

# The NASAP Newsletter

September, 1993

Volume 26, Number 7

## Endowment To Insure NASAP's Future Growth

NASAP means so many things to so many people: a home for a theory which is powerful and accessible; the publisher of a Journal providing useful information and stimulating arguments; an organization of like-minded individuals; sponsor of an annual convention where friends and colleagues gather to learn from each other ...and so much more.

As we approach the turn of the century (and Millennium), we are working hard to guarantee the financial viability of NASAP, so it can continue to provide these benefits, and help make Individual Psychology a driving force in the 21st century.

To do this NASAP has established an endowment fund, the **Adler/Dreikurs Century Fund**, with the goal of raising \$200,000 over the next three years. We are inviting members to make 3-year pledges or one-time donations to build this fund.

There are many ways people can decide how much to give; some will pledge \$130 in honor of Alfred Adler (the turn of the century will mark the 130th anniversary of his birth), some \$103 to similarly honor Rudolf Dreikurs; some will give to honor a teacher or mentor, some to recognize the impact Individual Psychology has had on their personal or professional life.

Many companies also have "corporate giving programs" which match employee donations to non-profit organizations; check with your employer to see if they will double or even triple your contribution!

You will soon be receiving a letter describing the Fund in more detail, and asking for your contribution. Please join us in keeping IP and NASAP growing.

**Edward G. Abelson**  
Chair, Endowment Fund

## Executive Director's Message:

### *DA Takes Many Actions In Toronto*

We are still feeling the after-glow of the Toronto convention. Each year the convention provides stimulation and nourishment to sustain us through the heavy work load that follows the convention!

Enthusiasm, energy, encouragement, cooperation, willingness to share ideas and to work together so that Adlerian principles will become better known -- these were exhibited as we gathered together to "celebrate diversity and encourage connection" at the Convention and Workshops and at the Executive Committee (E.C.) and Delegate Assembly (D.A.) meetings.

The E.C. met on Wednesday, June 9, just prior to the convention. New Delegates began their work on Wednesday evening at an orientation session and the full D.A. deliberated all day Thursday, June 10. Action and information items included:

- The Education Committee will develop and implement a Continuing Education Needs Assessment questionnaire and design a process whereby training institutes may apply for NASAP sponsorship and/or financial support.

- Publications Advisory Committee (P.A.C.) was approved. Members: Robert Armstrong (President), Linda Page (Chair of Publications Committee), Joyce McKay (Past President), Heinz Ansbacher (Past President and former editor). The P.A.C. will review applicants for Theory & Research journal editor and make its recommendation to the Publications Committee by October 1; the Publications Committee will make its recommendation to the D.A. in November.

- Term of office for Practice & Application journal editor expires the end of 1995. The process for filling the position begins with a call for applications in the Newsletter.

- Responsibility was added to job description of D.A. member: to submit a brief article for Newsletter during the Delegate's term of office.

- The Journal is now being included in APA's Psychology Abstracts.

- Minneapolis was designated as the 1995 convention site.

- The Convention/Workshop Committee will look at restructuring the conference format to: (a) allow individual to attend more than one section meeting, (b) include presentations on social equality/diversity, and (c) allow for sections to have more meeting time if they choose. Proposal will be presented to D.A. in November.

- Procedures for Convention scholarships were approved: (a) applications to be in central office by March 15; (b) notice of approval sent by April 15; (c) up to 8

*Continued on page 7*

### *Inside*

Claiming Research, page 2

News From Members, page 3

Edith Dewey in Memoriam, page 4

News and Events, page 5

1994 Convention News, page 6

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 Delegate Column
 

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## Claiming Research

By Linda Page, Region 5 Representative

For many years in psychology, the methodology of the natural sciences was taken as the standard against which to measure research. The implication was, among other things, that Adlerian life style interpretation was not seen as research. Indeed, we who use life style assessment have been hard pressed to have it recognized as "real" assessment compared to MMPI and other psychometric approaches.

Following the cognitive science "revolution" in the 1950's, psychology has increasingly borrowed from hermeneutics, grounded theory, and ethnography in recognition of the need to find methodological models which encompass human subjectivity.

This trend is illustrated by the meeting of the Society for Psychotherapy Research which was held in Pittsburgh in June of this year. The Society began two decades ago with an emphasis on quantifying measures of psychotherapy process and outcome. Members were instrumental in investigating the concept of the "therapeutic" or "working" alliance between therapist and client, and in demonstrating its importance to therapeutic outcome. The NIMH study on depression also drew upon Society members.

However, this year I was struck by the number of papers which used qualitative rather than quantitative methods, as well as by the attention accorded these considerations. It seemed that everyone was talking about qualitative research. One of the sessions was taken up with proposals for evaluating qualitative research for use by journal editors.

Unlike experimental research which uses "subjects", qualitative methods of ethnography ask "informants" to take the role of teacher, informing the researcher about their (the informants') view of the world, themselves, and others. In grounded theory development, the researcher observes phenomena, classifies and categorizes them, looks for relationships, then goes back to observation to check on validity, all the while guarding against assumptions which might intrude on the data. Techniques have been developed which are systematic and may in fact provide a more relevant understanding of human behavior than quantitative investigation, especially for some issues and for some purposes. Certainly, the two should be seen

*Continued next column*

as complementary.

These techniques were very familiar to me. They are, in fact, isomorphic with good life style data gathering and interpretation. I concluded that the time is right for Adlerians to claim a more prominent place in the field of research, first by recognizing the similarity of what we do to what is becoming acceptable methodology in the field.

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## Region/Section Reports

**Region I** (Northwest) reported that their annual conference will be held in Seattle during the coming year; date and location still to be determined by the Seattle group. At their Toronto meeting, June 12, Region I members recommended that a Region Conference be held somewhere within the region each year, rotating responsibility among established centers of activity. Residuals will be shared with NASAP.

Region I members voted to publish a newsletter three times a year and to establish dues of \$3 to offset the cost of mailings and initial distribution of a newsletter. Publication of the newsletter will be added to the list of Regional Delegate responsibilities in the future, the group decided.

The **Family Education Section** voted to increase their dues to \$12. FE Section members also voted to again offer scholarships to two students who want to attend the NASAP 1994 Convention in San Diego. It was noted that no applications were received for the Toronto Convention scholarships and that a greater effort will be made to inform M.A. students.

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## Dreikurs Videotapes Available

Videotapes of **Rudolf Dreikurs** made in the 1960's at the University of Vermont with the aid of **Heinz Ansbacher** are now available from the Adler School of Professional Psychology Book Store. The vintage black and white videos feature Dr. Dreikurs in the dual role of instructor for a class of graduate students, and as a family counselor. For details about sale or rental, contact the Adler Book Store, 312/201-5900 or fax 312/201-5917.

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### \*\*\* News From Members \*\*\*

Word has been received that **Liliane Bensinger** was stricken with a spinal compression in August, which left her paralyzed. She has undergone surgery and is slowly regaining some use of her limbs. Hospitalization will be followed by extended physical therapy, according to her son, Pierre Hoida. Greetings may be sent to Liliane at 4947 Grosvenor Ave., Montreal, QC H3W 2M2, CANADA.

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A memorial fund has been established to honor **Marion Cohen Rosen** who recently died (see Newsletter, 6/93). The fund will provide scholarships for the annual NASAP Convention. Checks or money orders should be made payable to The Marion Cohen Rosen Memorial Fund and sent to Dr. Albert Rosen, Fund Administrator, #3103, 10450 Lottsford Road, Mitchellville, MD 20721.

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**Linda Albert** reports that a new booklet, **Bringing Home Cooperative Discipline**, is now available which tells parents why teachers and schools are choosing to use an Adlerian program for classroom management. The booklets come in packages of 25 for \$9.95 and are designed to inform parents about the school's Cooperative Discipline approach and how they can use compatible techniques at home to address misbehavior and build self-esteem. For more information, call 800/328-2560.

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**W. E. "Buzz" O'Connell** is making a special offer to prospective bulk buyers of his book, **Essential Readings in Natural High Actualization: An Anthology**. The 60-page paperback will be available in quantities of 100 or more for only \$2 a copy, postage paid by Buzz. The book previously cost \$4.95 and was used for participants in his workshops and college courses.

"I now know that my pioneering work will not be well-known during my lifetime. However I would be happier if I knew that humankind (and its concerned researchers) would not be wasting time and effort repeating unnecessary spadework. So I am offering this book for sale at less than cost," Buzz said. It covers his views on self-esteem, community feelings, universal belonging, sense of humor, and includes the following papers: *Aphorisms for Communication and Catharsis*; *Freudian Humour*; *The Eupsychia of Everyday Life*; *Natural High Therapy: The Psychospiritual Pilgrimage*; *The 'Friends of Adler' Phenomenon*, and *A Re-Solution of Adlerian-Jungian Opposites*. Write him at 106 Kelley Road, Bastrop, TX 78602 or call 512/321-2445.

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An endowed scholarship fund has been established at West Virginia Graduate College in honor of **Manford A. Sonstegard** for his many contributions to Adlerian psychology, educational institutions and family centers. Contact WVGC at 304/766-2038 for further information.

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**OVERDUE CORRECTION:** The central office recently discovered a long-standing error. The program from the Third Annual Conference of the American Society of Adlerian Psychology, NASAP's forerunner, revealed that **Lydia Sicher** was president of the Society in 1954. She has never appeared on previous lists of past presidents in our publications. The error is being corrected for the 1993 Membership Directory.

### Adlerian Film/Video List Needs To Be Updated

NASAP is seeking to update its list of available Adlerian films and videos. The original 10-page list was compiled in 1990 from schools, organizations, private individuals and companies who offer a film or video featuring an Adlerian subject.

The list includes the following information: name/title of film or video, Adlerians featured, length, whether it is available for rent and/or purchase and at what cost, source, and date the item was completed. Copies of the list will continue to be available in the central office for anyone wanting to know more about Adlerian psychology.

Anyone wishing to make additions or changes to the current list should contact the central office by mail, fax or phone (information in editorial box).

### IP Back Issues Now Available

Have you been looking for a Journal article and can't find your copy? Or are you a new member and would like more information on Adlerian psychology? Or are you frustrated because you don't have access to library copies of a journal? Here's a solution for you.

The publisher of **Individual Psychology**, University of Texas Press, has copies of Volumes 44 through 48 (1988-92) available for purchase at \$7 each for individuals, \$14 each for institutions. Contact: University of Texas Press, Journals Department, Box 7819, Austin, TX 78713; 512/471-7233; Fax 512/320-0668.

**ADDRESS CHANGE:** Our convention coordinator, Linda Wise, has moved. New address is Centennial Conferences, 4800 Baseline Road, Suite A-112, Boulder, CO 80303, phone: 303/499-2299, Fax: 303/499-2599.

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6

## Future NASAP Convention News

1994 - NASAP members attending the convention in San Diego will be able to stay at the elegant Doubletree Hotel at Horton Plaza for \$99 a night, single or double occupancy. The 15-story, 450 room facility offers views of the harbor, bay and city from rooms decorated in soft pastels with spacious marble bathrooms. The Doubletree offers an outdoor olympic-size heated swimming pool, jacuzzi and sun deck. The 3,000 square-foot health club features state-of-the-art attended exercise equipment, as well as a sauna and massage room. Cafe San Diego offers dining services within the hotel and the adjacent Horton Plaza shopping and entertainment complex extends the variety of restaurants available to hotel guests. City Color, a glass-enclosed nightclub within the hotel, provides evening dancing and views of the San Diego skyline.

**REMINDER:** Submission deadline for proposals for 1994 workshops is September 22 and for the convention program, October 8.

1996 - NASAP's convention is to be held in the eastern region in 1996. Invitations to host the convention are still being requested and the deadline for submitting an invitation proposal is October 15, 1993. The local host committee has responsibility for keynote speaker, volunteers for registration, room monitors, promotion and publicity, and works with Convention Coordinator on local arrangements. Contact central office for a Convention Site Selection form.

## NASAP Book Presentation



President Robert Armstrong (left) presents ten Adlerian books to Arthur J. Rathgeber, Dean of Education of Nipissing University in Toronto. Dr. Rathgeber said Adlerian ideas are addressed in Foundations and Methods courses. "The addition of these texts will contribute to these important ideas being more represented in our current Library holdings."

## DONATIONS

(NASAP thanks the following for their donations.)

Adlerian Counseling & Therapy Section  
Murray Bomzer

In memory of Marion Cohen Rosen  
Barbara Fairfield  
Amy Lew

In memory of Hal McAbee  
Adler School of Prof. Psych.  
Kay Kummerow  
Betty Silon

### ***Constitutional Amendments Passed***

The two constitutional amendments sent to members in May passed by a large margin. Out of the 319 votes returned, 266 voted yes to delete the sentence from Article VII Suspension, Expulsion, Section 1, which provided for a termination notice to be sent to delinquent members after three reminders.

Regarding Sections, 291 members voted to delete the word "interest" from the term "interest section" when it appears in Articles IV, V and VIII.

### **Book of the Month and Reviews**

We are looking for books to be featured in our **Book of the Month** column. Books must be Adlerian in content and be of general interest to members. Members receive books at 20% off list price and NASAP receives a percentage of purchase price for general operating fund.

If you have a book or educational materials to be reviewed or sold in the NL, send a copy to the central office.

**MEMBERSHIP:** *At the end of July NASAP membership totaled 1,203, which was greater than any of the past 10 years. It was 8% higher than 10 years ago and 11% higher than 5 years ago. Using end of the year figures, membership has not exceeded 1,200 since 1982. Student membership has shown the most significant increase -- 90% higher than 10 years ago and 85% higher than 5 years ago.*

## In Memoriam - Edith Dewey

Edith Dewey died in a Toronto hospital in August. Edith was introduced to Adlerian psychology by Dr. Rudolf Dreikurs back in June of 1952 while living in Toronto. She invited Dr. Dreikurs to Toronto, arranging his schedule and supplying families for his public demonstrations. In 1958, Edith and Milton Dewey moved to Wilmington, Delaware, where they remained until 1965. During that time, they organized the original Adlerian association in Delaware, called "Associates for Study and Action." They led parent study groups and Edith wrote "handouts" she shared with other Adlerian organizations.

The Deweys moved back to Toronto in 1965 and Edith again invited Dr. Dreikurs to Toronto for public lectures, professional workshops and demonstrations. The Deweys helped to found the Toronto Association of Individual Psychology and Edith was actively involved in training parent study group leaders. She was coordinator for the first Family Education Centre in Ontario in 1971 and helped to organize the Alfred Adler Institute of Ontario that same year and served as its first Dean.

In 1973, Edith and Milton retired, cruising on their boat, Sanderling II, which then became their home in Fort Myers, Florida. Edith continued to teach Adlerian psychology, obtaining a part-time Florida Teacher's Certificate. She not only worked with elementary schools but also with senior citizens groups.

Edith joined NASAP in 1965 and served on the Delegate Assembly from 1977-1983. Under her leadership, a Convention/Workshop Guidelines Manual was developed to assist local host groups. In 1978, her book, **Basic Applications of Adlerian Psychology** was published. This was a revision of outlines of a course she developed when teaching in Toronto.

Expressions of sympathy may be sent to Milton care of Richard and Sylvia Knight, R.R. #1, Kilworthy, ON P0E 1G0 CANADA.

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### ***Executive Director's Message***

*Continued from page one*

graduate students for student forum will be accepted; (d) up to 5 applications for general student scholarships will be accepted. Other applications will be referred to regions and sections. A flyer with scholarship criteria and procedures will be prepared.

- 14 scholarships for convention registration were awarded for the 1993 convention in Toronto.

- Audio tapes -- top ten for past two conventions will be made available at the next convention.

- The D.A. will meet an extra half-day at its November meeting in order to receive and discuss report of the Long Range Planning Committee.

- By-Laws changes approved: (a) to remove "interest" from the term "interest section" wherever it appears in the By-Laws; (b) a new Section 4 was added to Article III Elections to provide that an individual may stand for election in only one section or region.

- Two amendments to the constitution concerning the eligibility of officers to run for re-election were approved by the D.A. and will be sent to members for ratification.

*Note: Copies of NASAP Constitution and By-Laws are available through the central office.*

- The E.C. will meet October 2-3 and November 4; the D.A. meets November 5-7. Comments and suggestions for the agenda are welcome and may be sent to the central office or to any of the Delegates.

**Neva L. Hefner**

## News and Events from the Regions

### Region I - Northwest

**Vancouver, BC** - Adlerian Psychology Association of British Columbia offers courses in conjunction with the Adler School of Chicago. The October schedule includes: Advanced Abnormal Psychology, October 1-3, Group Supervision, October 6-7, Psychopathology: Anxiety Based and Personality Disorders, October 8-11, and Psychopathology: Psychotic and Depressive Orders, October 30-31 & November 7-8 all taught by James Croake and Psychometric Methods, October 29-31 with Henry Reitan. Contact APABC, 604/874-4614.

### Region II-Midwest

**Chicago** - The Adler School of Professional Psychology announces establishment of a new Certificate in Cognitive Therapy. The course of study includes 10 all-day sessions to meet monthly beginning October 9 and will be taught by Arthur Freeman. Participants will earn five graduate credit hours or 60 CE's.

Two special seminars will be offered in October. *Portraits in Reflection: Seminar in Art Therapy*, October 8 and 9, features self-portrait artist Jeanette Pasin Sloan with Judy Sutherland as commentator and co-presenter. The Friday evening slide presentation by Ms. Sloan and reception will be open to the public.

*Ethnocultural Issues in HIV Infection/Aids Treatment* will be held October 22 and 23 with Henry Tomes instructing. Each seminar provides one credit hour or 12 CE's. For more information on these courses, contact Adler School, 312/201-5900, ext. 226, or fax 312/201-5917.

**Evergreen Park, IL** - The Interaction Institute Adlerian Counseling Center's educational division offers a four-course certificate program in advanced training for addictions counselors. Consultants and faculty are Helen Cooley, Harry Elam, Howard Klapman, Patricia McGill, Fred Natkevi, Dorothy Peven and Bernard Shulman. *Adlerian Psychology and Its Application to Addictions Treatment*, the first course, will be offered September 11, 18 and 25. This is advanced training for clinicians. College credit is available. The program is approved by IAODAPCA (CE's) for certified addiction counselors. Contact: Helen Cooley, 708/422-1848.

**Fort Wayne, IN** - The Alfred Adler Institute of Fort Wayne fall schedule of classes includes: Marriage and Family Systems I with Dave Jolliff, beginning October 1; and Theories of Personality with Marty Greengrass, beginning October 2. For more complete schedule information contact Jan Richmond, 219/461-5845.

### Region III - South

**Largo, FL** - The Florida Adlerian Society is sponsoring an evening seminar on October 14 at the Ruth Eckert Hall. It is entitled *Life in the Family Zoo* with John M. Platt as presenter. Two hours NBCC and Florida CE's may be earned. Contact Ronda Hathaway at 813/974-4475.

### Region V - Northeast

**Montreal** - The Alfred Adler Institute of Quebec will offer the Principles of Adlerian Psychology (401) with Heinz Ansbacher, September 19, 20; October 10, 11. Contact: AAI-Q, 4947 Grosvenor, Montreal H3W 2M2, or call 514/731-5675.

### Region VI - Far West

**Oakland, CA** - Adlerian Western Institute for Research and Training in Humanics announces their fall class schedule which will run from 9/9/93 to 11/18/93. Courses include: Interviewing Techniques & Life Style Diagnosis; Encouragement Workshop; Basic Individual Psychological Processes. IP Marathons will be 9/17, 10/9 and 11/6. Contact Lucy Ackerknecht at 510/891-8194.

### International

**Tel Aviv** - The Alfred Adler Institute of Israel will offer The International Course of Organizing and Teaching Parent Education Groups and Centers here February 5-15, 1994. The course is primarily intended for those who are interested or involved in setting up and running Parent Education Groups and Centers in their own countries. For more information contact the Israel Institute at 18 Yehuda Halevy St., Tel-Aviv 65137, ISRAEL, Fax 972-3-660662.

### Items For This Page

Events listed on this page must be of general interest to the membership, open to outsiders, and have a contact person. Items usually run once or twice before the event. Editorial decisions are made so that total listings do not exceed one page per Newsletter. Send, call or fax items to the central office by the first of the month. To be timely, it needs to be at least two months prior to the event. Include contact person, address and telephone or fax number.

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*Dreikurs' Sayings: "Logic is a prostitute. You use it as it suits you. Logic is not related to truth."*