

Tucson Draws 345+;  
Poster Sessions, ACT Breakfast are New

By Jerianne Garber  
Central Office Staff

Surrounded by the finest in southwestern architecture and nature, 345 Adlerians took part in the 39th annual workshops and convention held at the El Conquistador Hotel in Tucson, Arizona.

The convention featured several new events on its program this year. The ACT Section held an opening convention day breakfast attended by 25 of its members. Jane Griffith, Section Delegate, said the breakfast was ACT's effort towards fulfilling NASAP's number one goal of networking and affiliation. Attendees also used the time to select a Section work task to complete during the year.

Patti Kyle, Idaho, commented about the breakfast, "I think it's a wonderful idea. There's usually not enough time to get together and talk to people."

People attending a NASAP convention for the first time received a welcome in the hospitality suite. Many DA members were on hand to greet and mingle with the first timers. Sandra Paul, California, summed up the general feeling: "One of the things most positive about Adlerians is they have such a nice way about them...open and unpretentious."

Reviews on the new Poster Sessions were mixed. Over 55 people attended the 12 mini sessions held Friday morning. Four sessions were held simultaneously in one room with the intention of having participants move every half hour to take in more than one session. Both presenters and attendees observed that the half hour rotation did not take place and people tended to stay with one presentation.

Madalyn Van Ness, California, said she wanted to move around but there was no convenient breaking point. "You should somehow communicate that people can move around," added Missouri presenter Claudia Milliren. Presenters Amy Lew and Betty Lou Bettner also felt there was a lack of communication regarding rotation. "It ended up being a regular presentation where you couldn't hear", said Lew.

Roseann Saliba, a student from California, said she stayed with one session because she was "looking for specific things and would

only visit presentations that applied to those needs." Bob Brassington, Ottawa, liked the session he attended but felt "the room-in-one concept was too distracting."

There were both presenters and attendees who liked the intimacy of the smaller sessions but some felt "poster" wasn't the correct term for the sessions. Fran Rogers, Ohio, said he would change the name to something like "small group dialogue". Commenting on the intimacy, Herbert Laube, Minnesota, said "definitely worthwhile...provides a lot of dialogue and a chance to directly interact."

Two presenters, Linda Page and Dina Emser, observed that the close-knit interaction provided a means for development of a future larger presentation. "This is more like networking than smorgasbord -- the very thing that has been lacking," added Page.

# # #

A Tribute to Sydney M. Roth

Sydney M. Roth was a man of peace, a man of commitment and a non-conformist, according to Rabbi David Polish, who spoke at graveside services for Sydney in Chicago in early April.

We at NASAP can certainly attest to Sydney's being a man of commitment. Over the years he gave of his time, talent and money to furthering Adlerian psychology and the work of the Society.

Sydney lived most of his life in Chicago. He was afflicted with the problem of stammering and sought out the assistance of Alfred Adler in 1933 in New York. Dr. Adler took Sydney around with him for thirty days and Sydney wrote that "the therapy was fabulous." Dr. Adler told Sydney, "nearly everybody stammers inside. Go ahead and stammer. Stammer as much as you like. There's just one thing, make sure you don't use it as an excuse for not doing anything that life requires of you." (Taken from Alfred Adler: As We Remember Him.)

Sydney set up the organization to publish and promote the English edition of the International Journal of individual Psychology, which was published quarterly from 1933-37, with a circulation of 600 copies per issue. Alfred Adler was the editor-in-chief.

In the 1940's, Sydney worked with Rudolf Dreikurs in founding Community Child Guidance Centers in Chicago and served as President of the Board for the Centers. His (Continued on page 2)

**Chicago '92 Will Feature New Formats**  
**---Deadlines in September**

**Sydney Roth**  
--Continued from Page 1

Watch your mail for the Convention/Workshop Presentation Proposal forms for NASAP '92, which will be held in Chicago, June 11-14, 1992, at the Marriott O'Hare.

Important changes to note:

1. 2 1/2 hour (150 minute) sessions will be added to the current 60 and 90 minute time slots as well as 30 minute poster/dialogue sessions. There will be:

- 12 2 1/2 hour sessions;
- 12 60 min. sessions;
- 12 90 min. sessions;
- 30 min. poster/dialogue sessions, the number depends on the response and available space.

2. Additional information will be required for the 2 1/2 hour sessions and one-day workshops: curriculum vitae and outline of program.

3. A list of themes or topics suggested by Interest Sections will be included with the proposal form.

4. Original and four copies of completed proposal form are to be sent to central office.

Note deadlines: September 7 for one-day workshops; September 30 for convention programs.

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Membership Update

<u>Category</u>	<u>1990</u>	<u>1991</u>	<u>Change</u>
New	114	120	+1%
Renewal	919	1006	+9%
Total	1033	1126	+9%

Interest Sections

40% of our current membership belong to the six Interest Sections as follows:

- 247 ACT
- 56 Business & Organization
- 77 Clinicians
- 100 Education
- 128 Family Education
- 83 Theory & Research

# # # #

Orlando 1992 Dates Clarified

The dates for the 15th annual Region III Orlando Conference have been erroneously reported.

The correct dates are Thursday through Sunday, February 27-28-29 and March 1, 1992. Program and workshop proposals may be obtained from Don Dinkmeyer, 236 Crestlake, Bowling Green, KY 42104; 502-781-9529.

"non-conformist" side was probably exhibited during this time period when he and Dr. Dreikurs attempted to obtain funding through community chest funds and were confronted with obstacles due to the dominant Freudian outlook in the mental health field. They were told that while "...the Adlerian approach is a recognized one,...any service which uses only one school of thought would not deserve public support." (From The Courage to be Imperfect).

Promoting and preserving Adlerian ideas and principles were important to Sydney. He was a charter member of the American Society of Adlerian Psychology (now NASAP) and over the years he provided stimulus and support for many projects to get the printed, audio and visual "word" out to the public. Some were supported from his own funds and others through the Herbert E. Clonick Estate, of which he was an executor. Projects included the Radio Spot Announcements Pilot Project, rental films on Dreikurs, the Research Bureau at the University of South Dakota, Audio Visual Center at Bowie State College, the Clonick Publications Grant for NASAP, Clonick Grant for I.E. (C4R), and the Challenge Grant for NASAP.

The most recent contribution is the Sydney Roth Library, consisting of over 100 books; IP Medical Pamphlets published by the Medical Society of Individual Psychology London when Alfred Adler was Honorary President; bound and soft copies of International Journal of Psychology, in English and German; and other journals and newsletters.

While Sydney will be missed, his memory lives on in the lives he has touched and influenced through his being a man of peace, a man of commitment and a non-conformist.

Mr. Roth's widow can be reached at the following address: Mrs. Martha Longnecker-Ross, 1361 Virginia Way, LaJolla, CA 92037.

--Neva L. Hefner, Executive Director, NASAP

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Don Dinkmeyer, Jr., Ph.D., Editor  
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## The Neurotic Personalities of Our Time

### Part I:

#### The Borderline Personality

Len Sperry, M.D., Ph.D.  
Medical College of Wisconsin

In The Neurotic Personality of Our Time, Karen Horney (1937) proposed that each age can be characterized by a neurotic pattern that results from the interaction of an individual's early life experiences with dominant cultural ethos. She characterized the pre-World War II age as stable, other-directed and status-conscious, and described the resulting neurotic pattern as obsessive-compulsive.

Today, our culture might be characterized by self-absorption and immediate gratification amid an environment of rapid fire change and unpredictability. In contrast to a previous cultural era which favored and rewarded the obsessive compulsive personality, Millon (1988) characterizes our current era as chaotic, labile, and self-focused, features he contends, are consistent with and reinforces the world view of the borderline personality.

Parts I and II will briefly review the borderline and narcissistic personality, which might be described as the dominant neurotic personalities of our time.

#### The Borderline Personality

This personality is noted for its emotional instability and relational extremes. Appearing emotionally stable at one moment the borderline personality can suddenly become intensely angry, depressed, anxious or questioning over identity, goals and values. Impulsive, unpredictable and intense verbal outbursts and threats, as well as physical displays of temper or self-damaging acts, including suicide attempts or self-mutilation, are characteristic of this personality.

Surprisingly, these emotional swings tend to be short-lived and the person can return to his or her usual state often behaving as if nothing unusual had occurred. Characteristically unstable in relationships, the borderline individual sometimes overidealizes another viewing an individual as incapable of any wrong; but when frustrated, devaluing that individual in the next instant.

These individuals may show an intense fear of being alone, because when they are alone they experience overwhelming emptiness and worthlessness. They can be clinging, dependent and demanding that others should meet all their unmet needs.

When others are unable or unwilling to meet these overly exaggerated expectations, the borderline personality may become enraged. Despite these symptoms, the borderline can be a creative, intelligent, and emotionally perceptive individual and function at higher levels when expectations are clear and structured.

The borderline personality appears to be an increasing diagnostic entity brought about by the marked social changes in family instability over the past three decades as well as abuse and other traumas in childhood. Conditions like drug and alcohol abuse, depression, and suicidal ideation and attempts are common in the personality disordered version of this style. Clearly, this personality is more common among women.

The borderline can form intense attachment to others and may become quite demanding. Others may soon feel controlled and manipulated and begin to withdraw. The borderline personality will play even more to those who have been especially giving, seeking a more intense and more exclusive relationship with them.

To preserve any threats to this relationship, the borderline uses a variety of psychological defenses. One of these is "splitting". Because they have difficulty tolerating both negative and positive feelings simultaneously for the same person, they see others as "all good" or "all bad". Not surprisingly, those individuals who are deemed as "all bad" become the target for much of the borderline's emotional outbursts.

Some exhibit overwhelming personal charm as another defense. They may present themselves as too generous, always available, overly complementary or lavish others with gifts, time, and praise. It is not uncommon for borderline females to use flattery or seductiveness to obtain the attention of a male leader. When the object of these demands does not respond as desired, the borderline personality feels abandoned and overwhelmed with feelings of worthlessness.

How does the borderline personality develop? This individual often has a history of childhood abuse and trauma in which the mother is often absent, neglectful or in other ways emotionally unavailable or unpredictable. As a result, the child does not develop a secure sense of the mother as a good and caring figure. For the borderline good and bad feelings have not been integrated. Whereas the normal process of development allows the child to experience both the good with the bad, and the black with the white, the borderline has not had this integrative experience. Subsequently, rage remains unmitigated by love, and in the face of emotional turmoil other people are perceived by the borderline as either all good or all bad.

The borderline personality tends to view herself as: "I don't know who I am or where I'm going", and so she has identity problems involving self, gender, career, and basic values. She views the world as: "People are great; not they are not...Having goals is good; no it is not. If life doesn't go my way, I can't tolerate it."

Her basic life strategy then becomes: "therefore, keep all options open, don't commit to anything, reverse roles and vacillate thinking and feeling when under

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Summer Reading 101

Have you considered our very popular Adlerian Resource Book? The C4R Manual would also make interesting summer reading!

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Membership

Membership is up 9% this year, and it comes through YOUR appreciated efforts!

Most new NASAP members come from a specific contact by a present member. If you'd like to help us spread the word, let us know how to help:

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\_\_\_ Please send me \_\_\_ extra Newsletters

\_\_\_ Please send me \_\_\_ Interest Section information panels.

Your name, address, city/zip-postal code:

\_\_\_ Please send information on NASAP directly to:

Simply clip and send this sheet to the central office in Chicago, and we'll do the rest.

AAI-Minnesota Achieves Accreditation

The Alfred Adler Institute of Minnesota (AAIM) is now accredited to grant a Master of Arts degree in counseling and therapy. "In the State of Minnesota, AAIM students may apply for licensure as psychologists, graduate social workers, and with some minor variations, marriage and family therapists," said Larry Hedberg, President of the Institute.

The recent accreditation came from the Commission on Institutions of Higher Education of the North Central Association of Colleges and Schools. There are 93 students currently enrolled in AAIM's M.A. program.

AAIM students previously received their master degrees through the Alfred Adler Institute of Chicago which has had a cooperative program with AAIM since 1982. "We expect to continue our relationship with AAIC in several ways, including sharing some faculty, and facilitating some of our students in continuing their education in AAIC's Psy.D. program," Mr. Hedberg said. He acknowledged gratitude for the support of Harold Mosak, Randall Thompson, Seymour Schneider and Howard Pollack in AAIM becoming accredited.

"Future plans include diversifying the master's program to include such specialties as organizational psychology, health psychology, substance abuse psychology and perhaps the psychology of aging," Mr. Hedberg said. "For the sake of developing a quality M.A. program at AAIM, to consider offering a Psy.D. program must remain at least 5 years in the future," he added.

AAIM originally grew out of the Minnesota Adlerian Society which was founded in 1967 by Dr. Rudolf Dreikurs to expose Adlerian concepts to the Twin Cities community. It was chartered as a separate Institute in 1969 and began offering classes to professionals. From 1972 to its association with AAIC in 1982, it offered graduate credit through the University of Wisconsin and two Minnesota colleges. The Minnesota Higher Education Coordinating Board granted AAIM authorization to offer its own graduate level program in 1989, opening the way for the Institute to pursue master degree accreditation.

# # # #

Adlerian Marriage Therapy:  
Call for Article Proposals

Proposals for a special issue of Individual Psychology: Practice and Application are requested. The issue will focus on Adlerian Marriage Therapy.

Proposals for articles are now welcomed. A proposal should briefly describe the focus of the article and authorship. Proposals that address Adlerian ideas, procedures, and how Adlerian marriage therapy fits in the context of all marriage therapy is welcomed.

Deadline for submission of all proposals is September 20, 1991. The deadline for articles

will be established in subsequent correspondence with the authors. Submit your proposals to: Timothy D. Evans, Department of Psychology and Social Foundations, FAO 100U, Room FAO 173, University of South Florida, Tampa, FL 33620-7750. Telephone: 813-974-3515.

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New Audio Seminar:  
Classical Adlerian Psychotherapy

Classical Adlerian Psychotherapy: A Socratic Approach, a new audio-tape study program for clinicians and students by Henry T. Stein, Ph.D., is now available from the Alfred Adler Institute of San Francisco. The content is based on the original Adlerian theory and practice as taught and demonstrated by Alfred Adler, Lydia Sicher, Alexander Mueller, and Sophia de Vries.

The approach integrates strategies for logical, behavioral, and emotional change. Twenty-four audio-taped seminars are divided into four major areas: Tasks and Tools of a Psychotherapist; Twelve Stages of Creative Psychotherapy; The Socratic Method; and Providing the Missing Experience. A comprehensive topic guide, and five transcribed and annotated demonstrations are incorporated in the manual. Sixty minutes of telephone consultation time to discuss theory, practice, or cases is included.

The cost of the program is \$295.00. plus \$15.00 for shipping. To order a program, send a check payable to "AAISF" to: The Alfred Adler Institute of San Francisco; 7 Cameo Way; San Francisco, CA 94131. For additional information call: Henry Stein, Ph.D., at (415) 567-4729.

About NASAP Members

Joel-Joseph Foo is working on a Master of Education Studies at the University of Melbourne in Australia. He is in Illinois for four months working on his research project on Individual Education. He wants to take books back to Australia, where Adlerian books are hard to come by, and he has had some difficulty because of out of print books.

If any NASAP members have books by Adler and Dreikurs they would be willing to donate or sell at a moderate price, please contact Joel-Joseph Foo in care of Curt and Lena Lentsch, 2679 N. Lincoln, 2nd floor, Chicago, IL 60614; 312/528-2039.

Mr. Foo's supervisor at Melbourne is Dr. M. Balson, who teaches Adlerian psychology at the University. Mr. Foo is a new student member of NASAP, bringing the number of Melbourne student members to three. The other two are Jillian Redd and Jennie Monaghan.

# # # #

Next Issue

Letters to the Editor and Book of the Month will continue in the next issue. Also look for results of the membership survey.

**\* News and Events from the Regions \***

[The \*\* symbol indicates a new listing]

**REGION II--MIDWEST**

**Evergreen Park, IL**--Interaction Institute Adlerian Counseling Center will present Marriage Counseling with Recovering Families, a two-part seminar which provides advance training for counselors and mental health workers. Primary instructor is Dorothy Peven, Overview and discussion leader is Helen Cooley. 9 hours Cat. I CEU's--IACCB applied for. June 22 and 29, 12:30-6pm, Interaction Institute, 2400 W.95th, Evergreen Park. Contact 708-422-1848.

**REGION III--SOUTH**

**Myrtle Beach, SC**-- The South Carolina Society of Adlerian Psychology (SCSAP) 9th annual fall conference at on Springmaid Beach at Myrtle Beach will be held on September 27-29, 1991. A call for programs and workshops has been issued. More more information, contact SCSAP, c/o Frank Walton, 1313 St. Andrews Rd., Columbia, SC 29210.

**REGION IV - MIDDLE ATLANTIC**

**\*\*Lanham, MD**--Region IV will be holding a conference on November 1-3, 1991, hosted by the Bowie State University Adlerian Society, Parent Education Program, Maryland Adlerian Psychology Society and the Family Education Center. The luncheon speakers will be: Friday--Jackie Brown, Ph.D. and Saturday--Betty Lou Bettner, Ph.D. Conference programs have been sent out. Contact Ernest Gooding, 3532 Cherry Hill Court, Beltsville, MD 20705; 301/595-4856.

**\*\*Bowie, MD**--The Bowie State University Adlerian Society would like to thank everyone who participated in our annual workshop training, which was held on April 19. Special thanks are extended to Vincent Jones, Ph.D., who facilitated the all-day workshop entitled, Psychodrama and Sensitivity Training.

The Bowie State group encourages Adlerians to share their experiences and expertise with the students at Bowie University. Anyone interested in providing training through the Bowie State University Adlerian Society should send the dates they would be available to: Bowie State University Adlerian Society, P.O. Box 388, Beltsville, MD 20704-0388.

**Philadelphia**--Capabilities Training Institute (CTI) will be holding a three day leadership training workshop for those interested in being facilitators for the "Developing Capable People" program. The training will be held August 1-3 and feature H. Stephen Glenn. Contact Phil Fitzpatrick, CTI, PO Box 304, Matamoras, PA 18336 or call 914-858-5903.

**Lanham, MD**--The Region will be holding a conference on November 1-3, hosted by the new Bowie State University Adlerian Society. A call for papers has been sent to Region IV members. Contact Ernest Gooding, 3532 Cherry

Hill Court, Beltsville, MD 20705; 301/595-4856.

**REGION VI - FAR WEST**

**San Francisco**--July 12-16, Seventh annual Adlerian Summer Intensive workshops, featuring Henry T. Stein, Ph.D. The program will include: Adlerian developmental scheme, family diagnostic, home visit, school consultation, and other topics. Tuition for the five day program is \$595 (\$495 for full-time students), accommodations at the site, SFSU Seven Hills Conference Center, are \$119 double or \$168 single for seven nights. Contact Henry J. Stein, Ph.D., AAI Institute of San Francisco, 7 Cameo Way, SF, CA 94131, (415) 567-4729.

**San Jose**--Linda Albert will teach a 3-credit graduate course in Cooperative Discipline July 29-August 2; contact Charlotte Powers at 408-453-6624 x 237. This course will also be offered in Houston, Texas, June 24-28, contact Dr. Rick Krustchinsky, 713-522-7911.

**INTERNATIONAL**

**Limerick, Ireland**--ICASSI '91 will be held July 21 through August 2 at the University of Limerick, Ireland. This site is just 12 miles from the Shannon International airport and is in a modern, university setting. More details in future newsletters. Contact Roland Hawes, ICASSI Administrator, 2419 Bellevue #113, West Vancouver, BC V74 4T4, Canada.

# # # #

**Sperry on Neurotic Personalities, Part I**

---Continued from page 3

attack." Finally, the parental injunction internalized by the borderline personality in childhood is; "If you grow up and leave me bad things will happen to me".

Although some Adlerians are unconvinced of the validity of this borderline personality disorder as a separate diagnostic entity, Shulman (1982) and Croake (1990) have published incisive accounts of both the dynamic and treatment of this disorder.

**References**

Croake, J. (1989) The Adlerian treatment of the borderline personality disorder. Individual Psychology, 45: 473-489.

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Shulman, B. (1982) An Adlerian interpretation of the borderline personality. Modern Psychoanalysis, 7, 2, 137-153.