

The NASAP Newsletter

May, 1997

Volume 30, Number 4

Heinz Ansbacher To Address 1997 Convention Attendees

Heinz L. Ansbacher will be coming to the 45th NASAP Annual Convention in Vancouver, B.C. to launch the Heinz and Rowena Ansbacher lectureship. He will address the entire General Assembly at Friday's luncheon, speaking on the topic, *Some Basic Clarifications of the Relationship of Individual Psychology to Psychoanalysis*.

For those attending the convention, this will be a unique opportunity to meet the editor of The Individual Psychology of Alfred Adler, which is still an indispensable

reference book for workers in the field of psychology, and to hear his current thinking about important details that were not known some 40 years ago when the book was edited by him and his wife, Rowena.

Heinz Ansbacher learned Adlerian psychology from the master himself, Alfred Adler. At the age of 93, he continues to be one of the premier spokespersons on the subject of Individual Psychology and its current importance in the world today. He will discuss this topic further during a Fireside Chat immediately following luncheon. Also, at the luncheon, a Delegate Assembly member will sit at each table to dialogue with attendees about the Society's future.



--President's Message--

Proposed Governance Plan Needs Your Input

As I sat down to write this President's message, I realized that many of my thoughts have been in river analogies lately. I think that's due to a couple of reasons: I live very close to the east bank of the Mississippi River and am involved in some grassroots neighborhood projects to reclaim and redevelop the river for community use, it's currently very industrialized and polluted in my part of town. And, of course, the Mississippi, and two of its northern tributaries, the Red and Minnesota Rivers, are currently reminding us of their presence, and their resistance to control, and we are in the midst of a "500 year flood" (one that is expected to occur once every 500 years). When someone asks me how I am these days, I tend to answer "swamped," meaning overwhelmed, submerged with projects. And, like my neighbors who keep bailing out their basements, I will work it through one thing at a time. I don't know if it's just my perception, but it seems like almost everyone I meet these days is very busy and in the middle of changes in their work, family and community. NASAP, too, is "knee deep" in projects and changes; and, it seems, so are most of our members.

NASAP, as you probably know, is considering major changes in the governance structure (see article, "Long Range Plan Evolves," page 3). The process of change in a democratic organization is "messy," to quote a friend of mine; and since our organization is made up of people who believe strongly in the concept of democracy, and who have many different opinions about what NASAP is or could be, and how the organization could be run, setting up a process for change is a challenge. We, the members, have before us an opportunity to decide what works and what doesn't work about NASAP, and to decide how we'd like it to be different. The Long Range Planning Committee (LRPC) will be presenting a proposed model of governance for the Delegate Assembly to discuss in May (at the Convention), and the delegates will bring the discussion to their Regions and Sections for further discussion. We will continue to bring you information in the newsletter and provide opportunities to vote for Constitution changes.

Now, it seems to me that we have a lot of members with strong beliefs and feelings about NASAP, what it should be and how to get it there; and a lot of members with very busy lives and limited time or financial resources to offer NASAP. I urge you to take some of your valuable time to read the article and to think about how the proposed model of governance would affect you, the Sections, any local Adlerian organizations you are associated with, and NASAP itself. The proposal suggests eliminating Regions, in favor of strengthening Affiliates, what do you think about that?

The LRPC is proposing some major changes to our governance structure;

(Continued on page two)

Adlerian Approach To Depression Is Holistic

By Elaine Davies, Region 4B Delegate

For the Adlerian, the assessment and treatment of depression requires a holistic approach. Physical, cognitive, behavioral, interpersonal, and intrapersonal factors all impact the individual in varying degrees. Before the therapist can tailor a treatment approach and lay out specific interventions that may help reorient a client, this client's view of life and his tried and true strategies to deal with it (lifestyle mandates) as well as his current and past level of functioning in the life tasks (intimacy, work, friendship, self and spirituality) should be assessed. This is of equal importance to knowing current medical factors, depth and duration and frequency of depressive symptoms (DSM-IV), and what has helped or failed to help in the past. Like planning a motor route, knowing where you are starting and where you want to end up determines the direction of your travel and the roadblocks you can anticipate.

I find the Zung Depression screening tool helpful in getting a quantifiable baseline of depression symptoms and in determining if referral for antidepressant medication may be needed. I use the BASIS-A, a self-scoring Adlerian Inventory, between the first and second sessions to quickly illuminate personality styles and give the client a positive spin on their coping strategies and motives.

First Seek Early Recollection

Early in treatment, first or second session, I attempt to elicit the most pertinent early recollection by having the client relate the most disturbing aspect of their current "problem," picture and intensify the feeling connected to that and then recall a specific early childhood memory. The cognitive and affective patterns are explored line by line and pervasive current maladaptive conclusions about self, others, and the world are gently exposed. Quite frequently the purpose of the current depression is reflected in the process.

Insight into the purpose of their "symptoms" is insufficient for change without offering encouragement and direction in more useful (vs. useless) means of achieving a sense of significance and connection and capability. Adlerian therapy, because it is respectful and egalitarian, encouraging and empowering, models and fosters social interest and facilitates positive change.

President's Message

(Continued from page one)

they have spent a lot of time thinking through the issues and suggesting changes that they believe will strengthen NASAP as an organization, and support the local affiliate organizations, as well. If you're planning to come to the Convention (You are, aren't you? It's going to be great!) Come prepared to ask questions to voice your own thoughts, and to support the hard work the LRPC has done. If you can't join us at the Convention, discuss your ideas with fellow NASAPIans, and connect with your Region and Section delegates. We'll keep you posted as the plan develops.

The Executive Committee is also in the process of hiring a new Executive Director (see related article, page 4). As you may know, Neva Hefner, our Executive Director for the past twenty-one years (in fact, our only Executive Director!) is retiring this fall. Neva will be greatly missed, especially as we are going through the changes discussed above. So, as we all struggle to keep our heads above water, I look forward to your involvement and mutual support.

Mary Jamin Maguire, President

Member Ads Available For 1997 Directory

Both individuals and organizations who are members of NASAP will again have an opportunity to place an ad in the 1997 Membership Directory. Camera-ready art needs to be in the Central office by **June 30, 1997**. Advertising can be about services, products, or training being offered by the member.

Cost of the ads:

\$ 60 for one calling card size ad (2-1/2"x 3-1/2"); \$100 for quarter page (either 2-1/2"x 7" or 5"x 3-1/2"); \$200 for half page (5" x 7").

Members wishing to place an ad should send a check payable to NASAP along with their art to: NASAP, 65 East Wacker Pl., #400, Chicago, IL 60601.

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Coming Up In Our Journal

The first quarter Individual Psychology Journal, Volume 53, Number 1, is scheduled to be mailed in early June. Below is the Table of Contents:

Editor's Note: *Community and Commonality*, Gerald J. Mozdzierz
Articles:

Announcement of "The Heinz L. and Rowena R. Ansbacher Lecture", Ted Ansbacher

Cult, Culture and Cultivation: The Contributions of Individual Psychology, Robert L. Powers

Healing Community: An Adlerian Approach, Richard R. Kopp

The Radical Metaphors of Adlerian Psychospirituality, Walter O'Connell

Perceived Coping Resources and Psychological Birth Order in School-aged Children, Lloyd R. Pilkington, JoAnna White, and Kenneth B. Matheny

Early Loss, Depression and Life Style Themes, Danette C. Morton and Mary S. Wheeler

Characterological Resistance in Psychotherapy: The Getter, Roseanne M. Boldt and Harold H. Mosak

Humbug: Apperceptions of a Controller, Sten Eirik

The Relationship of Psychological Birth Order to Career Interests, JoAnna White, Linda Campbell, Alan Stewart and Lloyd Pilkington

Brief Reports

Novice Therapists and Social Interest, Eric J. Johnson

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Search For Executive Director

As Neva Hefner, our Executive Director, prepares for her retirement this fall the Executive Committee has begun a search for a new Executive Director. We are looking for someone familiar with Adlerian psychology with experience and skills in managing a non-profit organization, including marketing and public relations. Anyone interested in applying for the position should send a cover letter and resume to the NASAP office by June 2nd. If you are interested in receiving copies of the job posting, or have a spot to help us advertise, please contact the central office.

Long Range Plan Evolves (Continued from page three)

the COR and more opportunities for input from members.

As the Board Committees focus on the day-to-day business of NASAP, the COR Committees will focus on the development and maintenance of Affiliate Organizations and Interest Sections. In addition, the COR will have a standing committee on NASAP's Constitution. Other committees that are proposed include: Committee on Affiliate Organizations; Committee on Training Institutes; Committee on Family Education Centers; and other committees that will focus on various interest groups and organizational groups of the membership. The COR committees will meet at least once a year at the Annual Convention.

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A TRIBUTE TO GEORGE LAPORTE

By Robert Ellenbogen, Executive Director
Alfred Adler Institute of New York

On the afternoon of Wednesday, March 19, after duly calling all his psychotherapy patients to say that he was feeling ill and could not meet them, the Reverend George LaPorte surrendered to sudden, massive and untimely heart failure some six weeks short of what would have been his 70th birthday. For decades our friend and colleague George, unselfishly, warmly and effectively served clients of the Alfred Adler Mental Health Center and other institutions, and in various courses at the Alfred Adler Institute of New York. The other staff members of this institution were truly left shocked and troubled about the difficulty of replacing someone of such humanity and talent, as of course was his wife Marilyn. George was an accomplished painter, photographer and gardener and Unitarian minister of many years devotion. George, we say goodbye and thank you.

####

New Books Available From Members

Gladys Folkers and Jeanne Engelmann are co-authors of a new publication for young women called, *Taking Charge of My Mind and Body: A Girl's Guide to Outsmarting Alcohol, Drug, Smoking, and Eating Problems*. The guidebook features fast facts, handy checklists, and helpful resources such as hotlines, organizations, and WEB sites. Accounts from young women who have "been there" are also provided. It can be ordered through Free Spirit Publishing, 612/338-2068, Fax 612/337-5050.

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Connexions Press announces a new release, *Cinderella, the Sequel — What Happens When the Fairy Tale Ends and Real Life Begins*, by Amy Lew and Betty Lou Bettner. This is a light-hearted look at couple relationships, an illustrated fairy tale for adults which therapists can use to introduce the idea of complementarity in relationships or as a gift for weddings or anniversaries. "Cinderella and Prince Charming" will make their debut at NASAP '97 in Vancouver, reports Bettner. For more information or to purchase a book contact Connexions Press, 10 Langley Rd., Ste. 200, MA 02159, Fax 617/332-7863.

News and Events from the Regions

Regions 1A - 1B

Vancouver, BC - The Adler School of Professional Psychology BC upcoming schedule includes: Psychopathology: Child & Adolescent, beginning May 17 with Mary Anne Carter; Theory and Practice of Group Psychotherapy 2: An Experiential Course, June 13-15 with Patricia Wilensky. For information and tickets, call the Adler School BC at 604/874-4614 or Fax 604/874-4634.

Regions 2A - 2B

Minneapolis, MN - Fifty people from Minnesota and South Dakota attended the NASAP Region 2B and the Midwest Adlerian Community workshop April 5 with Terry Kottman presenting *Adlerian Play Therapy*. Bob Warren reports that participants were enthusiastic about the session which included experiencing some of the play activities used with children and lectures by Kottman on the how-to and why of play therapy. The workshop was followed by a dinner meeting to plan for future events.

Region 3A-3B

Boca Raton, FL - The Adlerian Training Institute announces its one-week summer program, entitled *Cooperative Discipline and Beyond: Developing Positive Classrooms and Responsible Students*, will be held here June 22-27. Linda Albert, Oscar Christensen, Pete DeSisto, Bill Nicoll and Yvette Zgone will present. For more information contact Linda Albert at 813/968-2811 or e-mail: lindalbert@aol.com

Regions 4A - 4B

Kensington, MD - The Parent Encouragement Program will offer a workshop for couples entitled *Growing More Intimate* on Saturday, June 7. Leaders Barbara and Don Fairfield will address physical, emotional and conversational intimacy in couple relationships. For more information contact PEP at 301/929-8824, Fax 301/929-8834.

Waldorf, MD - The Family Education Center of Southern Maryland offers Friday workshops. This month's schedule includes: *Lifestyle: Understanding Yourself*, May 2 and *Dads Make a Difference*, May 16. Childcare is available for a minimal fee. Contact FEC, 301/705-8527.

Fort Wayne, IN - The NASAP Midwest Regional Conference is scheduled for September 11-12 at the Marriot Hotel here. Presentations will include: *Drug Free* with Joyce

McKay; *Revised Step Program* with Gordon McInnis and Tim Nussbaum; *You Are What's Eating You* with John Rathbun and Sharon Morgillo; and *Early Recollections* with Brian Hutner and John Newbauer. More will be announced in future Newsletters.

Regions 5A - 5B

Toronto, ON - The Adler School of Professional Psychology Ontario includes in its upcoming schedule: Psychopathology: Psychotic & Depressive Disorders with A. Rubenstein, May 25; Psychometric Methods with J. Little, May 25; Advanced Life Style Diagnosis, May 30-3, and Introduction to Life Style Diagnosis, June 1, both with Michael Maniaci. For more information contact Adler School Ontario, 416/480-2303.

Regions 6A-6B

Tucson, AZ - The Arizona Adlerian Society offers monthly social/educational forums for its members. Lee Schnebly will present *The Enneagram Typology: Another Way of Understanding Life Style* on May 9. For information contact Gary or Joyce McKay, 520/885-8197.

San Francisco - The Alfred Adler Institute of San Francisco will offer summer training programs at two locations this year: *Classical Adlerian Psychotherapy: Encouraging Optimal Development* at the Cape Cod Institute in Eastham, MA, June 23-27; and *Classical Adlerian Group Training Marathon for Psychotherapist* at AAISF, July 18-22. Contact AAISF at 415/282-1661 or e-mail: 71150.302@compuserve.com.

International

Clonmel, Ireland - The Adlerian Society of Ireland is holding its 8th annual summer school here in July. Adlerians from all over the globe will be presenting, including NASAP members Betty Lou Bettner, Amy Lew and Frank Walton. The Irish conference evolved originally from an ICASSI session held here several years ago. Everyone is invited to attend. For more information contact Norberta O'Gorman, Presentation Primary School, Clonmel, County Tipperary, Ireland.

Schladming, Austria - The 30th Annual Rudolf Dreikurs Summer Institute (ICASSI) will be held here July 20 through August 2, 1997. Participants may attend for one or two weeks and courses range from the introductory to the advanced level. Classes and events also incorporate all age groups. For details, contact Betty Haeussler, 9212 Morley Rd., Lanham, MD 20706, Fax 301/595-0669.

Long Range Plan Evolves

By John Newbauer

At the February meeting of the Executive Committee, several members of the Long Range Planning Committee (LRPC) joined us to clarify some of the changes that are recommended as part of the Long Range Plan (LRP). These changes are focused on Goal 1 of the LRP, the governance of NASAP. As you may recall, the LRPC was asked to specify recommendations and develop a plan of action for the LRP goals.

Board of Directors

The model of governance that is proposed includes a Board of Directors (Board) and a Council of Representatives (COR). Each of them has a somewhat different focus. The Board has major responsibility for the development of policies, procedures and the supervision of the day-to-day affairs of NASAP. The Board is composed of nine members, six are elected and the Board appoints three. The elected members of the Board include the President, Past-President, President-Elect, Secretary-Treasurer and two Members-at-Large. The President-Elect will serve for one-year as President-Elect and then serve as President for two years and Past-President for another two years. The Secretary-Treasurer would serve for a two-year term and could be re-elected. The three appointed members would be persons with skills, knowledge or experience in finance, membership services, publications, education and training, fund raising and/or legal issues. They would not have to be members of NASAP but would have qualifications that the Board believes we need at the time. The three appointed members would initially serve staggered terms of one, two and three years. They could be reappointed for three-year terms if their skills are needed.

Committees

Consistent with the focus of the Board, the Board will have the following standing committees: Membership and Membership Services; Education and Training; Publications and Theory Development; Finances and Grant Administration; Conventions and Meetings; World Liaison and Outreach; and Long Range Planning. Committee members will be appointed by the President and the Executive Director based on expertise and recommendations from informal surveys. Board Committees will work throughout the year, therefore, selection would also include the factors of geographic location of members, internet access, conference e-mail, message or fax and financial resources to accomplish the work involved in the appointment. Each committee meets at least twice a year. Any NASAP member can be invited to serve on Board Committees.

Council of Representatives

The Council of Representatives (COR) is composed of the Representatives of the Interest Sections, the Representatives of the Affiliate Organizations and two Members-at-Large, elected by the membership. The COR focuses on representation of the grass roots membership through their local groups as well as through their interests. The major change in representation on the COR from the representation on the present Delegate Assembly is in the way various regions are represented. On the present Delegate Assembly we have 12 representatives from the 12 geographic regions of the United States and Canada. The COR will provide a way of having representatives from any group of 10 or more members who join together to form an Affiliate Organization. Larger Affiliate Organizations who have 26 or more members can have two representatives on the COR. In this way, there are numerous possibilities for local representation on

(Continued on page four)

----News From Members----

Henry Stein is looking for photographs of, and biographical material about the following early Adlerians: Lydia Sicher, Erwin Wexberg, Ida Loewy, Sophie Lazarsfeld, Alexander Neuer, Erwin Newfeld, Karl Furtmueller, Karl Nowotny, Oscar Spiel, Ferdinand Birnbaum, Blanche Weill, and Edward Schneider. Stein says he will be glad to pay any postage costs. He can be contacted at 415/282-1661 or e-mail: htstein@worldnet.att.net

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Mary Alice Lausell of Puerto Rico reports teachers and parents at St. John's School in San Juan and the Annual Association of Puerto Rican Professionals both heard presentations on Adlerian psychology by Betty Lou Bettner. This was Bettner's third visit to present in Puerto Rico.

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We extend our apologies to Kathy Walton for neglecting to report that she was also teaching in Romania and Slovakia in April at the same time as her husband, Frank, whom we wrote about last issue. Kathy focused on Adlerian early childhood education while Frank's emphasis was adolescents and adults.

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Renee Dushman and Judy Sutherland will present *An Adlerian Approach to Group Dreamwork Using Psychodrama and Artmaking* at the 14th Annual International Conference of the Association for the Study of Dreams at Warren Wilson College, Asheville, NC, June 17-21. Contact, 703/242-0062.

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Word has been received that A. Ina Block, Dean of Students, Alfred Adler Institute of New York, is doing better after a long illness. While her name was inadvertently omitted from the Clinical Section directory, she is still an active Clinical member.

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Silent Auction Needs Contributions

By Patti Kyle

We know there are many of you out there thinking of wonderful items to donate to the third annual Silent Auction at the convention in Vancouver. We need you to go beyond the thinking stage and take some Adlerian action. **Please fax your information about your donation to the Central Office, 312/201-5917.** Contributions can be books, tapes, programs, workshops, accommodations, mementos or just about "anything" you can think of. Bring something useful from your work, make something, use your imagination!

Then bring your donation to the Vancouver convention. You will be able to leave your donation in the bookstore designated box until 6 p.m. Thursday; or in the designated box at the registration table from 6 to 7 p.m. There will be sheets to attach to your donation, listing your name, item name, value and minimum bid. The auction will run all day Friday, closing bids will be taken from 5:30 to 6 p.m. in the bookstore. Pickup and payment of purchases will be from 8 to 8:30 a.m. or 5 to 5:30 p.m. in the bookstore

Join in the fun — **Donate NOW and Bid** on Friday, May 23 in Vancouver!

Mosak Endowment Seeking Nominations

By Roseanne Boldt

The committee for the Harold H. Mosak Endowment for the Advancement of Adlerian Psychology is seeking nominations for the first annual award to be given to an individual, individuals, or a group to provide financial assistance for a special project that will promote and advance Adlerian Psychology in a significant and enduring way. The award will be presented in the fall and will include financial assistance ranging from \$1,000 to \$5,000, depending on the project or projects selected.

Please submit a brief description of the proposed project by **July 15, 1997**, including how it would be significant and enduring. Those nominating a project to be considered by the committee will be asked for a more detailed description.

Please submit all nominations to:

The Harold H. Mosak Endowment
c/o Roseanne M. Boldt, Psy.D.

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65 East Wacker Place
Chicago, IL 60601-7203
312/201-5900; Fax 312/201-5917