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NASAP Newsletter

September/October  
2012Jamie Stone O'Brien,  
Editor**PRESIDENT'S MESSAGE**

Greetings to the NASAP family,

In my previous "President's Message", I noted that the NASAP Board and Council of Representatives (COR) would meet in October, and I asked you to contact the Board and/or your Representatives and provide feedback and suggestions. If you did so, I say "thank you" for taking the time and effort to give us your thoughts. If you were unable, I hope you will feel invited to do so in the near future. NASAP belongs to its members and I want the members to feel they belong. I also hope you will contact your Board and COR members to investigate ways you can contribute to the visibility and vitality of NASAP. Often when a person contributes to his or her community, that person feels a greater sense of belonging to it. By contributing to the NASAP community, you can feel a greater connection with and sense of belonging to it. I hope you will.

**2013 NASAP Conference in San Diego: "Encouraging Each Other, Healing Our World."**

Encouragement is one of my favorite Adlerian constructs and I am pleased it is a focal point of our next conference. Contrary to what some secondary source authors suggest, encouragement is not merely a technique, but rather it is a way of being with people, especially those we work with in our various helping professions. I like to think of encouragement as "applied community feeling/social interest." Both Adler and Dreikurs emphasized the crucial importance of encouragement for healthy human growth and development. Dreikurs noted that presenting problems are based on discouragement and without encouragement—without faith in themselves restored—clients struggle to see possibilities for improvement. Adler once asked a client what he thought made the difference in his successful experience in therapy. The client replied that he had lost the courage to live, but in working with Adler his courage was restored; he was encouraged. In a recent workshop addressing integrating spirituality into clinical practice, I addressed Adlerian encouragement and mentioned the following encouragement

**Next Submission due date is December 1st, 2012.**

Please send submissions, questions, and/or comments to  
NASAPnews@gmail.com

skills and procedures:

- Valuing clients as they are;
- Demonstrating concern for clients through active listening, respect, and empathy;
- Focusing on clients' strengths, assets, and abilities, including identifying past success, and communicating confidence in clients;
- Helping clients to generate perceptual alternatives for discouraging fictional beliefs and oppressive narratives;

Helping clients see the humor in life experiences;

Helping clients distinguish between what they do and who they are (deed vs. doer – the problem is the problem);

- Focusing on clients' efforts and progress;
- Communicating affirmation and appreciation to clients;

Helping clients see the humor in life.

Encouragement, as Adlerians understand it, is at least as old as Adler and as contemporary as current theory and practice in counseling and psychology, education, business, mentoring, coaching, etc. Even more personally, we can easily substitute “persons” for “clients” in the above list of encouragement skills and use the skills in all of our relationships. Being “encouragement-focused” in every relational arena of our lives is good for others and good for us. It truly makes encouragement a “way of being” with others, and seems to resonate well with Adler’s pragmatic definition of mental health.

I hope you feel encouraged.

Richard

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## **CONFERENCE CORNER**

By the time this newsletter is published, those of us in the north will be experiencing cooler weather with only the promise of winter ahead. With that in mind, take a moment to close your eyes and envision the warm sun, the great weather, the miles of sandy beaches, and the major attractions that await you in San Diego. You could be there in just 8 months....enjoying the warmth of both California and the Adlerians gathered there for the 61st annual NASAP conference. The holidays are coming....why not top your “wish list” with “a trip to the NASAP conference?” You probably have enough sweaters to get you

through the winter anyway. You would not only be doing yourself a great favor, but also helping out loved ones with what to get you. How fun it would be for you and your loved ones for you to give them a call next June and you say, “Hey guys, I am loving it out here, this is the best gift ever!”

by Becky LaFountain, Conference Coordinator

## **EMERGING LEADERS**

e•merg•ing [ih-mur-jing] (adjective)

On behalf of the Emerging Leaders, along with our fearless captain Dr. Susan Belangee, it is with great pleasure that I introduce what is to be a continuous column or “corner” in the NASAP Newsletter. This column has been established with the NASAP membership in mind. As the eager minds of today harness our potential under the leadership of our mentors, we wish to keep all of you updated as we attempt to strive in such a way that can be described as emerging.

With this in mind, I am happy to report that the Emerging Leaders recently held our first phone conference. These are to occur regularly in order to provide the Emerging Leaders an opportunity to use their enthusiasm and energy. Among the topics of discussion for this call were the strengths and weaknesses of the most recent conference, our experience participating in a COR meeting, and recommendations for the future growth of NASAP. Through meaningful dialogue and constructive criticism, we reached a better understanding of not only our personal experiences, but also of what we can do to further the mission of NASAP and spread Alfred Adler’s Individual Psychology.

Additionally, the Emerging Leaders held a vote to select a Liaison to the COR meeting that will be occurring October 19th through the 21st. All who ran for the position were highly qualified, and would have served well as Liaison. In the end, Korey Watkins was selected to represent his colleagues in Hershey, Pennsylvania.

As we continue to move forward with the challenges we face, we look to the expertise of those who came before us. We truly admire all of you for your continued dedication and support to NASAP. We have made it a priority to commit ourselves to this organization and to its mission. We look to the future and we recognize the potential to achieve many great things. It is time for NASAP to emerge and to achieve its goals. We are honored to be a part of that process, and we look forward to taking on active roles for many years to come.

By: Korey L. Watkins, Psy.D. Student

## **THE REAL POWER OF ENCOURAGEMENT**

During the 2012 NASAP Conference in Atlanta, a young woman (Marie) brought two of her five children - a biological son (Billy - 5), a biological daughter (Brittany -1), a stepdaughter by her husband (Kayla -11), a son not biologically related to either her or her husband (Daniel -14), and a stepdaughter adopted by her husband (Megan-17) - to do a counseling demonstration with Jim Bitter and Jill Duba. As with many families today, this one was quite a combination of children, difficult histories, and tumultuous relationships.

The young mother reported that her children (Kayla- 11 yrs old and Billy-5 yrs old) were always fighting. Kayla is the 11 year old stepdaughter, who has bonded with Marie and has been living with Marie and her husband since she was three years old. Kayla constantly fights with Billy and accuses Marie of loving Billy more because he is her natural child.

As counseling sessions often do, this one took an unintended turn when Kayla began to talk about her 14 year old half-brother - Daniel - who is not biologically related to either Marie or her husband and who recently moved in with the family. He is, however, a half-brother to Kayla and Megan by their mother. Kayla discussed how Daniel bullied her all the time, spoke to her hatefully, and was generally a discouraging presence in their home. She said she did not want him to go back to his other home because it was not good for him but she also wished he did not live with her. Marie explained to the audience that this young man was indeed a struggle for the family and he had changed some of the loving, respectful dynamics in the family when he arrived with his negative and angry demeanor.

After the demonstration was over, the audience was encouraged to offer their thoughts on the situation. One person said something to Marie that forever changed her way of thinking about the troublesome 14 year old. This audience member encouraged Marie on the wonderful job she and her husband were doing with these children who had experienced a difficult early childhood. She said that the reason their family worked so well given the immense challenges was because the children knew that once they came into the family, they did not have to worry about ever leaving.

Marie thought hard and long about this statement because she and her husband had been contemplating asking one of Daniel's maternal relatives to take him because he was having such a negative effect on their family. Marie related to this author that she felt like it was divine intervention that had her agree to do the counseling session. She said that after hearing what the audience member said about the children knowing they would never have to leave, she (Marie) knew that she and her husband had no choice. They had to figure out to help Daniel become a positive, healthy member of their family - negative attitude and all.

Marie's husband set aside a special time to talk with Daniel. He explained how the family worked and that they tried to show each other love and respect. Marie's husband let Daniel know that he was loved and that he was very much a part of the family but they (the other family members) needed to know how to help him feel their love and how to show him he was a valued member of the family. Marie's husband was clear on their expectations of him and what he could expect from them.

This writer was not privy to all the details of the conversation; but, needless to say, Daniel has become a different child. He still tends to be negative, does not smile easily, and often picks arguments with the younger children (all very natural for his age group) but he is voluntarily helping around the house, has made the A-B honor roll for the first time in his life (he was failing all his classes when he came to live with Marie and her husband), and is enthusiastically talking about his future. It was very clear to this writer in her last visits to this family that Daniel has bonded with the other children and is feeling very welcomed and comfortable in this family.

I think no one would be happier to hear this story than Edna Nash. The power of one small sentence of encouragement can create movement that can forever change the direction and essence of one's direction in life. To whoever made that comment to Marie, know that you helped Marie and her husband to understand their responsibility to this child who had only known rejection and chaos in his short life. They decided they had been given this child for a reason. As a result, the family is happier and stronger than ever. Adler had it right – one needs courage to meet the challenges of life and that courage often comes in the form of encouragement from others. Such a simple concept and yet so very powerful. (And who says you need years of psychoanalysis to create change..... sometimes it takes only one sentence).

(Names were changed to protect the family).

By: Michele Frey, NASAP member

## **ASPP SUBMISSION: OFFICIALLY AFFILIATED**

Over the past few years, I've had the privilege of watching my local affiliate grow from a small executive board (with not many active members beyond that), to an organization that has a name for itself not only on campus, but also in the local community. As an active member of the Adlerian Society at the Adler School of Professional Psychology, I've made new friends, built a professional network, gained leadership experience, and had fun doing it. So why do I share this with you?

I want each of you to consider your local area and ask yourself two

very simple questions. First, is there a local NASAP Affiliate? If not, why hasn't one been started? If there is, what am I doing to support the mission of NASAP at the Affiliate level?

It has been brought to my attention that the Adlerian circle is far greater than might have previously been acknowledged. We are definitely out there. The NASAP conference gives us an annual reminder of how far we have come to spread the word of Alfred Adler and his followers. But it is not enough for us to sit back and watch the process unfold. We must get involved and stand united.

Establishing an Affiliate is worth more than you can imagine. To qualify, all you have to do is submit a membership list (with at least two members) along with a constitution, by-laws, or statement of purpose to the NASAP Council of Representatives. Once the Council of Representatives has approved the proposal, and the petitioning group has paid their dues, it is granted Interim Status. The Board of Directors is responsible for given final approval, at which point the Interim Affiliate is granted full Affiliate status.

The Affiliate dues are not without benefits. NASAP Affiliates are granted representation on the Council of Representatives. The more members the affiliate has, the more representation they receive. In addition to this, Affiliates are also offered an opportunity to apply for an Affiliate growth fund. This fund provides Affiliates with financial support that can be used to host a speaker, pay for an event, or a variety of other growth-focused endeavors.

NASAP Affiliation is within reach. It not only furthers the mission of NASAP, but it furthers the growth of established and up and coming professionals. The eager young minds of tomorrow, combined with the seasoned minds of today, can come together to discuss and share this wonderful theory. The invitation to start a NASAP Affiliate has been given to each of you. Will you accept?

By: Korey L. Watkins, Psy.D. Student

## **ICASSI 2012**

The annual Rudolph Dreikurs Summer Institute, also known as the International Committee for Adlerian Summer Schools and Institutes (ICASSI) was held this summer in the spa town of Druskininkai in Lithuania. Twenty-four different countries were represented at the two-week institute and, as is common at ICASSI, there was a warm, enthused community of friends who shared the joys of learning and the pleasures of play. As some have suggested, ICASSI is a two-week vacation from the realities of life and provides an ideal environment that should be the norm rather than the exception.

The faculty included such teachers as Eva Dreikurs-Ferguson, Frank Walton, BettyLou Bettner, Richard Watts, Hala Buck, Becky

LaFountain and Jim Holder from the United States. Anthea Millar from the United Kingdom, Rachel Shifron, Zavit Abramson, Joav Shoham and Anabella Shaked from Israel, Yvonne Schuer from Switzerland and Theo Joosten and Will Hoeskstra from The Netherlands. Courses were offered in Art Therapy, Play Therapy, Family Therapy, Lifestyle and Early Recollections, Psychodrama, Theory Integration, Aging and other topics. This year there were full youth and children's programs and the location was ideal for keeping the younger attendees occupied and smiling.

The Lithuanian hosts were exceptional and the local arrangements outstanding. We occupied the Europa Royale Hotel and Spa located next to the Neman River and near the heart of the town of Druskininkai. Druskininkai is near the Belarus border and is a central destination for Lithuanians and others who come to enjoy the spas, the first rate water park, the year-round indoor snow skiing park and the various outdoor facilities including zip-lines across the river and a high ropes course. Participants also enjoyed the night life in Druskininkai and were able to attend various concerts at one of the local establishments. Weekend trips included trips to the Trakai Castle and a riverboat ride and trip to a local monastery replete with century old inhabitants.

This year we celebrated the life and contributions to ICASSI of Edna Nash who passed-away in April and were saddened to hear of the death of Richard Kopp who passed away during the period that ICASSI was underway. Richard had made important contributions to the success of ICASSI in his lifetime. Both Richard and Edna were remembered fondly by the ICASSI veterans and will be deeply missed by all.

As is also typical of ICASSI, a few tears were shed as participants met old fears and when it was time to leave, but there was much more learning, laughter, singing and dancing. For those who have attended ICASSI in the past, you are likely to be smiling as you recollect your own ICASSI experiences. For those who have not attended ICASSI, you are encouraged to consider putting it on your summer schedule, whether you can come for one or two weeks.

In 2013, ICASSI will be in Wageningen in The Netherlands (roughly 1 hour SE of Amsterdam by train) and it promises to be another outstanding summer institute. Details for the next summer institute are available at the ICASSI website (ICASSI.NET). We hope to see many NASAP members in Wageningen in July 2013.

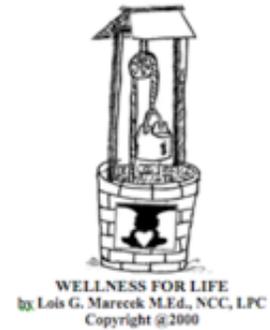
By Paul Rasmussen

## **WELLNESS FOR LIFE: SIGNS OF OCTOBER**

I can see a few eyebrows being raised after

seeing the title of this column.

Understandable. This is not your every day topic of interest or discussion. I could have approached it as part of the autumn season or its association with Halloween and football. However, that seems too simple and tunnel vision. Something kept gnawing at me to broaden the scope.



As I embarked on my journey of discovery, it revealed a wealth of information. There is so much more to the Signs of October!

To begin, there is Ayudha Puja, a 10 day Indian festival or more commonly referred to as Ayudha Pooja, which includes worshipping the implements used to earn a living; so that one may be successful in life endeavors. Ayudha Puja 2012 Date, Indian Festival Date, Indian Calendar

Then there is Double Ninth Festival; Chinese in origin yet also observed by Japanese and Vietnamese, originally acknowledged protecting against danger. Some Chinese also visit the graves of their ancestors to pay their respects. Today, it is respected as a day of celebration by drinking chrysanthemum tea, having mountain bike climbing races and race winners wear a wreath made of zhuyu. In Taiwan, it evolved as "Senior Citizens' Day to care for and appreciate the more noted, "wise" generation.

[Wikipedia.org/wiki/Double\\_Ninth\\_Festival](http://Wikipedia.org/wiki/Double_Ninth_Festival)

How about Angam Day also known as the "the Day of Fulfillment"?

It is a celebrated in the Republic of Nauru. The Nauruan word angam means "celebration", "to have triumphed over all hardships". It reflects the perseverance of the Nauruan people who were facing the possibility of extinction when the population fell below 1,500 in 1932 and in 1949. The Nauruan population recovered both times. Thus, Angam Day was declared, symbolizing the people's hope that was achieved. [un.int/nauru/angumday.html](http://un.int/nauru/angumday.html)

Also noteworthy is Sweetest Day, originating in 1922 Cleveland by a candy maker, Herbert Kingston, who wanted to bring a bit of happiness and high spirits into the lives of those who were usually forgotten - children living in orphanages, people afflicted with illness or disabilities, shut-ins, and others who were just forgotten. It has grown in scope, referred to as the second Valentine's Day recognizing all the people who make your life special. [Sweetestday.com/](http://Sweetestday.com/)

More recently noted is the Festival Internacional Cervantino, recognized as the most important international artistic and cultural event in Mexico and Latin America, and one of four major events of its type in the world lasting 19 days of popular and classical productions of opera, music, dance, theater, visual arts, film and academic

activities, more commonly known as El Cervantino. The origins of the festival are from the mid 20th century, when short plays by Miguel de Cervantes called “entremésés”, were based on his novel Don Quixote de la Mancha and performed in the city’s plazas by college students. [Wikipedia.org/wiki/Festival Internacional Cervantino](https://en.wikipedia.org/wiki/Festival_Internacional_Cervantino)

To name a few more, there is ‘National Grandparents Day’ – noting the importance of senior contributions; ‘Thanksgiving’ (Canada) – giving thanks for the harvest; ‘Global Handwashing Day’ – originally created to promote and improve hand hygiene, is now observed for all in 80 countries and supported by an activity week; and let’s not forget, ‘Mole Day’ – unit of measurement that describes the quantity of a substance, not the animal. [Wikipedia.org](https://en.wikipedia.org/wiki/Mole_(unit))

I would be remiss if I didn’t touch upon the notable season changes or Halloween.

The season changes are equally as diverse as the Signs of October based on your geographic local. The usual association might be falling leaves, colors of yellows, oranges, fiery reds and bronzes, crisp cool mornings and evenings, rain, watching movies snuggling in pj’s and soft blankets and the unforgettable smells filling the air of cinnamon, vanilla and cloves from the goodies baking in the oven. Here in the southwest desert, there are the colors of golden orange and yellow or purple blue from some composite flowers, blanketing the desert ground in contrast to the green cacti, and the feeling of mild temperatures with an ever increasing dryness in the air which is crowned with clear, never ending blue skies while strolling and catching vivid sunset hues like from an artist’s palette of purples, pinks, yellows and oranges.

As for Halloween, there is a richness of history and traditions as countries from around the world observe it mostly in October. It appears to be growing in popularity among the world’s countries and celebrated by both the young and the young at heart.

To begin, “What is Halloween? Halloween is a secular holiday combining vestiges of traditional harvest festival celebrations with customs more specific to the occasion such as costume wearing, trick-or-treating, pranksterism, and decorations based on imagery of death and the supernatural. It takes place on October 31.” By David Emery, [About.com Guide](https://www.about.com/guide/dogoo/What-is-Halloween.cfm)

Bobbing for apples was a part of the festivities that originated in Scotland predominately and Ireland, and had something to do with fortune telling. As W.H. Davenport Adams 1902 book, ‘Curiosities of Superstition’, describes the game in detail, it indicates how the first letter of your true love’s name is revealed by the shape of the apple’s peel after hitting the ground. By David Emery, [About.com Guide](https://www.about.com/guide/dogoo/Apple-Bobbing.cfm)

In the UK there is a town and port known as Penzance, Cornwall. Here the people celebrate Apple Day based on the turn of the 19th

century Cornish festival of Allantide where shops would display large, highly polished Allan apples. They were given to family members as gifts representing a token of good luck. It's been said that the older girls would place their apple under their pillow and hope their night's dream would reveal the person they would marry in the future. (There is also a game associated with these apples.) [Wikipedia.org/ Allantide](http://Wikipedia.org/Allantide)

The Canadian and United States Halloween festivities are similar based on the Irish and Scottish traditions brought by immigrants in the 1800's. Children would visit neighbors and shops in "guise", short for disguise (costumes), receiving gifts (treats) of nuts, candies or even coins after singing songs, reciting a joke or a memorized funny poem. In time, performing was replaced with the words, "trick -or -treat". [Wikipedia.org/Halloween/Canada/United States](http://Wikipedia.org/Halloween/Canada/United States)

Ah, the pumpkin that debuted as the Jack-O-Lantern! It began in the 1800's when people from the British Isles (Ireland and Scotland) immigrated to the United States. They brought with them a Halloween tradition of lighting candles in turnips. They discovered that turnips were in short supply in America so they began carving pumpkins creating the birth of the Jack-O-Lantern, which in turn gave light to the Holiday of the Jack-O-Lantern, also known as All Saints Day. The lantern was used when traveling the road this night to frighten away spirits / fairies who might lead them astray. [Wikipedia.org/Halloween/UnitedStates](http://Wikipedia.org/Halloween/UnitedStates)

And then there is an old English custom practiced in the town of Somerset England known as Punkie Night. Children would march around the village with lanterns, singing the Punkie Night Song collecting money. These lanterns were made from hollowed-out mangel-wurzels (a kind of beet; in modern days, pumpkins are used) with faces carved into them.

What makes this story especially interesting is the wives of Hinton St. George went looking for their wayward husbands at the fair held nearby at Chiselborough, carrying the hollowed out mangel wurzels as lanterns to light their way. The drunken husbands saw the eerie lights, to their surprise, thought they were "goolies" (the restless spirits of children who had died before they were baptized), and fled in terror. Now, children carry the punkies. It is also held in the neighboring village of Chiselborough since the 1960's. [Halloween.monstrous.com/punkie\\_night.htm](http://Halloween.monstrous.com/punkie_night.htm)

On the lighter side:

10/4 - 'Blessings of the Animals Day' in remembrance and practice of St. Francis of Assisi love for all creatures

10/7 - 'You Matter to Me Day' acknowledgement of someone who has touched your life

First Friday - 'World Smile Day' for one day the world will radiate from smiles and acts of kindness as envisioned by Harvey Ball, creator of

the smiley face

10/11 or second Wednesday– National ‘Bring Your Teddy Bear to Work / School Day’ a way to remember and celebrate the stress relief, help and joy Teddy brings to all

10/15 – ‘National Grouch Day’ (originated by Oscar the Grouch and company from Sesame Street, as a time when a grouch could celebrate their way of life), we all have feelings and grouchiness is one of them, keeping in mind that all feelings are okay – it’s how you deal with it!

As you can see, the Signs of October range from the recognition of various people and health awareness to country independence sandwiched with fun events.

I’d like to leave you with how Halloween lessons can be confusing.

As a man left a grocery store, he noticed two young boys, perhaps seven or eight years old, selling candy bars in front of the store to raise money for their school.

“I’ll buy two bars on one condition,” he said to the boys. “You boys eat them for me.”

The man bought the two bars and then handed back each boy a candy bar.

One boy shook his head. “I can’t,” he said.

“Why not?” the gentleman asked.

Looking me right in the eye, he responded gravely, “I’m not supposed to take candy from strangers.”

Warm Fuzzies

## **EXECUTIVE DIRECTOR'S NEWS**

I just returned home from South Carolina where I had a chance to present a workshop and was also able to pick up some continuing education credits as well. I was in good company there as the South Carolina Society has successfully conducted this annual training event for the past 30 years. We had a little birthday celebration in honor of those 30 years and many of the original people were still coming to the event. That shows you that it is successful. I was amazed at how many of the participants were 20+-year veterans of the conference and, at the same time, there were new members who joined us and who were very happy with the training they received.

Next week, the Western Pennsylvania Society will have a training program on ADHD. I won't be able to attend just because of the timing with the Council of Representatives Meeting coming up the following week – unfortunately I have some things to do here in Fort Wayne that won't allow me to do both. But the Western Pennsylvania Society is another example of an Affiliate Organization of NASAP sponsoring their own training program for the region.

The following week, October 19-21, the newly formed Ontario Society will be sponsoring their “2nd annual workshop.” Later, on October 26th, the Adler School of Professional Psychology in Chicago will be having their homecoming event and celebrating 60 years of providing professional and graduate level education for Adlerians. It is wonderful that on October 27th, they are launching the Adler Child Guidance Center and sponsoring a workshop with Jane Nelsen to kick off the opening. It is wonderful to see them carrying on the tradition of their founder, Rudolf Dreikurs with this Child Guidance Center, something that disappeared for a while in Chicago. Hopefully a lot of the alumni will be able to make the homecoming events that weekend.

If you are wondering how to find out this kind of information so you can join us, look at the website Calendar of Events – it's a tab on the website homepage in the upper right hand corner. If you are an Affiliate and want to let others know what you are doing, please send me the announcement and I will be glad to put it up on the Calendar so others know it is happening.

I also have put up “An Adlerian Resource Book” or at least part of it with more coming in the future. It's listed under Resources on our webpage. Hopefully, before the next issue of the newsletter comes out we will also have available for you in the member's only section of our webpage the entire International Journal of Individual Psychology from the first volume edited by Adler in 1935 to 1937. We also have coming the digitized version of the Individual Psychology Bulletin from 1943 to 1951 and the American Journal of Individual Psychology from 1951 to 1956 and the earliest issues of the Journal of Individual Psychology. This is all compliments of the work of the Adler Graduate School's Digitization project sponsored by a grant from the Clonick Publications Funds. I will tell you more about this in the next newsletter.

Currently, we are getting ready for our next Council of Representatives Meeting. At this meeting of the COR, they will select the workshops and presentations for next year's conference in San Diego. Please plan on being there June 20-23, 2013. It should be a great conference. If you have suggestions for NASAP, now's a good time to get them to your Affiliate Representatives, your Section Representatives or members of the board. If you don't know who else to send them to, feel free to send them to me and I'll forward them to the COR or Board.

Have a great fall season and if you believe Charlie Brown, be on the lookout for the Great Pumpkin!

John F. Newbauer, Ed.D., Diplomate NASAP

## **BOOK ANNOUNCEMENT**

### **SOCIAL EQUALITY: THE CHALLENGE OF TODAY**

By: Rudolf Dreikurs, M.D.

The Adler School of Professional Psychology has recently added another classic to its list of print-on-demand books: *Social Equality: The Challenge of Today*. Though this book is more than forty years old, it is striking how relevant it still is to today's society. Still serving as a call to action, it introduces a workable proposal for social problems. Utilizing sound psychological principles, Dr. Dreikurs takes the totality of humanity into account as he demonstrates the need for universal equality. This book is a must have!

## **GRIFFIN AND POWERS WEBINARS**

Bob Powers and Jane Griffith announce forthcoming WEBINARS. All webinars are 70-minutes long and take place on Thursdays at noon Pacific time. These are live interactive presentations. Registration is \$49.00 (USD) each. Benefits provided at no additional charge include: relevant materials for downloading in advance of each webinar; one hour of CE (see "Webinar Info" at the website for particulars); and the audio-visual recording, available immediately following the webinar.

Visit [www.adlerianpsychologyassociates.com](http://www.adlerianpsychologyassociates.com) to learn more and to register.

### **OCTOBER (Oct registration available now)**

- Oct. 4 Private Sense and Common Sense
- Oct. 11 The Course of Life: Moving from Minus to Plus
- Oct. 18 Sexual Feelings: Their Expression and Purpose

### **NOVEMBER (Nov registration not yet available – stay tuned)**

- Nov. 8 Organ Jargon: The Meaning of Physical Symptoms
- Nov. 15 Family Reunions: What can go Wrong

and Why

Nov. 29 Sleep Tight! Investigating Sleep  
Disturbance with Special Guest Rocky  
Garrison, PhD, CBSM, Certified Sleep  
Expert, Portland, OR

DECEMBER (Dec registration not yet available – stay tuned)

Dec 6 The Construction of Gender

Dec 13 Counseling Young Adults: Challenge  
and Opportunity with Special Guest Steven  
A. Maybell, PhD Director, Student  
Counseling Center, Seattle Pacific University

Email contact: [onlinelearning@adlerpsy.com](mailto:onlinelearning@adlerpsy.com)

## **WORKSHOP ANNOUNCEMENT**

### **Resilience-Focused Brief Family Therapy: An Adlerian Approach**

MAPS/McAbee Adlerian Psychology Society is sponsoring a workshop with Dr. William G. Nicoll, professor of Counseling at Florida Atlantic University on November 9 at Johns Hopkins University, Montgomery Campus in Kensington, MD. Join them if you can for a wonderful day of learning about resilience-focused brief family therapy featuring live demonstrations. This Conference is designed for Psychologists, Counselors, Social Workers, Marriage and Family Therapists, Parent Educators, School Counselors, and students.

For more information:

Contact: MAPS c/o PEP

Phone: 301-929-8824

## **POWERS AND GOOD THERAPY**

### **POWERS ON “GOOD THERAPY.ORG”**

**Friday, November 16, 2012**

Bob Powers has been invited by Good Therapy, an association of thousands of therapists, to be the featured presenter at its audio-conference, November 16, 2012.

According to Good Therapy, its members “practice a wide range of collaborative, empowering, non-pathologizing forms of psychotherapy.” The organization advocates for healthy psychotherapy, and provides information about psychotherapy and mental health to the public, educating consumers on what to look for and what to expect from healthy therapy.

As part of its service to members, Good Therapy offers 90-minute once-a-month CE web-conferences. Powers's presentation takes place Friday, November 16, 2012 at 9:00 a.m. Pacific Standard Time. The conference is a phone dial-in audio-conference, that will be archived and available as an audio-visual recording. In addition to other venues, the presentation will be listed on the APA and NBCC calendars.

NASAP members who would like to attend the presentation should inform Bob Powers at [atadlerpsy@olympen.com](mailto:atadlerpsy@olympen.com). He will make a code available for your participation. He will also notify Good Therapy upon providing the code to you; Good Therapy will then give you a FREE two-month membership in Good Therapy (for 30 days prior to the conference and for 30 days after the conference) that will enable you to attend Bob's presentation and other web-conferences in that period, as well as to have access to other services of Good Therapy.

Visit [www.GoodTherapy.org](http://www.GoodTherapy.org).

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