



TABLE OF CONTENTS

- **PRESIDENT'S MESSAGE**
- **EXECUTIVE DIRECTOR'S REPORT**
- **CONFERENCE CORNER: CONFERENCE COUNTDOWN**
- **ALFRED ADLER INSTITUTE IN ISRAEL**
- **MARK YOUR CALENDARS: POSITIVE DISCIPLINE ASSOCIATION EVENTS**
- **WELLNESS FOR LIFE: I'LL NEVER GROW UP**

PRESIDENT'S MESSAGE



To the NASAP Community,

It is almost time for the 2013 North American Society for Adlerian Psychology (NASAP) Conference in beautiful San Diego, CA. I always look forward to Adlerian conferences. Visiting with friends, engaging in interesting dialogues with “master practitioners” of Adlerian counseling and psychotherapy, and increasing my knowledge and application of Individual Psychology are some of the exciting aspects of the conference I really enjoy. I

look forward to seeing you there.

NASAP Newsletter

May/June, 2013

Jamie Stone O'Brien,
Editor

Next submission due date is August 1st, 2013.

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

On a more personal note, my dad went through 8 months of aggressive chemotherapy and, fortunately, the lymphoma is in remission. However, the chemotherapy weakened his heart and on May 6 he suffered a heart attack. He spent 11 days in the hospital and is currently in an acute care rehabilitation facility. We are uncertain at this point whether he will be able to return to independent living. I share this information because I want to say “thank you” the many Adlerians who have emailed or called and provided words of encouragement. I am grateful to be part of a professional community that not only “preaches” encouragement, but practices it as well. Thank you.

Richard E. Watts, Ph.D., NASAP President
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EXECUTIVE DIRECTOR'S REPORT



Things have been busy this past month or two with the conference rapidly approaching. There's still time to get registered for the conference without paying the late fee – at least until June 9. We realized that the late fee was set up pretty early (May 15) and changed it to accommodate more people and deal with the reality that we don't need to close it until later this year because the conference is so much later. So if you haven't registered for the conference, please register

as soon as possible – this allows us to have your materials ready when you arrive and it should be a shorter wait in line for all.

Welcome to our new Affiliates. Some of you may not have heard of a couple of our new Affiliate Organizations. The Alfred Adler Western Canada Society is our most recently approved new Affiliate in Vancouver. In addition, we now have Affiliates in Indiana, Idaho and Milwaukee. Since Affiliates are the way that we do our local business, it's good to see them blossoming. All it takes to set one up is a couple of really interested members of NASAP. If you want information on how to do it, drop me an email at info@alfredadler.org.

One of our Affiliates, ICASSI, usually does some last minute recruiting at the conference, but this year it will be a little late to sign up and get your travel arrangements, so I am encouraging members to think about coming to ICASSI this year in the Netherlands. ICASSI is a two-week summer institute based on the principles of Adler and Dreikurs. Openings in many courses and especially in Family Counseling with Frank Walton, Integrative Therapy with Richard Watts, Empowering Parents and Children with Joyce Callus, The Six Essential Pieces of the Parenting Puzzle with Betty Lou Bettner, Grief and Loss in our Personal and Professional Lives with Marion Balla, and so on. There is also a program for children and teens if you want to bring the family. See www.icassi.net for an outline of the two week program.

One benefit of membership that many of you are not yet taking advantage is AchieveLinks. As an active participant in NASAP's AchieveLinks® program, you can earn valuable Links® Reward Points when you book your flight, car rental and other travel needs through this amazing no cost member benefit.

Not only can you earn Links at travel sites like Airport Rental Cars, AVIS and CarRentals.com you can also earn at Expedia, Hotwire, jetBlue, Travelocity and more!

Need new luggage? Why not earn Links buying from merchants like eBags, LuggageGuy, Kohl's, Luggage Online and other on-line retailers so you can reward yourself when you travel.

Sign up or log in to AchieveLinks today, it's simple, it's easy and there is no cost to you as a member of NASAP . Visit <http://nasap.achievelinks.com> today!

See you soon in San Diego.
John F. Newbauer

CONFERENCE CORNER: CONFERENCE COUNTDOWN

NASAP's 61st Conference is just days away. It is not too late to make a last minute decision to attend. Onsite registration will be available (see the conference booklet for details). Here are some last minute tidbits that participants might find helpful at this time.

-If hotel reservations are still needed, participants can contact the hotel directly to check into availability at 800-77-ATLAS or 619-291-7131 ext. 3866.

-The conference booklet is available on-line at www.alfredadler.org and hard copies will be handed out at registration.

-For those arriving by air, the Super Shuttle AKA Cloud 9 from is \$11.00 per person from the airport to the Town and Country. The return trip is the same price. Taxi service is approximately \$25.00 each way.

-Authors can bring their own publications to sell in the NASHOP. They are advised to have their items priced in advanced and to take them to the bookstore. Authors will receive 80% of the sale price while NASAP will receive 20%. More specifics are found on page 8 in the January-February 2013 newsletter.

-A commercial bookstore from the San Diego area will be on-site selling Adlerian related books as well.

-Friday evening will be a free evening. Participants can enjoy the resort's amenities, visit local sites on their own, become involved in activities led by the local group (i.e., yoga, games, etc.) or partake of affiliate receptions such as the one being sponsored by the Adler Graduate School (MN).

-The Saturday evening banquet is included in the full conference registration (Friday and Saturday). It will be a wonderful way to celebrate and conclude NASAP 2013!

See you soon!

ALFRED ADLER INSTITUTE IN ISRAEL

This year the Alfred Adler Institute in Israel is celebrating its 50th anniversary. Their School for Parents initiated by Rudolf Dreikurs has classes in every city in Israel. The Institute has grown to include training of certified group leaders to lead parent study groups and now has 30 locations.

In addition to the emphasis on parent education, there is a clinic for treating individuals, couples and families, a preschool, a school for training therapists, a school for coaching, and training in organizational counseling.

In February, Betty Lou Bettner presented a three day workshop for students in their psychotherapy school. In June, as part of the 50th Anniversary celebration of the Adler Institute, Eva Dreikurs Ferguson will deliver a keynote and give an address and training at the Institute and at a college with which the Institute is collaborating and will give workshops at the psychotherapy school as they celebrate their 50th Anniversary.

Congratulations are extended to this growing Institute and its many outreach programs that are a living tribute to the work of Alfred Adler and Rudolf Dreikurs.

MARK YOUR CALENDARS: POSITIVE DISCIPLINE ASSOCIATION EVENTS

**Town & Country Resort, San Diego, CA
July 12, 2013, 9:00am - 3:30pm**

Register Now and Save! Early Registration Discount Through June 1st

A variety of sessions - one location - many national PD presenters!
CEUs available through the CA Board of Behavioral Sciences

Teaching Parenting the Positive Discipline Way Workshop (TP)

Teaching Parenting the Positive Discipline Way (developed by Lynn Lott and Jane Nelsen) provides a step-by-step approach to starting and leading parenting groups using an experiential model. This program stands alone or offers significant enhancement to any parenting program. Based on the work of Alfred Adler and Rudolph Dreikurs, it emphasizes the role of significance and belonging, as well

as an understanding of private logic and the belief behind the behavior. It fosters mutually respectful relationships and growth through encouragement, and teaches communication and solution-focused problem-solving skills.

Austin, TX, May 31 - June 1

Anaheim, CA, June 8 - 9 (Spanish)

Santa Cruz, CA, June 28 - 29

Stamford, CT, August 3 - 4

Carlsbad, CA, October 19 - 20

Positive Discipline in the Classroom (PDC)

Positive Discipline in the Classroom is an Adlerian-based two-day workshop designed for teachers, school counselors and administrators. It is designed to provide the skills and teach the values/concepts behind them. PDC:

Creates a school and classroom climate that fosters mutually respectful relationships, collaboration and cooperation; that that is safe, effective and nurturing for both staff and students; and that enhances academic productivity.

It explores the importance of encouragement (rather than praise and rewards), as well as providing the tools for successfully implementing an autocratic leadership style.

It promotes valuable social and life skills and positive behavior through teaching communication skills, solution-focused problem solving, and the use of class meetings.

It provides tools to understand the motivation (belief) behind students' behavior.

Oakland, CA, June 21 - 22

Woodinville, WA, June 24 - 25

Laguna Beach, CA, July 27 - 28

Laguna Beach, CA, August 9 - 10

Solana Beach, CA, August 10 - 11

Santa Cruz, CA, August 23 - 24

International Workshops

TP: Calgary, Canada, May 24 - 25

TP: Lima, Peru, May 25 - 26

TP: Concepcion, Chile, June 1 - 2

TP: Beijing, China, June 22 - 24 Waitlist Only

TP: Shanghai, China, June 28 - 30 Waitlist Only

TP: Morocco, June (Dates TBD)

Special Monthly Teleconferences

June 11, 2013, Adlerian Psychology: Deepening Your Understanding (Session 3), Deborah Owen-Sohocki, LPC, Certified PD Lead Trainer

Teleconferences series will resume in Fall 2013.

We also have an extensive library of audio-conferences available for download on our website.

More Information at www.positivediscipline.org

WELLNESS FOR LIFE: I'LL NEVER GROW UP



It wasn't too long ago, I had one of my "sub-conscience pinches", as I call it. You know, that little something that has a way of getting your attention to whatever, even though it has nothing to do with your focus or action at the time. Yet it has a way of registering a significant meaning with you, kinda out of the blue.

I happened to be out and about taking care of various errands. I overheard a woman tell someone, "Will you hold my place?" And then it clicked → school days! Not only did I envision students saying this, but also how often I have uttered the same words as an adult. Does this ring any bells with you?

My quest became clearer during one of my favorite pastime happenings, which I presently get to be a part of on occasion → working with young people. Not only did I find myself surrounded by their creative reactions to the poem, "IF I WERE IN CHARGE OF THE WORLD" by Judith Viorst and the book, "If I Ran the Family" by Lee Kaiser Johnson, I was enlightened by the adult responses immersed in imagination. This prompted me into further exploration which tapped into occasional reminiscence. How many other things tended to carry over → still having the ability to influence us as adults?

You know you're still a kid....

Near and dear to my heart are Disney movies where you find yourself swept into rooting for the heroine / hero, perhaps being that character or crying during "101 Dalmatians". The reading of or movie version of cartoons has a similar effect.

How about food? The excitement of finding that 'prize' in the cereal box comes to mind. Many of us opened the box and had the tendency to 'dump' first and eat second. Today it is viewed more as a 'comfort food', triggering good ol' macaroni and cheese, pizza (pepperoni or just cheese) or a grilled cheese sandwich with tomato soup → making you feel good both inside and out. There may be some symbolism: the gooey cheese acted as a bonding mechanism between parent / grandparent & child → love & caring especially with the sandwich

when she / he would cut it a certain way or take off the crust.

What about Halloween and all that candy! All those different 'chocolate' saying t - shirts may have been an outgrowth. Let's not forget the dessert that comes in a variety of flavors and colors equated with the phrase, 'there is always room for....' - JELLO. Its wiggle had a way of making you feel better while putting a smile on your face.

This brings me to all those teddies, dogs, rabbits, Disney, Sesame Street or Pooh characters - stuffed animals who were, (still may be), there, providing unconditional love, comfort, and safety. A number of adults enrich their lives by collecting them.

Similar to stuffed animals, are the action figures, beginning with possibly cattle herding cowboys & Native Americans, conceivably launching toward spacemen and to 'whamm pa-zamming' Marvel cartoon characters, etc. They provided many hours of creative play and were looked upon as heroes. They, too, may have moved on into the art of collection.

Moving right along - holidays. Oh how joyously they were etched into the minds of young people. Not every child may have remembered what happened when in history, however, when there was a particular holiday that resulted in no school, that date WAS surely remembered! This sort of holds true for adults as time off from work.

Getting back to one of the most sought after things on a child's mind → PLAY, bringing to mind the outdoor games like 'Red Rover, Red Rover, Red Light Green Light' or as simple as 'Tag', to indoor of Chutes & Ladders, Sorry, Monopoly, Checkers, Candy Land, Clue, and the newer games like Yahtzee or Apples to Apples. These games are not only fun, they having an enriching attribute: family quality time, together, considered a bonus reflecting today's pace of life.

There is something to be said for never growing up.

"You don't stop having fun when you get old.... you get old when you stop having fun ".

Unknown

"You are never too old to set another goal or to dream a new dream...." C. S. Lewis

"We turn not older with years, but newer every day." Emily Dickinson

"WE DON'T STOP PLAYING BECAUSE WE GROW OLD. WE GROW OLD BECAUSE WE STOP PLAYING." GEORGE BERNARD SHAW

"If growing up means it would be beneath my dignity to climb a tree, I'll never grow up". J M Barrie

Now that's the spirit!

Johnny Depp very eloquently phrased it when he said, "Growing old is unavoidable, but never growing up is possible. I believe you can retain certain things from your childhood if you protect them - certain traits, certain places where you don't let the world go."

I came across a company, At Never Grow Up, who is actually committed to this by showing businesses how they can handle work challenges and increase performance with happy employees while making work fun or the work area more desirable.

Now that school is coming to a close and thoughts of summer seem to be titillating your inner child, have fun experiencing the 'new' old adventures of going down the slide at the park, dressing up for a tea party or making mud & playing in the dirt with your young one or face painting, treasure hunting, skate boarding or video gaming with your 'tween' / teen OR "let the force be with you" and just GO WITH IT! You may want to consider the Slip 'N Slide and or water soakers. You'll stay cool while having FUN so ENJOY! LIVE LIFE BY BEING A PART OF IT.

Well, here we are, you might say → "come full circle". For me, what counts is from within reflecting outward.

Never losing sight of "The Magic ": "And Never Land will always be
This home of youth and joy and liberty
I'll never grow up, never grow up, never grow up
Not me!" Disney Peter Pan Musical 1954

The child lives on. As for one, I'm glad it does!

Stay well and hydrated.

Warm Fuzzies

(P S: Still have hopes for naturally making it to Five Feet!)