society's good by modeling mutual respect and encouragement for clients and teaching clients to do the same with others. Therapeutic environments can, however, become tainted by clinician's faulty private logic which result in misalignment of therapeutic goals and shifts clinical boundaries. Most clinicians are aware of and consciously avoid dual relationships that are spelled out in their professional codes of ethics. Most also understand that neglecting to observe those boundaries have a profound effect on the quality and efficacy of the therapeutic relationship they share with their clients, making it difficult for clients to heal. By common agreement and to protect their professional investment, most clinicians would not:

1. Have sex with clients or ex-clients;
2. Go into business with clients;
3. Invite clients to their homes for an evening of socializing;
4. Pay clients to babysit their children or clean their homes;
5. Have their counseling session at a local restaurant over lunch; or,
6. Counsel friends or relatives.

Additionally, most clinicians who teach are careful not to take their students as clients or take clients as students. The imbalance of power is easily understood and potential harm in these areas is easily perceived. Violation of these codes put clinicians in jeopardy of censure or loss of license. However, clinicians are members of their communities and as such, they may encounter many situations which are not fundamentally unethical (as spelled out in the professional codes) but may impede their capacity to do good therapy and act in clients' best interest. For instance, what are the therapeutic ramifications if clinicians:

Attend or refuse to attend clients weddings?

Serve on or chair boards of which clients are voting members?

Attend social functions where clients are present?

Stop and chat when they see clients at the supermarket?

Take or refuse to take expensive presents from clients?

Hug, pat the back, comfort, or otherwise touch clients who are distraught?

Provide or refuse to provide personal information about themselves and their families?

The answers to these questions depend on many factors including clinicians style and clinical orientation and client characteristics. However, most clinicians must be occasionally reminded that the therapeutic relationship is complex, fragile and elusive but it exists to serve the therapeutic interests of clients not clinicians. Clinical boundaries protect both clinicians and their clients, but shifts in these boundaries put clients at risk.

I am reminded of a client who told me that I was her “very best friend in the whole wide world” and quickly added “but not that kind of Friend.” Clients take comfort in knowing that they can’t take you home to meet their parents, can’t count on you to feed their cats when they are out of town, color their hair, hold their hand or cook meals for them when they are sick or bedridden. But they can count on you to competently and consistently be there for them (whether trauma or tragedy is real or perceived) when they are hurting and in need.

**By Rachell N. Anderson**

Associate Professor

Child, Family and Community Services

University of Illinois at Springfield

#### **Other Recommended Reading:**

Issues in Ethics for the Helping Professions, 5<sup>th</sup> edition. Corey, G., Corey, M. and Callahan, P. Brooks, Cole Publishing, Pacific Grove, California, 1998.

Ethical Decisions in Social Practice. Loewenberg, F.M. and Dolgoff, R. F.E. Peacock Publishers, Inc., Itasca, Illinois, 1996.

Ethics in Counseling and Psychotherapy: Standards, Research, and emerging Issues. Welfel, E.R.. Brooks, Cole Publishing, Pacific Grove, California, 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:*

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## Tribute to Sophia J. de Vries (1901-1999)

By Henry T. Stein, Alfred Adler Institute of San Francisco

One of our last living links to Alfred Adler has passed away. Sophia J. de Vries died on March 25<sup>th</sup> in Napa, California at the age of 98.

A brilliant Classical Adlerian psychotherapist and training analyst, she ignited the renaissance of Adler's original teachings and style of treatment in the United States. For nearly 20 years, she served as a mentor to the Alfred Adler Institute of San Francisco. One of her great contributions to Adlerian practice was her masterful adaptation of the Socratic method to psychotherapy.

She was born in Amhem, Holland on February 2, 1901. Her education and training took her to several European countries, where she studied with many of the seminal figures in psychology. In addition to her training with Alfred Adler, Lydia Sicher, and Alexander Müller, she attended the lectures of Carl Jung, Charlotte Bühler, Karl Bühler, Rudolf Dreikurs, August Eichorn, Martha Holub, Ludwig Klages, Fritz Künkel, Ida Loewy, Maria Montessori, Ernst Kretschmer, and Ludwig Klages.

During World War II, the theories of Adler and Freud were forbidden in Holland. Although it was dangerous to do so, she continued to practice Adlerian psychology.

In 1948, she immigrated to the United States, settled in Southern California, and worked closely with Lydia Sicher. She moved to Northern California in 1952, worked as a case worker for Lincoln Child Center in Oakland, and continued to teach and develop a private practice as a psychologist. For many years she maintained active contact with other Classical Adlerians: Kurt Adler, Anthony Bruck, Edward Schneider and Blanche Weill.

Her translations of several works by Alfred Adler and Alexander Müller provided the foundation for the Adlerian Translations Project, a task force dedicated to the publication of *The Collected Clinical Works of Alfred Adler*, as well as the unpublished manuscripts of other Classical Adlerians. She firmly believed Müller's appraisal that "Adler has not yet been fully understood. He has to be rediscovered from the roots up."

She is survived by two daughters, six grandchildren, and several great-grandchildren.

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## Art Therapy Association Approves Adler School Program

The Education Program Approval Board of the American Art Therapy Association has approved the Master of Counseling: Art Therapy Program of the Adler School of Professional Psychology, reports Judy Sutherland, Coordinator of the School's Art Therapy Programs.

Approved program status indicates both to the general public and to other programs that Adler's program meets the Education Standards of the American Art Therapy Association. It is not an academic approval, such as accreditation, but professional recognition.

A student who graduates from the MAC:AT, now that Approval has been granted to the program, will need to complete an additional 1,000 hours of paid, supervised, direct client contact using art therapy in order to submit application to become a Registered Art therapist (ATR). This work will have been supervised by a ATR for no less than 500 work experience hours and 500 similar hours by a licensed or credentialed professional. The Adler School art therapy program began six years ago.

## IP JOURNAL EDITORS SEEK ADLERIAN BOOK REVIEWERS

The editors of The Journal of Individual Psychology are looking for individuals interested in being part of a team to review books with regard to their complementary value to Adlerian-based psychology.

If you are interested in being a part of this team, please contact the Journal office and let them know one or two topic areas of interest to you. The editors will then determine if they have books that seem to fit within those topic areas. If so, you will be contacted to do the review.

Please contact Michele McDougal, Book Review Coordinator, e-mail: [michele.r.mcdougal@bridge.bellsouth.com](mailto:michele.r.mcdougal@bridge.bellsouth.com) or call 770/944-1211.

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## -- News From Members --

Michael S. Nystul has written a new textbook, *Introduction to Counseling: An Art and Science Perspective*, published by Allyn & Bacon. The book provides an overview of the counseling profession and features Adlerian concepts throughout. Additional information can be obtained from Michael Nystul, 505/646-4092. Desk copies are available from Allyn & Bacon., 800/852-8024.

###

The Adlerian Society of Ireland will hold its 10<sup>th</sup> Adlerian Summer School in Clonmel during the first week of July. Presenters from the United States include Terry Kottman, Betty Lou Bettner and Frank Walton.

###

Emily Thorn and Betty Lou Bettner would like Adlerians to know about a series of books from Writers and Readers Publishing, Inc. from London and New York. They publish a series of documentary comic books called "For Beginners." Last year they added *Adler for Beginners*. This book is full of pictures and material mostly inspired by *The Drive for Self* by Edward Hoffman. It's available in the Atlanta Convention bookstore and can also be purchased at most commercial bookstores.

## *Integrative Brief Therapy*

By John Preston, Psy.D.

This is one of several informative books found in *The Practical Therapist Series* designed to answer the troubling “what-do-I-do-now-and-how-do-I-do-it?” questions often confronted in the practice of psychotherapy. Preston discusses cognitive, psychodynamic, humanistic and neurobehavioral approaches that should be considered when developing treatment plans and therapy techniques for new patients who may benefit from short-term “brief” therapy.

The book provides some guidelines for general treatment strategies as well as ways to help the therapist decide how to proceed, moment to moment, as therapy progresses. Case illustrations are used throughout the book to teach specific psychotherapeutic interventions which may be used during therapy sessions with patients. Readers are reminded that treatment theories are only useful if they can translate into successful action plans. The type of treatment to be used should come directly from the client’s assessment and not from the therapist’s theory of choice. Brief therapy, according to Preston, requires some initial diagnostic impressions during the first or second sessions. To be successful in their assessments, clinicians must be adept at quickly ferreting out both hidden strengths and underlying liabilities.

We discovered 16 key reminders in the book for all persons engaging in therapy or general counseling. We felt they were worth noting and are as follows:

- 1). All people must come to terms with three essential challenges in life: coping during times of stress; healing in the wake of painful events; and ongoing movement toward growth and actualization of the self.
- 2). Getting clients to stop repeating maladaptive patterns of interaction tends to be an intervention in itself.
- 3). A huge sense of relief can result when the client reveals deep inner feelings and sees that the therapist hears and does not condemn.
- 4). Therapists must always be watchful for particular signs that alert them to the possibility of underlying neurochemical problems.
- 5). Therapists must attempt to differentiate two issues: the client’s pain and the client’s problems.
- 6). The restoration of some sense of emotional control and mastery (versus powerlessness) is a critical variable in psychological healing.
- 7). Emotional expressions in therapy may be helpful if the client can make sense of and find meaning in the experience, not just feel it.
- 8). Talking may be able to give coherence to vague feelings and help people better understand inner emotions.
- 9). Helping the client engender a sense of hope is an important experience for all psychotherapy clients.
- 10). The therapist needs to know the 16 most common types of resistance in their clients (Chapter 17).
- 11). It’s not just early experiences that establish schemas. Ongoing hurtful interactions play a major role in maintaining them.
- 12). Providing a corrective emotional experience means being able to understand and appreciate the true nature of particular recurrent patterns of interaction, and then to resist the urge to join the dance.
- 13). One major focus for treatment is to help clients improve reality testing.
- 14). Behavioral change usually occurs with the emotional arousal of the client.
- 15). A decent, respectful, and caring human interaction is the essential foundation for any successful psychotherapy.
- 16). If healing and actualization are to occur, a compassionate and

empathic relationship is the most powerful catalyst for change.

In conclusion, Preston contends that the best “brief” therapy for helping your client may be to use combinations of several diverse forms of psychotherapy and not to limit yourself to a single theoretical orientation, ergo, *Integrative Brief Therapy*. The book suggests that the therapist’s personality style and personal characteristics may be the decisive variables that truly account for therapeutic success.

David Pritts and Rachell Anderson  
###

## **Donations**

*(NASAP is grateful for the many donations it receives. Below are contributions through May 4).*

### **Kenji Shibayama**

*In Honor of Bronia Grunwald,  
Bernard Shulman and Richard Kopp  
Jean Burkholder*

*In Honor of Manfred Sonstegard  
Vida Shajie*

*In Honor of, Neva and Phil Hefner,  
Bobby and Sandy White,  
Babette and Scott Smythe,  
and Della Bowman  
Julia M. Hefner*

*At the Request of Eva Skrenta  
Kathleen Behan Mann*

###

### **Adler/Dreikurs Century Fund**

*In Honor of Eva Dreikurs Ferguson  
and Frank Walton  
Jean Burkholder*

*In Honor of Bernard Shulman  
Ronald J. Pancner*

####

### **Ansbacher Lecture Fund**

**Harold H. Mosak**

## Education and Training Opportunities

### Northwest

**Vancouver, BC** - -*Anger Management- An Adlerian Training Workshop* presented by Steve Slavik will be held Friday, July 3<sup>rd</sup> from 1-3 pm. This is a continuing education workshop designed to teach participants techniques for dealing with anger. Pre-registration is required, and the workshop is limited to 25 participants. Cost is \$30. Call 604/874-4614 to register.

### Southwest

**San Francisco, CA** - The Alfred Adler Institute of San Francisco will hold its 4<sup>th</sup> annual summer seminar, *Love, Sex & Money: Helping Couples Cooperate*, July 9-12, 1999 at a university conference center. The four-day professional training program is intended for clinicians and students who wish to deepen the refine their understanding of Adlerian personality theory and its practical application in working with couples. Henry Stein will instruct and registration will be limited to 18 students. Contact AAISF at 415/282-1661 or e-mail: HTStein@att.net.

### Midwest

**Chicago, IL** - - The Adler School of Professional Psychology will be hosting a series of open houses Wednesdays this Spring including *The Treasures of Art Therapy* on May 26 at 7:00. 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 21<sup>st</sup> International Congress here August 3-7. Please see page one for details.

### Northeast

**ICASSI** - - The 32<sup>nd</sup> 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 6<sup>th</sup> to August 5<sup>th</sup>. Three graduate-counseling credits will be awarded upon completion

of the class. For more information contact Stephen Saiz, 518/564-4170.

### 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. Further details forthcoming in future newsletters.

**Deerfield Beach, FL** - - The Adlerian Training Institute (ATI) 6<sup>th</sup> Annual Summer Training Workshops is scheduled for June 27-July 1, 1999. The workshops will be taught by a team of 6 well known Adlerian trainers using live demonstrations and small group skill building experiences as the primary modes of instruction. Workshops are *Brief Therapy: Strategies & Techniques with Individuals, Couples, and Families* and *Family Counseling Interventions with School Problems*. Contact A.T.I., ph/fax 954/757-2845 for details.

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### MAC Workshop Attendees Enjoy Imaginative Experience

Can you imagine a flying horse? Do you know why it flies? Would you like to know?

Participants of the two-day workshop *Creative Imagination in Psychotherapy* had a great opportunity to enrich their creative imagination and sharpen their interpretive skills, reports NASAP member Ludmila Shimelevich. The workshop, hosted by the Midcontinent Adlerian Community, was held in Edina Minnesota in April. This was the fourth annual workshop sponsored by MAC.

Featured presenters Miriam Pew, Richard Kopp and Leo Gold provided theoretical and historical information and demonstrated techniques in using creativity to connect with clients. Richard Kopp showed how to co-create the image of the client's situation, and then see how it turns into a meaningful metaphor. Leo Gold worked in the realm of symbols and dreams and presents the thought that all human beings are dreaming philosophers. These two presentations were framed into classical techniques of psychodrama demonstrated by Mim Pew. It was creative imagining in action, shared by therapist, client and audience.

The workshop was dedicated to the memory of Judy Schulte, student of the Adler Institute of Minnesota, who passed away in January.

For information on upcoming MAC workshops, please phone 612/934-0787 or 612/888-0534.

# Letter To The Editor

Dear Fellow NASAP Members,

I am writing as a member of NASAP. I have been a member for 16 years or so. I have served on the former Delegate Assembly and Executive Committee and am presently a member of the Board of Directors. All of the ponderings that follow are my own and do not represent any other person or group.

Like many of you I am concerned for NASAP's future. Our current financial plight that has been a long time in the making, is reason for concern. I believe that in part the solution is in redefining our identity as an organization and as members of NASAP.

The trouble we have gotten ourselves into can well be explained by our own theory. NASAP is and basically has always been a thousand member Society. We make the mistake of comparing ourselves to other organizations (AAMFT, APA, NASW, etc.) and then feel small and inferior. This is a mistake because these other organizations represent "disciplines", fields of practice, whereas NASAP represents a theoretical model. How many in the helping professions are eager to join, in addition to a membership organization that represents a field of practice, one that represents a particular theoretical viewpoint? The answer appears to be about a thousand.

Part of the reason that we remain this size is due to our success. At one time IP was critized and rejected for being too radical. As Adlerian concepts and principles have gradually been integrated into more contemporary models, the latest response seems to be "What's the big deal?" Yet this is but one more reason to develop inferiority feelings — unrecognized, unappreciated, plagiarized...

Instead of accepting ourselves as we are, NASAP compensates for inferiority feelings by developing goals of personal superiority — Be Bigger, Be More Important, Be More Complex, Do More! A good example I believe is one day overhearing several well-known Adlerians speaking of the day when the United States Congress would not pass any major legislation without first conferring with NASAP! They were serious.

The problem lies in the fact that a thousand member society has the resources to be able to do only so much. Yet we continue to overcompensate, over reach, over spend in our efforts to meet our goal of superiority. The price we could possibly pay is our own extinction. This is the Irony Principle of Overcompensation — that the overcompensator ends up with the very condition that is being compensated against. In our effort to not be inadequately small we can cease to exist.

What would it look like to accept ourselves as we are? What can we reasonably expect from a thousand member Society supported primarily from (1) membership dues, and (2) convention fees?

- We can expect opportunities to affiliate and belong to a wonderfully friendly and accessible membership society whose mission matches our own and thus be empowered in the work that we wish to do.
- We can expect an intellectually stimulating and practically useful professional journal that keeps us up to date on research, theory development and practical applications of IP.

- We can expect an informative and interesting Newsletter where we can all keep up to date on what's going on and thus stay linked with one another.
- We can expect a wonderfully educational and re-energizing annual conference with many opportunities to learn, teach and connect. **Not Bad for 100 Bucks!**

What must we resist if we are to accept ourselves as we are?

The tendency to want to have NASAP do more than it has the resources to do as a thousand member society must be reconsidered. We cannot afford the temptation to think in terms of what NASAP should do above and beyond its basic responsibilities. We the members of NASAP are NASAP! Our central office is competent, dedicated and hardworking, yet consists of a couple of part time people! Our Board Members are dedicated volunteers who have full time jobs!

NASAP cannot be the Adlerian Santa Claus. We cannot afford to pamper our members. We must instead encourage them. Survival depends on every member first asking the question: What am I willing to do, before putting a new idea forward for NASAP? NASAP already has its hands full keeping up with its regular commitments.

To accept ourselves as we are, I propose the following common sense principles:

- \* *What I am willing to do can replace what NASAP should do.*
- \* *Simplicity can replace complexity.*
- \* *Affordability can replace putting our financial resources at risk.*
- \* *Acceptance of who we are can replace the striving for superiority.*

I for one like NASAP's size. I feel significant within NASAP. I am able to meet and actually become friends with the most accomplished members of our Society. I am able to present at a convention, have articles accepted in the Newsletter, publish in the Journal, participate in governance! Would all of this be so possible if NASAP were a 10,000 member society? To me "Small IS Beautiful," and NASAP is Beautiful! Let's appreciate and preserve it!

Thanks for hearing me out. I hope that this letter echoes the sentiments of many of my fellow Adlerians and if not, contributes to this important and urgent discussion.

Sincerely, **Steven A. Maybell**

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