

**Born to connect,**



**NĀSAP 2016**

Twin Cities, Minnesota



## The Board of Directors Welcomes You to the 64th Annual NASAP Conference!



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**Sponsored by the Center for Adlerian Practice and Scholarship at Adler University.**



# WELCOME TO MINNESOTA!

The Twin Cities of Minneapolis and St. Paul are an Adlerian hotspot and provide a perfect backdrop for the theme guiding NASAP 2016 – “Born to Connect.” The artwork, a bridge connecting Minneapolis and St. Paul, paired with our theme symbolizes two, very integrated communities that offer a myriad of recreation opportunities outside of our conference. Arrive a day early or depart a day or two after NASAP 2016 ends, and enjoy some of the fine arts, theaters, sports, lakes and other natural features of the Twin Cities area.

St. Paul, Minnesota’s Capitol City, features the Excel Energy Center, home to the Minnesota Wild hockey team and countless musical artists. Close by are the Science Museum of Minnesota, the Minnesota History Center and the Minnesota Children’s Museum.

Presidents and other famous visitors have stayed in The Saint Paul Hotel in the heart of historic downtown St. Paul, home to many fine restaurants, the Ordway Center for the Performing Arts, the Minnesota Music Café and the Fitzgerald Theater – the site of Garrison Keillor’s Prairie Home Companion.

St. Paul also offers walks on historic Summit Avenue, where the former home of F. Scott Fitzgerald stands, and the Minnesota Governor’s Mansion. The St. Paul Saints baseball team also plays in St. Paul’s Lowertown district.

Minneapolis is a center for the arts, including the Walker Art Center, the Minneapolis Institute of Arts, the Russian Museum of Art, the famed First Avenue music venue, the Guthrie Theater and other Shakespearean theaters in the round.

Minneapolis is also home to the Minnesota Twins, the Minnesota Timberwolves, the world champion Minnesota Lynx basketball team and the Minnesota Vikings, who will open their 2016 season in Minneapolis’s brand new U.S. Bank Stadium.

Connecting Minneapolis and St. Paul is the University of Minnesota, with its world famous Weisman Art Museum. The Twin Cities are also home to many outstanding, private colleges and universities, including Augsburg College, Macalester College, the Minneapolis College of Art and Design, Bethel University, Concordia University, Hamline University, Saint Mary’s University, St. Catherine University and the University of St. Thomas – the site of the **International Association of Individual Psychology’s 2017 Congress**.

On your drive here you may have been amazed by Minnesota’s green landscape and abundance of trees. In addition, as you may know, Minnesota is often referred to as the Land of 10,000 lakes – which is actually an understatement – and Minneapolis is known as the City of Lakes. The Twin Cities are one of America’s most beautiful metropolitan areas – and, in May, not the permafrost riddled tundra that some reports would have you believe.

To the west of the Double Tree Bloomington, in Chaska, Minnesota, is Minnesota’s Landscape Arboretum, a horticultural site for the University of Minnesota which offers a beautiful, interactive experience with every flower, tree and flora Minnesota has to offer.

Speaking of the Double Tree Bloomington, the NASAP 2016 planning team is confident you will be very happy with this year’s conference venue. Rooms are both well-appointed and affordable, conference accommodations are both spacious and well-organized and light rail and shuttle services will make your trips to and from the airport, to and from the Adler Graduate School and, if you are interested, to and from the extraordinary Mall of America and other downtown locations very easy and efficient.

NASAP 2016 will feature both tried and true components and some new wrinkles. There will be a Social Work track – fitting for a State, like Minnesota, with so many Social Workers – an exciting Thursday evening Ansbacher Lecture followed by the traditional Beecher reception, a Friday evening reception at the Adler Graduate School, a Saturday evening poster session followed by our traditional banquet and, of course, the usual, deep pool of presentations, workshops and demonstrations. In addition, this year’s conference will include a variety of unique elements, including morning yoga, an on-site canteen area, convenient areas for networking, a bookstore that will feature author signings, NASAP apparel sales and a community art project.

Most importantly, NASAP 2016 will facilitate important connections among Adlerians: a group, once again, that is Born to Connect – and a group that will continue to make connections around the North American continent and the world, overall, especially when inspired by the rich learning opportunities that NASAP gatherings typically provide.

**Doubletree by Hilton Bloomington - Minneapolis South**  
**7800 Normandale Boulevard,**  
**Bloomington, MN 55439 US**  
**1-844-248-0396**

# NASAP Conference Overview\*

\* The basic outline of the conference is presented below. Location of all activities will be in a grid you will receive upon registering at the conference. On the following pages, you will find descriptions of each workshop or presentation that is offered at NASAP as well as other useful information about NASAP as an organization.

## WEDNESDAY

Registration - 4:00 - 6:00 PM - **Outside of Plaza 6**

Pre-Conference Workshop - 6:00 to 9:00 Huber & Seymour - **Atrium 6**

## THURSDAY

Registration - 7:30 AM- 5:00 PM- **Outside of Plaza 6**

Pre-Conference Workshops - Half-Day 8-12 and 1-5 ; Full Day 9-5

Council of Representatives Meeting (COR) 8:30 - 5:00 - **Atrium 4**

NASHOP Opens 12:00-5:00 - **Plaza 7**

Ansbacher Keynote 7:00 - 9:00 PM, **Plaza 5 & 6**

Willard & Marguerite Beecher Reception - (following Ansbacher Keynote) - **Garden Court**

## FRIDAY

Yoga - 6:45-7:30 - **Atrium 7**

Registration - 7:30 -5:00 - - **Outside of Plaza 6**

NASHOP - 8:00 - 5:00 - **Plaza 7**

Conference Presentations - 9:30 - 5:15

Silent Auction opens at noon in the NASHOP - **Plaza 7**

Lunch 12:00 to 1:00 - **Plaza 5 & 6**

Business Meeting, 1:00 - 2:00 - **Plaza 5 & 6**

Evening is free - Reception and Tour of Adler Graduate School

## SATURDAY

Yoga - 6:45-7:30 - **Atrium 7**

Registration - 7:30 -5:00 - - **Outside of Plaza 6**

NASHOP - 8:00 - 5:00 - **Plaza 7**

Conference Presentations - 8:00 - 5:45

Lunch - 12:15 - 1:15 - **Plaza 5 & 6**

Luncheon Speaker - 1:15 - 2:15 - **Plaza 5 & 6**

Poster Sessions and Cash Bar - 6:00 - 7:00 **Garden Court**

Closing Dinner (included in 2 day Registration Package) - 7:00 - 9:00 - **Ballroom**

## SUNDAY

Yoga - 6:45-7:30 - **Atrium 7**

Registration - 7:30 - 8:30 - - **Outside of Atrium 5**

Post-Conference Workshops - 8:00 to 12:00

Board of Directors Meeting - 8:00 to 12:00 - To Be Announced

# Continuing Education Information



The North American Society of Adlerian Psychology (NASAP) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. NASAP maintains responsibility for this program and its contents. Any sessions that do not qualify for APA credit are marked No-Ψ.



NASAP has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5263. Programs that do not qualify for NBCC Credit are clearly identified (marked with No-NBCC). NASAP is solely responsible for all aspects of the programs.

NASAP has also been granted approval for continuing education by the Canadian Counselling and Psychotherapy Association (CCPA). Anyone desiring CE credit must have their CE attendance form signed at each session.

## PRE-CONFERENCE WORKSHOPS

### Wednesday, 6:00 PM - 9:00 PM and Thursday 9:00 to 5:00 PM

#### **Encouragement Makes Good Things Happen**

**R. John Huber, Ph.D. & Pamela Mecca Seymour, LPC**

Adler and Dreikurs predated Positive Psychology by emphasizing that unmet goals in work, relationships, personal growth spring from a discouraged attitude about self and others. In this Day and one Half-Day workshop the participants will be taught how to encourage themselves and others through didactic lectures and exercises. Participants will be given a syllabus from which to develop their own courses. Course begins Wednesday evening and continues all day Thursday.

Participants will learn the relationship between Adlerian theory and Positive Psychology and how to encourage themselves and others.

### Thursday, 8:00 to 12:00 (4 CE hrs)

#### **How the Grinch Brought Back Adler: Teaching Individual Psychology to Children Through Allegory**

**Nadine Garner, Ed.D. & Jason Baker, Ph.D.**

Join us for a lively, interactive experience! Using video and print excerpts from *How the Grinch Stole Christmas*, we will demonstrate how to expose children to many key concepts of Individual Psychology, using this famous story as allegory. Walk away with concrete examples that are generalizable to multiple educational settings.

Participants will learn to develop, implement, and consider the impact of an educational intervention designed to explore Individual Psychology through allegory; and, to promote the advancement of Individual Psychology through early development exposure; and, to use these Adlerian concepts in developing self-knowledge and relationships to systems of influence.

#### **Life Style Listening Skills**

**Rocky Garrison, Ph.D.**

Life style listening is a process for identifying life style beliefs, movement, and goals from the language a client uses in an interview. A step-by-step process for deriving hypothesized beliefs, movement, and goals is illustrated and practiced, and the process of synthesizing these life style hypotheses into a life style summary using Dreikurs' "two points of a line" is presented and practiced.

Participants will learn to identify life style beliefs, psychological movement, and goals from the language a client uses in an interview and to synthesize hypothesized life style beliefs, movement and goals into a life style summary using the "two points of a line" method.

#### **Out of Context Problems**

**Andre Koen, M.A.**

Why do deer get hit by cars? Why don't immigrants learn to wait in line and why didn't the Native Americans stop Columbus when they had the chance? Ronald Reagan was right, if aliens were to land today that would change the context by which we relate to people we perceive to be different from ourselves.

In this session we will explore noticeable differences, the perceived conflict that those differences produce and build effective strategies to create networks of inclusive relationships.

#### **Born to Create**

**Erin Rafferty-Bugher, M.A., ATR-BC, LPC C & Nicole Randick, Ed.D.**

Workshop participants will engage in a hands on experiential connecting to their innate artistic creativity. Practitioners will integrate "The Indivisible Self- Wellness Model" by Meyers & Sweeny (2005) as a way to reflect upon practitioner impairment. Creative self-care strategies will be explored as a wellness tool for practitioners.

Participants will learn 3 creative strategies to help prevent practitioner impairment and 3 ways the Indivisible Self-Wellness model (2005) can be used for personal and professional self-awareness.

## **Thurs 9:00 - 5:00 (7 CE Hrs)**

### **How to Talk So Gamers Will Listen and Listen So Gamers Will Talk**

*Terry Kottman, Ph.D. & Jacob Kottman*

How many of your clients speak “video game”? In this workshop, you will learn vocabulary, concepts, characters, themes, and metaphors you can use to build relationships with and gain insight into clients who play video games. You will leave with a plethora of ideas for connecting, communicating, and intervening with gamer clients.

Participants will learn general video game vocabulary and how to use terms to communicate with clients in their counseling sessions. They will also learn specific characters, plots, relationship patterns, and themes from selected video games and how to use this information/knowledge in communicating with clients and building relationships in counseling sessions.

### **Solving the Mystery of Parenting Teens**

*Lynn Lott, M.A., Alicia Wang & Kimberly Gonsalves*

Would you like to share the life-changing Positive Discipline principles with parents of teens, but worry about whether you're equipped to support parents who may be dealing with unmotivated or rebellious teens, early sexual activity, or drug and alcohol use? Solving The Mystery of Parenting Teens Facilitator's Training is designed to help educators feel confident supporting parents of teens. Get familiar with experiential activities and save time by providing “ready to go” content in a 7 week course.

Participants will learn how to use the ready to go content (17 hour course outline) to deliver an effective workshop and they will also learn what parents of teens need to improve relationships with their teens. Materials will be provided.

### **Adaptive Reorientation Therapy**

*Paul Rasmussen, Ph.D.*

Adler states that therapy is a process of reorientation. In this workshop that theme is presented as a holistic treatment approach that deemphasizes focus on symptoms and helps the person to reorient movement such that life is lived more effectively.

Participants will learn: Law of Movement and its relationship to other core concepts and the art of reorientation in therapy.

### **Adlerian Case Conceptualization and Pattern Recognition**

*Len Sperry, M.D., Ph.D. & Jon Sperry, M.S.W., Ph.D.*

Pattern recognition is essential in developing accurate and clinically usefully case conceptualizations. Adler's construct of “movement” serves as the starting point for quickly recognizing basic life patterns. A step-by-step process for “confirming” the pattern with life style information and writing conceptualizations and treatment plans is illustrated.

Participants will learn the key elements of an effective Adlerian case conceptualization and a step-by-step strategy for developing effective Adlerian case conceptualizations and treatment plans based on pattern recognition.

### **Lifestyle Live!**

*Les White, Psy.D.*

Lifestyle Live! reviews the major Adlerian concepts and introduces a short interview, a variety of games, and interpretive templates with which to quickly collect and assess a person's Lifestyle data for counseling, career, and coaching purposes. A live demonstration with a client is included.

Participants will learn the major Adlerian/Individual Psychology concepts, such as holism, teleology, phenomenology, purpose of behavior, the influence of the social field, psychology of use vs. possession, the power of choice, the “Law” of Compensation and striving for significance, inferiority-superiority “movement,” the tasks of life, the family constellation, and early recollections and how to gather, understand, and use Lifestyle data as a counseling technique.

## **Thurs 1:00 - 5:00 (4 CE Hrs)**

### **Connecting Across Cultures**

*Hala Buck, M.A., LCPC, NCC*

Is “Born to Connect” a guarantee? Culture, life experiences and personal choices determine whether we find our sense of belonging. For highly mobile people navigating cultures - immigrants, refugees, diplomats, military families, business people, etc. - “belonging” can be challenging. Using art, body and E.R.s we'll explore this fundamental search.

Participants will learn how to put Adlerian principles into action through this integrative process as they explore their own personal, cultural beliefs and hidden bias. Participants will learn how to integrate art therapy processes, Early Recollections and body language (Adler's “physical speech”) to access cultural and intergenerational patterns. This will enable them to enhance their effectiveness with multicultural clients, colleagues, and family members.

## Coaching Using MBTI® Personality Type to Achieve the Crucial Cs

**Jean M. Kummerow, Ph.D.**

The Crucial Cs Model of Adler's Core Needs posits that everyone needs to Connect, feel Capable, Count, and have Courage. Using the concepts of the Myers-Briggs Type Indicator assessment, coaches can find pathways to achieve these. Participants must know their MBTI Type and the basic preference definitions to participate.

Participants will learn the Crucial Cs Model of Adler's Core Needs and How the Myers-Briggs Type Indicator® assessment can be used to help clients achieve those core needs.

## Present Like A Pro: Taking Adler to the World with Confident Presentations, Seminars, and Workshops

**Kevin E. O'Connor, M.A., CSP**

Knowing Adler is one thing; presenting well is another. You can do both! Find the special skills, the tool kit, to present, facilitate, and speak with confidence and professionalism. When our workshops are successfully done, our message is memorable. Many don't know Adler; we can fix that with skill.

Participants will learn the skills and techniques of great presenters, facilitators, and workshop leaders and how to best present themselves, how to handle their nerves, and how to be confident in their knowledge.

## Counseling Families with Children who meet ADHD Criteria

**Frank Walton, Ph.D.**

The instructor will explain and demonstrate how an underdeveloped sense of community feeling and or mistaken aspects of their belief system frequently influences children to manifest behaviors that meet the criteria for the ADHD diagnosis. A video taped summary of research and conclusions of scientists with regard to use of drugs for treatment of these children will be provided.

Participants will learn conclusions of prominent scientists with regard to use of drugs for treatment of children who manifest behavior that meets the criteria for the ADHD diagnosis and a systematic approach to understanding and helping parents and children in a family wherein a child meets the criteria for the ADHD diagnosis.



## 7:00 PM, HEINZ AND ROWENA ANSBACHER KEYNOTE

**Wes Wingett, Ph.D.**

Wes Wingett PhD has been a counselor, educator, and consultant in private practice in Norfolk, NE since 1978. Dr. Wingett, a Diplomate in Adlerian Psychology conferred by the North American Society of Adlerian Psychology, has coauthored several articles published in professional journals, coauthored several chapters in books, self-published four workbooks focusing on the application of Adlerian psychology to various challenges of living, and co-authored four workbooks on families. He has conducted workshops based on the Individual Psychology of Alfred Adler in twenty states in the United States, Puerto Rico, three provinces in Canada and several countries in central and far eastern Asia, Europe, Central America and South America.

The title of this Ansbacher Plenary Address will be: ***Connecting with Families, Schools, and Communities: Adlerian Perspectives***. The emphasis will be on adaptation and expansion of the ideas of Alfred Adler and his followers as they apply to current and future societies.

## Beecher Foundation Reception

Following the Heinz & Rowena Ansbacher Keynote, there will be a reception sponsored by The Willard & Marguerite Beecher Foundation, publishers of *Beyond Success and Failure*, *Parents on the Run*, *Mark of Cain: An Anatomy of Jealousy, and the Sin of Obedience*.

[www.willardmargueritebeecher.org](http://www.willardmargueritebeecher.org)

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# FRIDAY CONFERENCE PRESENTATIONS

Start your day with Yoga at 6:45 to 7:30 in Atrium 7

## Friday, 8:00-9:00

### **Types of Sexual and Gender Expression and Attraction: A Discussion for Adlerian Practitioners**

*Susan Belangee, Michael Chaney*

Sexual and gender identity, expression, and attraction are more openly discussed in today's society. Counselors may be unaware of the commonly used terms and feel unable to help. This presentation will explain the terms as well as begin a discussion of Adlerian theory/strategies that could assist clients.

Participants will learn: the definitions of terms related to different types of sexual and gender expression, identity, and attraction; How Adlerian concepts can be used in counseling to help clients who may be exploring gender and sexual self-understanding.

### **Why Clients Don't Change**

*Susan Pye Brokaw*

In spite of the best efforts of social workers and therapists some clients don't change. It is often assumed that they don't want to change; however, there is an underlying reason why they don't. This presentation will explain why these clients are stuck and how clinicians can help them to make permanent positive changes.

Participants will learn that it is the creative solution to their problems that keeps clients from changing; and, specific strategies that will encourage clients to take the steps that result in permanent positive change.

### **Beyond Ethical Dilemmas: Identifying and Responding To Counselor Moral Distress from an Adlerian Perspective**

*Richard Close*

Moral distress, well understood by nurses providing direct care, poses increasing risk for counselors affecting their well-being, clinical effectiveness, and sense of identity as helping professionals. This workshop will define Moral Distress from an Adlerian perspective and propose a framework for responding.

Participants will learn what moral distress is, and

how it affects mental health clinicians; and, how to apply Adlerian psychology for prevention and intervention.

### **Coaching through Stories: Applying Early Recollections to Leader Success**

*Catherine Reid Day*

In a coaching relationship, the practitioner encourages growth in clients toward self-mastery. Early recollections offer a useful story-based window into beliefs and patterns that may be holding them back from their true potential. A case study reveals paths to an authentic leadership platform for achieving their largest goals.

Participants will learn: How to connect early recollection work in a coaching process and the ways it reveals mistaken beliefs and creates movement and goal directedness; To use a case study to discover the way stories reveal patterns of belonging, significance and ways to move.

### **Parents as Leaders – Bringing Business Concepts to Parenting**

*Doone Estey*

This seminar explores various management topics such as conflict resolution, motivation, team building, and their effective application to parenting. Leadership strategies such as change management, problem solving and censure/rewards can be used successfully in the home. Learn how to parent for future leaders now. Scenario illustrations given.

Participants will learn how parents can be better leaders in their families and why this is important in today's post-autocratic world and how to apply business concepts to families and what the benefits are.

### **Anxiety in Our World: What is the Purpose and How Can It Be Changed?**

*Louise Ferry*

Anxiety can be treated with the Adlerian methods of early recollections. What would Adler say about the purpose of anxiety in our world today? This workshop will give examples of themes noted in the treatment of anxiety disorders with early recollections as well as discussion of addressing anxiety in our current world.



Participants will learn how to use early recollections in the treatment of anxiety disorders and Adlerian life-style themes that are often noted in anxiety disorders.

### **Adlerian Theory to Improve Workplace Culture**

*Alison Kelly*

Implementing the timeless and effective Adlerian techniques in the workplace to improve culture and build morale. Adlerian Theory utilized to establish a workplace culture based on collaboration, transparency and effective leadership can transform a workplace with progressive goals.

Participants will learn how to apply Adlerian techniques in the workplace and how to rethink morale in the workplace.

### **Music and Early Recollections: Then and Now**

*Tammy Shaffer*

Counselors can use music in an experiential manner with clients, and lyrical analysis, to enhance client learning in an encouraging, yet challenging, manner. Participants will learn to help clients increase early recollections and analyze how the past may impact the now via song and examining meaningful musical lyrics. This increased insight can help clients transi-

tion into changing their present while respecting the impact of the past. Participants will learn creative ways of using music and lyrics to enhance early recollections in clinical settings and how to help clients reflect on insights to be gained from recollections and how these insights on their past can be used to impact the here and now.

### **The Whole Picture: Working With Children With Autism While Looking Through the Lenses of Encouragement, Life Tasks, and the Crucial Cs**

*Laura Williams, Bob Saxner*

Autism is a neurological difference that impacts the entire person. With 1 in every 68 children now diagnosed with autism, a holistic approach like Adlerian psychology is needed now more than ever. This presentation addresses how encouragement, Life Tasks and the Crucial Cs may be used when working with children with Autism.

Participants will learn how to identify adaptive behaviors vs. misbehaviors in children with Autism and how to use the Crucial Cs as an optimistic approach to addressing those behaviors. In addition, they will learn the critical importance of developing the social life task for people on the spectrum and the usefulness of Adlerian encouragement as an approach.

## **9:00 - 9:15 COFFEE BREAK**

### **Friday, 9:15-10:45**

#### **Intergenerational Patterns and Current Life Problems**

*Marion Balla*

This presentation investigates the relationship between family myths, values, and current life problems. Through the application of early recollections and life tasks, belief systems related to generational family patterns will be discovered.

Participants will develop their understanding of the complex interplay among intergenerational relationships, values, and beliefs within families. Participants will explore messages related to the five life tasks from an intergenerational perspective.

#### **Alienation and Alfred Adler: The Original Compassion Fatigue**

*Thomas Garcia*

This seminar will explore the concept of Alienation, an idea originally developed by Karl Marx that influenced

the founding fathers of psychotherapy and has since been subtly popularized into "Compassion fatigue." This seminar also will explore Alienation as it relates to "compassion fatigue" and Alfred Adler's three identified life tasks.

Participants will learn insight and working knowledge of Marx's concept of Alienation and discouragement of imperfection as it relates to an individual's satisfaction in the workplace and develop individual strategies and treatment blueprints to address and subsequently discuss an individual's perceived dissatisfaction with his or her employment and chosen occupation.

#### **How Alfred Adler Can Help Your Marriage**

*Jon Carlson*

This workshop will highlight many valuable ideas from Alfred Adler's Individual Psychology that can be utilized to create a satisfying marriage. These strategies will create an equal relationship that has been time tested for decades.

Participants will learn: Two daily encouragement activities that will help them create a better marriage. Two

communication activities that can be used each week to improve marital satisfaction.

### **Lost & Found (Again): Helping Female Clients Navigate the Midlife Transition**

*Liza Finlay*

The suffering of women at midlife is akin to a second adolescence, characterized by a loss of direction, a loss of purpose and a loss of self. Clinicians will learn how to understand this midlife malaise and will gain a toolbox of strategies to help clients find themselves (again).

Participants will learn: to recognize the symptoms of midlife-transition depression and understand them within a developmental, life stages context and therapeutic interventions aimed at helping clients gain self-acceptance, purpose and movement.

### **Guidelines for Conducting Individual Parent Consultations**

*Rob Guttenberg*

Learn how individual parent consultations help parents to gain better understanding of how to apply 'non-specific' Adlerian principles of child guidance, while tailoring an approach that involves the application of 'specific' Adlerian child guidance techniques to resolve common misbehaviors occurring among children at home and school. Live demonstration included.

Participants will learn important factors to be considered when establishing Adlerian parent consultations at counseling agencies, child guidance centers, school counseling centers or as part of a private practice and how to conduct Adlerian-based individual parent consultations.

### **Becoming an Encouragement Consultant**

*Lynn Lott, Kimberly Gonsalves and Alicia Wang*

An experiential training on how to encourage yourself and others and how to re-parent your inner child using Positive Discipline parenting techniques and Adlerian and Dreikursian psychology.

Participants will learn how to apply positive discipline parenting strategies to adult relationships and how to increase awareness, acceptance and create action plans.

### **Common Sense Stress Reduction for Service Members and Others**

*Mel Markowski*

Adlerian Theory and Practice is based on Common Sense, but common sense is often omitted when working with civilians and military members. This presentation will demonstrate how common sense can be used in lieu of DSM-5 diagnoses to relieve stress and other problems associated with military life.

Participants will learn how to see, hear, and feel at one with their clients and how to use common sense when working with clients.

### **Putting the Pieces Together: Increasing Social-Emotional Intelligence**

*Monica A. Nicoll, William G. Nicoll*

Increasing Social-Emotional Intelligence requires first becoming aware of, and responsible for, our emotions, cognitions and behaviors. Then, through the process of "Reflection in Action", one can learn to engage in more positive, constructive choices in each of the life tasks. This experiential workshop will lead participants through a structured process for "Putting the Pieces Together" in helping clients in a journey of self-discovery and increased social-emotional intelligence.

Participants will learn specific techniques for assessing lifestyle and connecting themes/cognition to the client's presenting emotional and behavioral symptoms and specific techniques for promoting client/therapist collaboration in facilitating client growth and change utilizing lifestyle contexts of the presenting issues/concerns.

### **Being a Therapeutic Chameleon: Integrative Procedures for Brief Therapy**

*Richard E. Watts, Amanda C. La Guardia*

Many counselors are often seeking effective methods for assisting clients in brief counseling. This presentation is designed to demonstrate selected techniques from Adlerian, cognitive-behavioral, and constructivist approaches and explain where and how these procedures may be used in an integrative Adlerian counseling process.

Participants will learn similarities between the four phases of Adlerian therapy and the stages of change model (Prochaska & Norcross). Via demonstration, they will also learn Adlerian techniques and techniques from other approaches that integrate well, in integrative Adlerian brief therapy practice.

**STOP BY THE BOOKSTORE**

**10:45 - 11:00 COFFEE BREAK**

## Friday 11:00-12:00

### **Couples & Affairs**

**Betty Lou Bettner**

Life is full of problems. All of life consists of overcoming obstacles. The challenges that arise in an intimate relationship are endless. Happy couples have one thing that unhappy couples don't have. That something is an agreement on how to solve the problems that arise, and agreeing that an affair is not the best solution for a problem in the relationship. Participants will learn how to recognize the underlying issues in affairs and what's missing in the relationship.

### **Introduction to Individual Psychology**

**Art Clark**

For those just beginning their exploration of Adlerian psychology, this introduction to Individual Psychology covers the basic concepts of the model from inferiority feelings/striving for success (the growth model) to lifestyle development, the unity of the personality and holism, a psychology of use; teleology/purposeful behavior, social interest, and collaborative interventions. Participants will learn the theoretical model that has evolved from Adler's original conceptualization of Individual Psychology; and, to identify the principles that underlie Adlerian counseling, therapy, education, and leadership.

### **At-Potential Students: Promoting Academic Resilience for Closing the Achievement Gap**

**Bengu Erguner-Tekinalp**

In this session we will focus on developing academic resilience using Adlerian psychology framework. We will explore the experiences of underprivileged students in schools via experiential activities, explore how their experiences impact their identities, sense of self-worth and explore strategies to build resilience to close the achievement gap.

Participants will learn sociocultural factors impacting opportunity and achievement gap and strategies to close the achievement gap from Adlerian and Humanistic perspectives.

### **Comparing Individual Psychology to Motivational Interviewing**

**Leigh Johnson-Migalski, Catherine McNeilly**

This presentation will enable participants to compare and contrast Adlerian theory and treatment practices with those of Motivational Interviewing. The presenters will demonstrate areas in which there are great similarities in style, with differing language to refer to the same concepts, such as resistance, reframing and reflection as well as areas of difference.

Participants will learn how to identify specific aspects of

agreement between the theories of Individual Psychology and Motivational Interviewing and how to compare and contrast treatment activities that occur in Individual Psychology and Motivational Interviewing.

### **The Interpretive Interview With Families: Explaining the Family to the Family**

**Michael McDonough**

This presentation will give attendees information on how to present the findings of a Multidisciplinary Team Evaluation to a family incorporating Adlerian concepts and provide the family with an Adlerian based action plan.

Participants will learn how to incorporate the goals of misbehavior when formulating a case presentation and how to impart encouragement to families in crisis.

### **What Did Ernst Papanek Do? Why are we still talking about him today?**

**Ellen Mendel**

Come to a dynamic workshop and go back to Adler's times! Learn about an unsung hero, Ernst Papanek, his decisions, use of social work and Adlerian ideas at a time of crisis - France 1940! Then discuss how these have a lot to contribute to world improvement in today's critical times.

Participants will learn about an important but unsung Adlerian social worker/hero and how decisions that are made from moment to moment can have a critical impact with crucial consequences.

### **The Private Traumas of First Responders**

**Nadine Garner, Jason Baker**

First responders to critical incidents are also survivors of these events. Trauma, typically assessed from the perspective of survivors, also deeply affects first responders, who suffer from high rates of nonfatal occupational injuries/illnesses, particularly acute stress disorder, PTSD, and depression. Join us for an interactive and intimate look at assessment, counseling, and long-term treatment implications through an Adlerian framework.

Through a case study of a career firefighter, participants will observe the connection between first responders and mental health issues and see how the heart and brain have the potential to heal after long-standing trauma through encouragement.

### **New Adlerians at Work Present Opportunities for Case Sharing and Peer Consultation**

**Jill Duba Sauerheber, Sarah Hagen, Ethan Bennett, Emily Asposito**

Novice Adlerians will share case examples from their clinical practice and will invite participants to offer peer

support and engage in case consultations. This process is meant to emulate the spirit and practice of Adler's small group meetings. Additionally, an Adlerian based case consultation model will be offered.

Participants will learn the value of small group case consultation and what areas new Adlerians need additional study and mentoring in.

**Hyphen, Dot and Comma: Adlerian Theory in Action!**  
*William J. Premo, Herb Laube, Sylvia Olney*

How is Process, Content, and Reflection used in Business, Relationships, and Society to help achieve one's goals? These terms are connotative, indicating the mental processes having to do with volition, striving, and willpower. How do we use these collaboratively in the Life Task areas in meaningful ways both for ourselves and for others?

Participants will learn how to use and apply Adlerian concepts towards achieving their work and personal goals and to integrate Process, Content and Reflection methods so they will be better able to help clients achieve increased wellness and satisfaction.

## START AN AFFILIATE

Bring NASAP to your corner of the world. Affiliate Organizations are the grass roots of NASAP and provide ongoing support, collaboration and training in Individual Psychology at the local area. Other Affiliate Organizations are willing to help and NASAP provides a helpful manual for those who want to start an Affiliate Organization - See pg. 27 and/or ask at the registration desk for more information.

**Plaza 5 & 6 - LUNCH 12:00 - 12:45**  
**NASAP ANNUAL BUSINESS MEETING**  
**AND AWARDS PRESENTATION 12:45 - 1:45**

### Friday, 2:00-3:15

**The Dislocation Theory of Addiction: Repairing the Broken Connection**

*Mark Blagen*

The dislocation theory of addiction is an emerging etiological theory that is consistent with Adlerian concepts that shows us how poorly developed psychosocial integration is the genesis of the discouragement and the purposeful behavior of addicted individuals. This theory provides understanding, clarity and a framework for working with addicted clients. Participants will learn the theoretical basis and purpose of addictive behavior and a theoretical framework for working with addicted individuals.

**Dreamwork in "Crime and Punishment": An Adlerian Analysis of a Case of Ultimate Disconnectedness**

*Marina Bluvshstein, Inna Rosenfeld*

Viewing delinquency as violent disconnection by those who step over Social Interest, Adler turned to Dostoyevsky's "Crime and Punishment". Participants in this experiential workshop will analyze Raskolnikov's dreams, from an Adlerian perspective, in search for themes of belongingness and violence against it, hope and hopelessness, connectedness and threats to it.

Participants will learn the themes of connectedness and disconnectedness in the development of delinquency, as seen by Adler on an example of Dostoyevsky's "Crime and

Punishment." They will also learn to attend to Adlerian analysis of themes of connectedness and disconnectedness in dreams and Early Recollections

**Help Parents Jumpstart Their Family Council Meetings**  
*Patricia Cancellier, Paige Trevor*

The Family Council Meeting is a cornerstone of democratic parenting. It facilitates belonging in family members in a way that no other activity can. It is also a neglected tool because of misconceptions, negative experiences, and perceived lack of time. Learn how to motivate parents to conduct more effective meetings.

Participants will learn the five cardinal rules for conducting Family Council Meetings; and, how to run a Family Council Meeting so that all family members feel heard and respected.

**Adler's Influence on Savickas' Career Story Interview**  
*Carmen Croonquist, Megan Meuli*

Mark Savickas' career construction theory uses storytelling to assist with career development. His tool, the "Career Story Interview," will be demonstrated by the presenters. Savickas' approach and techniques are Adlerian, and provide counselors with hands-on techniques to help individuals achieve clarity about themselves and master the "Work Task."

Participants will learn the core beliefs of Savickas' career

construction theory and its Adlerian approach; and, how to use Savickas' Career Story Interview including the integration of early recollections in career development.

### **Poverty: The Seven Deadly Sins of Charity**

*Andre Koen*

This workshop session will explore the question: Why are people still poor? The simple answer is because people get paid off of the poor. We will discuss the cyclical relationship between the poor and the service providers. Often it is not in the best interest of government or nonprofit to end poverty and how even our best social program get tangled in this web of unhelpful practices. Participants will learn to understand conscious and unconscious effects of poverty and wealth and to identify ways of taking action against oppression systems in the personal, institutional, and community lives of participants.

### **Working with Challenging Families**

*Mary Jamin Maguire*

As counselors/social workers/teachers/therapists we often find ourselves working with families with multiple issues, complicated challenges and a lack of trust in the process. Case studies will be used to present an Adlerian based approach considering crisis as opportunity – with an emphasis on connection, developing aligned goals, and focusing on strengths. Participants will learn techniques to connect with families who lack trust in the helping process and techniques to intervene with families with multiple issues and complicated challenges.

### **Exiting and Excluding Patterns in Relationships**

*Joe Noble, Lori Thibodeau*

This presentation provides conceptualization, processes, and techniques for working with families and individuals who demonstrate Exiting and Excluding behaviors in relationships. Using Adlerian terminology and practical applications, this presentation teaches professionals how to

better identify these patterns of behaviors in order to help clients move toward socially interested relationships.

Participants will learn dynamics of families with Exiting and Excluding patterns of behavior and systemic interventions to address Exiting and Excluding patterns of behavior.

### **Drumming and Music in Individual Psychology**

*Jon Sperry, Andrew Baker*

Drum and music therapy are holistic interventions that assist individuals and groups to foster social interest and well-being. This presentation will review drum and music therapy interventions that can be used for self-care or with clients in a therapeutic setting. This presentation will be highly experiential and will include a drum circle.

Participants will learn the key theoretical principles of incorporating Individual Psychology-based drumming and music interventions in clinical practice and for personal self-care. They will also learn Individual Psychology-based drumming and music interventions that foster an increase in social interest and overall well-being among participants and clients.

### **The Irreducible Child: Social Feeling, Obstacles, and the Educational Implications**

*Julia Yang, Jean Shu Chen Wu*

Adlerians seek to educate the child as the whole person whose feeling, thinking, and acting must be understood indivisibly and uniquely characterized by movement and goal striving. The presentation will discuss existing obstacles and strategies of attainment of social interest, the ultimate goal of education at home and school.

Participants will learn how Adlerians seek to educate the child as the whole person whose feeling, thinking, and acting must be understood indivisibly and attainment of social interest as the ultimate goal of education at home and school.

## **3:15 - 3:30 COFFEE BREAK**

### **SECTION MEETINGS 3:30 - 4:00**

Friday afternoon features a 30-minute meeting of the Sections. No other conference activity is scheduled for this time. All are encouraged to go to a Section Meeting that represents their area of practice. You do not have to be a member of the Section to attend the meeting. Please be aware that meetings and business activities do not count as Continuing Education Hours. There are six Sections listed below; see page 24 for more information.

ACT - Adlerian Counseling and Therapy

EDUC - Education (Primary, Elementary and Secondary Schools)

FAM ED - Family Education

PC - Professional Clinicians

TLC - Transformational Leadership and Change (Applications to organizations and business)

TRT - Theory, Research and Teaching (College, University and Professional School Teaching)

## Friday, 4:00 - 5:30

### **Adlerian Lifestyle Assessment: A Demonstration (PC)**

*James Bitter*

Lifestyle Assessment has been central to the process of Adlerian psychotherapy since Adler first introduced it in the 1920s. In the last 35 years, the process of lifestyle assessment has become increasingly formalized. This presentation provides participants with one such form and a demonstration of the process with a volunteer.

### **Social Interest & Systempathy: What the World Needs Now (TLC)**

*Linda Page*

In a world of strife and suffering, Alfred Adler's concept of social interest seems ever more relevant. How can brain science, systems theory, and leadership studies rekindle interest in a nearly century-old concept about how humanity can become more humane? Participants will learn current terminology, theory, and research that supports the promotion of social interest and practical implications of social interest for promoting organizational well-being.

### **Mastering the Therapeutic Relationship: Where Evidence and Encouragement Converge (TRT)**

*Paul Peluso, Jon Carlson, Andrew Baker, Rob Freund*

Researchers will discuss how to connect more effectively with clients by presenting the observational research findings of a six session course of therapy led Dr. Jon Carlson. Dr. Carlson and members of The Alliance Lab will offer commentary on the Individual Psychology and therapeutic relationship implemented.

Participants will learn how the exchange of emotion (as detected by affect coding) impacts the therapeutic relationship, and how to more effectively employ behaviors in therapy to improve the relationship. In addition, they will learn how a master clinician creates and maintains a successful therapeutic relationship while moving through a course of therapy from an Adlerian theoretical perspective.

### **Identity Crisis and the Work Life Task: High School & Beyond (EDUC)**

*Kevin B. Stoltz, Angela Harless*

High school counselors encounter many students that have difficulty forming a career identity. Often students do not receive services intended to aid in identity formation. The Career Construction Interview (Savickas, 2011) is presented as a way to use early memories and lifestyle assessment for promoting career identity formation.

Participants will learn how Individual Psychology is used

in career identity formation and how to conduct the Career Construction Interview with High School Students.

### **Helping Your Child Master Failure - The New Formula for Success (FAM ED)**

*Alyson Schafer*

Loving parents who want the best for their children are learning that old approaches of praise, rewards, and stimulating competition are actually backfiring in the long run. Come learn what recent resiliency research and classic Adlerian theory show are better approaches and some techniques to get started. Participants will learn why it is important for children to embrace mistakes as opportunities to learn, and the language and techniques of encouragement, as well as how to respond to mistakes. Specific examples will be given.

### **Acting As If (ACT)**

*Richard E. Watts, Danielle Marks*

Reflecting As If (RAI), an integration of Adlerian, constructivist, and evidence-based perspectives, is a procedural and process expansion of the Acting As If technique that accesses clients' strengths, assets, and abilities. This presentation will provide attendees with information regarding the background and implementation of RAI with clients in both clinical and educational settings.

Participants will learn the general RAI protocol and the role of encouragement in the RAI process and how RAI may be used in various settings and in various modalities.

### **Mat Meets Couch: Combining Adlerian Principles with Evidence Based Mindfulness Practices**

*Sue Dilsworth*

This experiential workshop will enhance your ability to use Evidence Based Meditation, Mindfulness and Yogic Practices in a Clinical Setting. Adlerian principles will be woven throughout this presentation as a way of supporting the holistic component of Individual Psychology. Participants will learn techniques to utilize yoga, mindfulness, and meditation strategies while working with clients struggling with mental health issues. Participants will be introduced to research supporting the effectiveness of using yoga, mindfulness, and meditation strategies for treating various mental health issues.

### **Adler and the Brain: Wired to Connect**

*Laureen Schwartz, Kristin Kane*

Adler emphasized that healthy human survival depended upon connection to other human beings. Social engagement is wired into the brain. Yet, what happens in early attachment trauma or relational woundings, can rewire the brain

for disconnection. Explore the neuroscience of attachment and right brain therapeutic methods for re-establishing connection.

Participants will learn about early attachment brain development and right-brain healing modalities and neuroplasticity.

#### **What is My Role Anyway?**

**Ben Rader, Elishia Pulliam**

Caring for a child is confusing enough as it is. But when circumstances demand for us as community members or

family to take in and care for children that were not born to us, the challenges multiply. This is a participative workshop to assist participants in clarifying the specific elements that make caring for someone else's children complicated and challenging.

Participants will learn how one's own private motivation influences their capacity to sufficiently support the needs of others and ways caregivers can promote mental health outcomes in youth in the moment and going forward through life.

## **FRIDAY EVENING IS FREE TO ENJOY MINNEAPOLIS-ST. PAUL**

### **RECEPTION AND TOURS OF ADLER GRADUATE SCHOOL**

Check the insert for details about where to meet for transportation to the Adler Graduate School for their Open House and Reception.

## **SATURDAY CONFERENCE PRESENTATIONS**

Start your day with Yoga at 6:45 to 7:30 in Atrium 7

### **Saturday, 8:00-9:00**

#### **Adler's & Jung's Insights for Artistically Creating Your Life**

**Richard Chandler, Richard Dirlam, Edward Turley**

This presentation applies Alfred Adler's and Carl Jung's psychological principles to the question of creating our lives in intentional and artistic ways. The multimedia presentation intersperses live music with artwork images. Participants can expect to increase their understanding of how Adlerian theory compares, contrasts and integrates with Jungian constructs, so our own holistic outlook may be deepened and broadened.

Participants will learn how Adlerian and Jungian theory compare, contrast, overlap and integrate as it relates to intentionally creating our lives; and, how to artistically create their own lives in Adlerian and Jungian informed ways as well as provide their clients with new insights for artistically and intentionally creating their lives.

#### **Treatment and Consultation Alignment: Facilitating Collaboration and Minimizing Resistance**

**Jay Colker**

Aligning with clients is essential for both establishing and maintaining a relationship. This simple concept can be challenging in practice. When achieved, collaboration and cooperation are maximized. Resistance occurs when there is misalignment. This presentation explores these concepts and offers tools and techniques to consider to maximize alignment with others. Participants will learn the nuances of establishing and maintaining a relationship to minimize resistance; and, critical questions and techniques to use to maximize alignment.

#### **Making Connections: Supports for Parents of Children with Severe Disabilities**

**Hayley Hoesch, Timothy S. Hartshorne**

Raising a child with severe disabilities can be a very isolating experience. This presentation explores how parents find connections that support them through the stress, worry, and despair, and how those working with families can assist them in identifying the resources they need to address family needs.

## **STOP BY THE BOOKSTORE**

Participants will learn how the networks of parents of children with severe multi-sensory impairments develop and change over time and how to facilitate healthy, more interconnected networks between parents of children with severe disabilities and other parents and professionals.

### **Life Style Assessment Training: Demonstrating Identifying Cultural Values in Shulman & Mosak's Sibling Trait Ratings**

***Leigh Johnson-Migalski***

Shulman & Mosak (1988) published a formal data and interpretation assessment tool for Life Style. Throughout the book and assessment tool, the socio-cultural context of the client is assessed. APA and ACA required clinicians to incorporate cultural context both present and historical in conceptualizing a person. Participants will learn how to use current Adlerian tools such as the LSA's sibling rating scale through the use of case example to be culturally competent.

Participants will learn how to use the sibling rating scales in the LSA and how to identify and interpret cultural values from the sibling rating scales.

### **Mindfulness and Brain Research to Facilitate Connection in Counseling and Coaching**

***Patricia Kyle, Linda Page***

Brain research can be applied to incorporating mindfulness into the counseling and coaching process. Psychologists, counselors and coaches can infuse mindfulness practices that are coming out of recent brain research. This interactive session will emphasize how our brains react to social interactions and the benefits from social connection.

Participants will learn to discern how the emerging findings from brain research can be applied to incorporate mindfulness practices into the counseling and coaching process & facilitate connection. They will also learn to describe how hard-wired we are for social interaction and how beneficial a mindfulness approach in counseling and coaching is to one's wellbeing and connections.

### **What We are Doing to Teach and Encourage Belonging and Connection**

***Becky LaFountain, Stephen Saiz, Jill Duba Sauerheber, Richard Watts, Emily Asposito, Ethan Bennett***

Professors will share how they teach and encourage belonging and connection among their students. Students and graduates on the panel will explain how they apply what they have learned in reference to these concepts. Instruc-

tors are encouraged to bring a lesson plan to share (verbally or handout) based on belonging and connection, while students are invited to tell how they use these concepts.

Participants will learn how to teach the concepts of belonging and connection and ways to apply belonging and connection.

### **Welcome to Generation We: The Importance of Accommodation and Adlerian Approaches in the Workplace**

***Megan Meuli, Paulette Henderson***

Children born between 1995 to present will begin entering the job force in the next five years. The focus of this presentation will be on the shift from perception of the "Me Generation" to the "We Generation" by their need for individualized accommodation within the U.S. school systems.

Participants will learn about characteristics of generation born between 1995 to present and the implications their statistically significant increase in individualized treatment has caused communities and corporations as well as Adlerian approaches to the massive accommodation requests that will hit our workforce within the next five years.

### **School Counselor Job Duties and Wellness: The Data Connection**

***Nicole M. Randick***

The wellness of school counselors is an emerging field of study. Data will be presented from a recent research study on ASCA National Model duties and school counselor wellness. Implications on the performance of best practices will be discussed, along with strategies for increased wellness in the workplace. Participants will learn the organizational variables that impact wellness in the school counseling environment and what ASCA National Model duties promote an increase of wellness among school counselors.

### **Psychodrama**

***Bob Saxner***

"Psychodrama is the single most effective method of psychotherapy when properly employed" - JIP. Ever since Dreikurs encouraged Adaline Starr to study with Moreno, a wave of Adlerians have practiced psychodrama. We will specify how psychodrama can be useful for clinicians along with video demonstrations of Mim Pew and Renee Dushman.

Participants will learn the theory, history, goals, and methods of psychodrama and how to use psychodrama in Adlerian practice and in various therapeutic settings.

**9:00 - 9:15 COFFEE BREAK**



## Saturday, 9:15-10:45

### **Loving Kindness, Empathy and No-Nonsense Truth: The Unifying and Healing Approach of Rational Emotive Behavior Therapy (REBT)**

**Debbie Joffe Ellis**

Aligned with the theme “Born to Connect”, this seminar, containing a live demonstration, will present the practices and humanistic philosophy infusing the REBT of Albert Ellis, including Adlerian principles which Ellis greatly admired and incorporated into his approach.

Participants will learn the main principles and techniques of REBT, including its emphasis on unconditional acceptance, kindness, gratitude and core aspects which overlap with Adlerian principles as well as pivotal aspects of the REBT Approach as applied in therapy sessions and in daily life.

### **Counselor Supervision: A Lifestyle Approach or Three Different Adlerian Therapist Supervisory Models**

**Kevin B. Stoltz**

In this presentation, participants will learn three different approaches for the use of lifestyle in performing Adlerian based counselor/therapist supervision. The three approaches include empirical assessment of lifestyle, a psycho-dynamic approach, and a narrative perspective. The approaches will be explained and participants will participate in a demonstration.

Participants will learn three Adlerian approaches to the supervisory process and ways to apply each approach to the process of supervision.

### **Treatment of Adolescent Non-Suicidal Self-Injury: Adlerian Applications and Integrative Interventions**

**Amanda C. La Guardia, Morgan Kelley**

This presentation will address common issues associated with the conceptualization of treatment of adolescent Non-Suicidal Self-Injury (NSSI). An Adlerian conceptualization concerning aspects of private logic, self-worth, belongingness, and social interest will be addressed. Integrative treatment protocols will be demonstrated with a primary focus on Adlerian techniques and dialectical behavioral interventions.

Participants will learn to assess the purpose, meaning, and social aspects associated with NSSI and Intervention strategies when working with adolescents utilizing NSSI as a coping strategy.

### **Early Recollections: The Drama within the Mind**

**Teal Maedel, James Robert Bitter**

The use of early recollections has been part of Adlerian

psychotherapy for 100 years. Here, early recollections are given psychodramatic expression. A participant shared early recollection is dramatized as a means of seeing and experiencing the event in the present while also providing a means for the memory to evolve. Participants will learn methods for understanding and interpreting early recollections and basic psychodramatic processes for bringing early recollections to life.

### **Positive Discipline Parenting Tools**

**Jane Nelsen, Kelly Gfroerer**

Positive Discipline Tools provide 52 Adlerian-based strategies to support the development of social-emotional life skills. Experiential activities will help participants practically apply these Positive Discipline tools in to empower and encourage kids. Demonstrations will show how each tool helps shift challenges and mistakes to opportunities for learning.

Participants will learn Positive Discipline tools to facilitate democratic parenting that is kind AND firm and research-based strategies to empower and encourage kids.

### **Developing Social-Emotional Competencies in Youth: Home and School Applications**

**William G. Nicoll, Monica A. Nicoll**

Parents and educators mistakenly focus on IQ, GPA, Self-Esteem, and Achievement Tests as predictors of children's success. Research, however, identifies social-emotional competence as the single most important determiner of success in life. This workshop will introduce practical strategies for developing social-emotional competence in youth in the home/family and the school/classroom.

Participants will learn specific, practical strategies for teaching the essential social-emotional competences both in the home/family and school/classroom settings and the research supporting the importance of social-emotional competence for success in all the life task areas.

### **Broad Stroke Assessment of Early Recollections: Fears and Desires**

**Paul R. Rasmussen**

The Broad Stroke strategy for early recollection assessment will be described and demonstrated. The focus of this approach is identifying the individual's fears and desires and his or her style of movement relative to those outcomes. The strategy will be described, a demonstration provided and the participants will have an opportunity to practice the strategy.

Participants will learn a quick way to use of early recollections that will guide clinical decisions and the relationships between fears (felt minus) and desires (felt plus).

## **Early Recollections: From Story to Solution**

*Wes Wingett*

This didactic and experiential workshop will review Adler's five trustworthy approaches to understanding people. A demonstration will involve the eliciting and transforming of an early recollection into a possible solution to a current problem. Participants will observe a process to aid in seeking socially useful solutions to life's challenges.

Participants will learn Alfred Adler's five trustworthy approaches to understanding people and a process to elicit an early recollection and to transform the early recollection to a current challenging situation.

## **Transforming the Limiting Patterns of the Universal Addictions Using 'The Four Mores'®**

*Catherine Reid Day*

Four universal "life-negating patterns" contribute to limiting beliefs and behaviors. We'll discover ways to recognize them and introduce four "superpowers" that contribute to healthy identities and leaders. Participants will gain a working knowledge of an Adlerian tool, 'The Four Mores'® and ways to move toward greater life purpose. Participants will learn the Four Universal Addictions and their relationship to the Adlerian tool 'The Four Mores'® and ways to use them with clients and tools to create movement in the client using the antidotes to the addictions.

# 10:45 - 11:00 COFFEE BREAK

## **Saturday, 11:00-12:15**

### **Victims of Trauma: A New Approach**

*Susan Pye Brokaw, Rachel Tiede, Shirley Butcher*

Victims of trauma experience numerous problems as a result of their experience. They may develop PTSD, experience anxiety, depression, addictions and behaviors that result in a downward spiral. This spiral often affects the next generation and becomes a cycle. This presentation will address a new way to work with these clients.

Participants will learn how to identify trauma and its impact on the client's behavior and the mistaken beliefs in their lifestyle, encouragement, self worth, social interest, and the universal goals of belonging, significance and safety/security.

### **Mindful Life Transition Management for Depression, Anxiety and Trauma**

*Susan Burak, Jill Duba Sauerheber*

Through didactic and experiential format, we will demonstrate Mindful Awareness Practices (MAP) and Mindfulness-Based Stress Reduction (MBSR) techniques. These are highly useful in alleviating the depression, anxiety, and erosion of optimism associated with trauma often experienced by those in significant career and life transitions. Through the use of these MBSR and MAP we can assist clients to create more positive frameworks. MBSR and MAP are also useful for clinician self-care.

Participants will learn how to apply Mindful Awareness Practices (MAP) and Mindfulness-Based Stress Reduction (MBSR) techniques to manage personal or career life transitions that could be triggering depression, anxiety, trauma, or vicarious trauma. They will also learn how to apply the MAP and MBSR techniques and develop inner attunement with what is going on in their body and manage the felt sense of symptoms in order to better integrate their emo-

tions and create more manageable and positive life affirming frameworks.

### **3 Key Concepts for Raising Children with Good Mental & Emotional Health**

*Beverley Cathcart-Ross, Martin Nash*

Some children navigate through life with ease, while others are anxious and full of self-doubt. In response to the current increase in childhood emotional health issues, we offer a model that addresses the key contributing factors, and provides a new framework that will safeguard children from these issues throughout their lives.

Participants will learn the important role an adult plays in the long-term mental health of a child and how unknowingly they may discourage a child's self-esteem; and, a new Adlerian model that focuses on prevention and ways to encourage healthier, more stable attitudes about self, others and community.

### **Parenting Styles and Parent Training**

*Eva Dreikurs Ferguson*

Early childhood experiences and parenting are receiving increasing attention in contemporary psychology. Adlerians are in the forefront of this development. Research on styles of parenting shows fascinating long-term effects. Both young adults and their parents have more democratic values now than they report the parents had when raising the young adults. Participants will learn the role of parenting in individual personality development and how Lewin's styles of leadership relate to Adlerian theory and practice.

### **A Critical Integration of Spirituality into Treatment Using Individual Psychology**

*Ben Rader*

After a consideration and review of Adler's thoughts

regarding religious belief and spirituality as it relates to Individual Psychology (IP), participants will be exposed to techniques that can be employed in the clinical hour, in gaining insight and understanding from the individual's spiritual life and relationship between their spirituality and their lived experience.

Participants will learn specific techniques for incorporating aspects of the client's religious life and Adler's own perspectives regarding religion and spirituality.

### **How to Write an Effective Adlerian Case Conceptualization**

*Jon Sperry & Len Sperry*

Pattern recognition is essential in developing accurate and clinically usefully case conceptualizations. Adler's construct of "movement" serves as the starting point for quickly recognizing basic life patterns. A step-by-step process for "confirming" the pattern with life style information and writing conceptualizations and treatment plans is illustrated.

Participants will learn the key elements of an effective Adlerian case conceptualization and a step-by-step strategy for developing effective Adlerian case conceptualizations and treatment plans based on pattern recognition.

### **Creative Connections: Promoting Adlerian Encouragement Through the Arts,**

*Nicole M. Randick, Erin Rafferty-Bugher*

Art-based interventions are used to promote encouragement and connection when working with high-risk youth. Creative expression facilitates social interest, elicits a sense of belonging, helps youth to overcome obstacles, and increases self-awareness. Participants will explore these con-

nections through hands on art making experientials rooted in the concept of Adlerian Encouragement.

Participants will learn to identify and describe the special demands of working with high-risk youth and several art-based interventions that promote encouragement and connection.

### **Adverse Childhood Experiences: How Childhood Adversity Impacts Development, Behavior, and Emotion Regulation in the Classroom**

*Jacqueline Smalley*

Adverse Childhood Experiences (ACEs) have been shown to impact attachment relationships, change the structure of the brain, and impair childhood learning. This presentation will explore the impacts of ACEs on child development for the purpose of assisting educators in building skills to work with discouraging classroom behaviors.

Participants will learn the impact of Adverse Childhood Experiences on childhood development and its impacts on behaviors and affect regulation as well as Adlerian techniques to utilize in the classroom that help educators work with children who have experienced adversity.

### **'I know what I want. And I want it NOW!'**

*Bruce Tate*

Adler described Social Interest as including people's connections to wider systems. This workshop will explore some of the human race's expectations and consequent impact on the planet and other species. We will consider 'wants' and 'needs' and set this in the context of spirituality.

Participants will learn the crucial importance of Social Interest within the context of the earth system and pragmatic links between Social Interest and spirituality.



## **Plaza 5 & 6 - LUNCH 12:15 - 1:15**

### **Plaza 5 & 6 - Luncheon Speaker 1:15 - 2:15**

*David Wellstone, Jr.*

### ***Mental Health in Policy and Practice***

How can we put policy and ideas into practice to promote mental health and human dignity? Paul David Wellstone Jr. (Dave) is co-chair of Wellstone Action Board; a social entrepreneur; author of *Becoming Wellstone*; key advocate in the passage of the Paul Wellstone and Pete Domenici Mental Health and Addiction Equity Act; Founder of Let's Start Talking, an organization to initiate dialogue to reduce the stigma of mental health issues; co-creator of Refuge of Love, an intergenerational sanctuary to provide housing, mental health counseling, job training and employment for single women with children and mentoring elders; co-founder of Costa Rica Naturales, a healthy food company dedicated to social good and fair trade. Dave is the recipient of many awards including the American Public Health Association's Presidential Award, the Caron Foundation's Unsung Hero Award and others.

## Saturday, 2:30-3:45

### **Open Forum Demonstration**

**Betty Lou Bettner**

Alfred Adler and Rudolf Dreikurs emphasized the benefits of open forum counseling sessions where an audience could watch a family and counselor work together to find respectful solutions to family concerns. This is an educational model intended to benefit both the family in focus and those who attend the session. Observers benefit from being able to observe the connection between the theory and application of Adlerian Psychology.

Participants will observe an open forum family counseling demonstration and learn respectful ways of addressing family concerns; and, learn the importance of limits and the practical benefit of vicarious learning that occurs in this type of setting.

### **Encouraging Yourself and Others: An Interactive Exercise and Panel Discussion Dedicated to Our Encouragement Mentors: Don Dinkmeyer Sr. & Dan Eckstein**

**Mark Bilkey, Jon Carlson, Jennifer LaCivita, Paul Fitzgerald, Jay Colker, Tiffany McDowell**

An Experiential Exercise and Panel Discussion on Encouragement! Participants will be writing/sharing those who encouraged them to be in the place they are today; then how participants will encourage others over the next year. A panel of Adlerians will be sharing how they practice encouragement. A Gratitude Journal will be provided.

Participants will learn how to be encouraging to self and others and therefore creating a stronger connection to the Adlerian community. A Gratitude Journal for participants will be the foundation for experiential interaction. They will also learn tangible ways to be encouraging and a commitment to actions over the next year by maintaining their Gratitude Journal throughout the upcoming year and beyond.

### **Early Recollections: Essential Administration and Interpretation Guidelines**

**Art Clark**

Early recollections involve essential administration and interpretation guidelines that contribute to the effectiveness of the projective technique. The presentation emphasizes how to utilize early recollections with a diverse range of clients in counseling and psychotherapy. Examples of early recollections will be drawn from the extensive literature on the remembrances in therapeutic contexts. Audience participation is encouraged.

Participants will learn administration guidelines for early

recollections and interpretation guidelines for early recollections.

### **Human Conversations: Self Disclosure & Storytelling in Adlerian Therapy**

**James Bitter, Rebekah Byrd**

Starting with Adler's original work with families in an open forum, there is a long history of both self-disclosure and storytelling in therapeutic practice. This presentation traces that history and identifies the purposes and goals of these interventions in Adlerian therapy. Demonstrations of effective use are provided.

Participants will learn the purposes and therapeutic goals for self-disclosure & storytelling in Adlerian counseling & therapy. Participants will learn guidelines for appropriate use of self-disclosure and storytelling in therapy.

### **Understanding to Connect with Service Members**

**Michell Griffith, Grady Osten-Garner**

We will address and foster an understanding of the lifestyle of a typical service member by looking at who we are, why we serve, and the rules and core values which regulate our behaviors and form our foundations. We will address the reunification process after deployment, the impact on families and communities, and identify common road blocks civilian clinicians may face when working with the active duty and reserve population, and how to break through those barriers.

Participants will learn about the lifestyle of service members and the challenges they face and develop an understanding about what motivates service members and our military core values. Participants will also learn about the typical deployment and reunification issues faced by military and family members and identify barriers to providing counseling services to military members after deployment and ways to overcome and connect with service members.

### **Un-Charted Waters: Creating Connection in the Classroom**

**Lois Ingber**

Color, clip and sticker charts are used in schools to motivate children to "behave" and accomplish tasks. This experiential workshop explores what children learn from these extrinsic methods, offering an approach for transitioning to intrinsic motivation: through a sense of belonging, significance, and encouragement for long-term skill building and self-discipline.

Participants will learn the results of rewards, incentives and other extrinsic methods of motivation and how to transition to methods of intrinsic motivation which invite connection, self-discipline and life skills for the long term.

## **Couples Therapy: Discovery and Renewal**

### ***Marion Balla***

This workshop provides an understanding of the dynamics underlying couple relationships. Exploration of the “suitcase” that each partner brings into the relationship and the impact of early decisions on present day couple experiences is the focus of this presentation. Live demonstrations and small group work will be utilized.

Participants will explore the childhood scripts (private logic) we carry related to couple relationships, gender messages and our expectations of self and our partner; examine Life Tasks as an effective tool to increase open communication and movement; and, increase the therapist’s awareness of their “suitcase contents” to reduce pitfalls in the therapeutic process with couples.

## **Counseling Individual Adults**

### ***Frank Walton***

The presenter will demonstrate his practice of gathering a modest amount of information in the initial counseling session in order to leave time to interpret the data, disclose it to the client, and relate aspects of the client’s belief system to his presenting problem. Attention to guiding theoretical

principles will be stressed. The objective is for the client to gain insight and a positive approach to his presenting problem.

Participants will learn how Adlerian theoretical principles provide a guide to understanding and helping clients and to have confidence in using only six questions in order to help a client deal more effectively with his presenting problem in the very first session.

## **Family Constellation and Structurally, Culturally, and Linguistically Diverse Families**

### ***Wes Wingett***

This didactic and experiential workshop will focus on Alfred Adler’s ideas about family constellation as applied to working with individuals from structurally, culturally, and linguistically diverse families. Emphasis will be on identifying and utilizing resources and strategies that encourage and empower individuals from these diverse family structures.

Participants will learn types of structurally, culturally, and linguistically diverse families and strategies to encourage and empower individuals from structurally, linguistically, and culturally diverse families.

## **COFFEE BREAK 3:45 - 4:00**

*Last chance to get to the NASHOP and make your purchases!*

## **Saturday 4:15 - 5:30**

### **The Integrative Art Experience: Tapping into Your Creative Power to Process Your NASAP Conference Experience**

#### ***Craig Balfany, Erin Rafferty Bugher***

The NASAP conference is a rich opportunity for learning and networking. Attendees often walk away feeling flooded with information with little time to reflect and integrate their learning. Utilizing art making to tap into the participant’s creative power we will provide the encouragement for the participants to integrate their experience.

Participants will learn how to tap into their personal creative power to visibly and verbally demonstrate their ability to integrate experiences and material learned during the NASAP conference and how to utilize the creative process as a tool for encouragement and identify personal strengths and engage in a mindful self-care practice.

### **Play Therapy with Anxious Children: Adlerian Approach**

#### ***Susan Dannen, Jessica Metzger***

Come explore Adlerian Play Therapy interventions for assessment, treatment, and getting out of “stuck places” in working with anxious youth. You will learn how to concep-

tualize anxiety in children, learn ways to help children resolve problems, and help them move forward in their lives. Practical, hands on, interventions will be provided!

Participants will learn to identify and conceptualize anxiety in children from an Adlerian Play Therapy perspective and how to assess for purpose of behavior. Participants will learn hands-on techniques that can be used with a variety of ages and types of anxiety issues that relate to the stages of Adlerian Play Therapy.

### **Developing Educator and Student Brain Talents to Increase Engagement, Sense of Community and Social Interest in Schools**

#### ***Joyce DeVoss***

K-12 educational professionals can promote student engagement, sense of belonging/community, social interest and success in life tasks by identifying and developing their own and students’ brain talents.

Participants will learn about the concept of brain talents and descriptions of 18 of them and how to teach students about recognizing and using their brain talents to foster their overall success in life tasks, engagement in school, sense of belonging, social interest and community feeling in school.

### **The Benefits of Self-Care: Connecting with Others and Becoming an Effective Adlerian Professional Counselor**

*Ramona Grad, Nikki Elston*

Professional counselors are faced with many stressors that may make them prone to experiencing burnout and unprofessionalism. To provide the best care for others, one must first know how to properly care for one's self. Join us to experience and learn an Adlerian group program with the focus on self-care.

Participants will express an understanding about the significance of practicing self-care in order to maintain best practice as professional counselors and demonstrate skills and knowledge to put in practice a structured, user friendly program with the focus on developing and promoting self-care strategies in a group format.

### **Make Adlerian Concepts Come to Life in Your Community With a Can-Do Kids' Fair**

*Linda Jessup, Marjie Longshore*

The Can Do Kids' Fair, created by the PEP parenting center, is a tool to engage children, parents, and youth and adult volunteers in Adlerian principles while having fun learning and teaching household, life and social skills. Learn how to introduce Adler to your school, scouting, religious or community group.

Participants will learn a fresh and highly successful approach for facilitating growth and social interest within a family context, through using the model of PEP's Can Do Kids' Fair. They will also learn how to adapt PEP's Adlerian-based Can Do Kids' Fair model to their own community, while generating modest revenues and forming community partnerships in the process.

### **The Fairytale Syndrome: When the Story Ends and Real Life Begins,**

*Amy Lew*

Most problems that bring clients into couple therapy are the result of clashes in perceptions, beliefs and behaviors. This workshop will discuss the formation of these beliefs and show how therapists can help their clients to understand the critical beliefs and resultant strategies that interfere with adult relationships.

Participants will learn: the concept of the Crucial C's and its impact on choice of partner and couple compatibility and the effect of expectations on couple relationships.

### **Sex Offenders 101: Overview, Risk, and Effective Interventions**

*Teal Maedel, John F. Newbauer*

People who have committed sex offenses are a heterogeneous group. We will discuss different types of sex offending, child pornography offenses, paraphilias, behavioral progression (crime cycle) and provide an overview of risk assessment and intervention strategies.

Participants will learn: to differentiate types of sex offending and the risk dynamics and have an overview of risk assessment tools and behavioral progression.

### **Three Major Childhood Intuitions Leading to Emotional Health Issues**

*Martin Nash*

Children come up with intuitive conclusions about the world and relationships and then operate as if they were true. These "a priori" statements, mainly subconscious, give a road map of how to behave and predict the future. As therapists, teachers and parents, we must first be aware of these "givens."

Participants will learn that there are two biological natures that humans have inherited and that the primacy of striving to be superior and perfectionistic is mainly dominant and also that the later evolved social collaborative nature must be nurtured and continually sustained for ourselves and others.

### **"Different, Not Less;" How Individuals with ASD Connect Differently to Others in Their World**

*Meghan Williams*

It is a misconception that individuals with Autism Spectrum Disorder (ASD) are unable to connect with people in their lives. In actuality, they do have strong connections with others, however they often show it differently. Come learn and discuss how individuals with ASD are also Born to Connect.

Participants will learn to develop and deepen their understanding of how individuals with ASD connect and build relationships. They will also learn techniques and strategies to assist individuals with ASD in connecting and building relationships.

## **Cash Bar and Poster Session Presentations 6:00 - 7:00**

### **Garden Court - No-Ψ**

*For those counting Continuing Education hours, Poster sessions do not count for APA hours but they are counted for NBCC hours so be sure to mark your sheets accordingly.*

# POSTER SESSIONS

## **Drum Therapy Intervention Study**

*Caroline Kerbel, Jon Sperry, Mercedes Garcia, Karina Da Fonseca Parreiras, Adam Robinson*

This poster presentation will review the outcomes of an experimental drum therapy intervention on substance abusers in inpatient treatment centers. Drum therapy is an experiential therapeutic process that fosters social interest and collaboration among its participants. The methodology, procedures, and outcomes will be presented.

## **Working with Grief from an Adlerian Perspective**

*Colleen Monn, Lt. Gregory S. Liberadzki*

Despite the universality of the loss experience, it has received relatively limited attention within the Adlerian literature. This poster will offer a conceptualization of grief from an Adlerian perspective, and describe the utility of early recollections as a tool in the therapy with the bereaved. Emphasis will be placed on cooperation and re-negotiation of life tasks.

## **LGBTQ Inclusivity within an Adlerian Framework**

*Cullen Connerly*

This poster presentation will highlight the current scarcity of Adlerian literature regarding LGBTQ populations. The poster will discuss current literature revolving around clinical competencies and considerations for working with LGBTQ individuals. These competencies will then be tied to an Adlerian framework of theory and practice.

## **Showcasing ALFREDS**

*Cydney Lebovitz, Rojarani Vivekanand*

ALFREDS, the “Adler Learning Federation for Research, Education and Delivery of Services” is a non-profit organization that supports education and the practice of Adlerian Psychology. Granting educational Scholarships and the creation of the Psychological Services Centre at the Adler School in Toronto are two of its 2016 objectives that will be discussed at NASAP this year.

## **The Impact of Early Recollections on Attitudes Toward Disability**

*David C. Perry, Michelle Marme, Josie Uthke*

This poster presentation summarizes an empirical study that analyzed the relationship between early recollections about disability and current attitudes toward persons with disabilities. The results of the study found a statistically significant positive relationship between early recollections and present attitudes. Implications for Adlerian counselors and disability policy makers are discussed.

## **Teaching Adlerian Theory**

*Ebony Spriggs, Juliette Gray*

This poster presentation aims to look at how Adlerian theory is taught to students who have not previously learned the theory. Many students have difficulty with the more creative and unstructured nature of Adlerian theory, especially in comparison to some more structured theory such as cognitive behavioral therapy. This poster will compare the teaching methods of these two theories.

## **The Forgotten Life Task**

*Ethan D. Bennett*

This poster presentation will address the importance of addressing the clients’ Life Task of Spirituality as it relates to their presenting issue. The presenter will share his own clinical experiences of addressing this life task in the clinical setting. Adlerian principles and techniques relevant to this topic will be presented.

## **Kulturwerking: Building and Sustaining a Socially-Interested Workplace**

*Harley G. Granville, William L. Curlette*

This poster presentation examines workplace culture using the theory of Enculturating for Belonging Social Interest and details its three essential components: Presencing, Centering, and Activating. This perspective arose out of dissertation work which examined Critical Friends Group-based professional learning communities within the K-12 educational setting. Implications for school leaders discussed.

## **Extending the Adlerian/Dreikursian Movement: Connecting & Balancing Diversity & Complexity in the Post-Modern Global Era**

*Herbert H. Laube*

This poster will highlight the importance of extending the Adlerian/Dreikursian legacy and movement into the post-modern Global Villages Era. It will also stress the importance of linear & circularity processes of evolving and co-evolving in organically based dynamic growth processes at personal, interpersonal and organizational levels.

## **PROMISE Program: Encouraging Discouraged Adolescents and Emerging Adults**

*Jane Silver*

The PROMISE program is an Adlerian based program designed to provide a sense of community and help discouraged adolescents and young adults develop the courage and skills to meet life’s tasks.

### **Understanding the Discouraged Child within the School System: A Therapist View of Changing the Classroom to Prison Pipeline**

*Jennifer M. Dixon*

This presentation will outline the importance of early detection of mental illness in the lives of school aged children of color and low income children. The purpose of this presentation is to provide an argument for the increased use of therapists in the school setting for managing and healing mental illness.

### **Relationship between Early Recollections and Parental Stress Levels in Latin American Parents**

*John Roman Quiles*

Poster will present a current dissertation that is purported to investigate the relationship, if any, between Early Recollection themes and achieved elevated scores of parental stress and incompetency on the Parental Stress Index-Short Form (PSI-SF).

### **Animal Assisted and Nature Assisted Therapy and Individual Psychology,**

*Joseph Breshsears*

A review of the existing research literature in animal and nature assisted therapy and suggestions for future research with specific references to aspects of Adlerian psychology.

### **Understanding ADHD: Latest Research Findings**

*Judy Richardson-Mahre*

Understand what ADHD is, how it is diagnosed, whether it is a behavior issue and more. Discuss executive functions and explain how the brain physiology drives behavior. Distinguish between behavioral and neuro-biological issues. Learn clear tools to obtain a diagnosis and discuss tools and techniques to address ADHD issues.

### **An Adlerian Look at Antisocial Personality Disorder and Chemical Dependency**

*Katie Tesmar*

This presentation outlines Antisocial Personality Disorder from an Adlerian Perspective. This presentation will also discuss the complications of Co-Occurring substance use, and explore the relationship between chemical dependency and recidivism rates of criminal justice involvement.

### **The Impact of Having a Sibling Diagnosed with Mental Illness on the Lifestyle**

*Lauren Wetzel*

This poster will explore the role of having a sibling diagnosed with mental illness on the development of the lifestyle and potential therapeutic implications.

### **Finding your Feet: The Significance of Belonging** *Lawna Gamble,*

Using mixed media, this presentation will offer the binary experiences of people with mental illness and demonstrate a plea for respect and destigmatization of mental illness in the name of social interest. It will also serve as a vehicle for social comment reflecting safety, significance and belonging for those celebrating their mental health.

### **A History of the Concept of Belongingness**

*Mary Madrake*

This poster presentation will provide the history of the concept of belongingness, including how this concept was explained by Adler and Dreikurs. The evolution and current definitions of belongingness will be discussed, as well as how belongingness is connected to community feeling and social interest.

### **Effects of Technological Expansion on the Post-Millennial Generation: An Adlerian Perspective**

*Natalie El-Alam, Lindsey Cooley*

This literature review examines current technological development and its potential impact on the individual from an Adlerian perspective. Specifically, the purpose technology serves in aiding the strive for superiority and the possible barrier technology creates in the development of social interest in children and adolescents will be discussed.

### **Addressing Belonging and Ability to Promote Steadfastness and Resilience for Recovery in Clients with Co-Occurring Disorders**

*Pamela Broz*

Co-occurring disorders are chronic, life-threatening illnesses. Combined, doubts about belonging and ability can feel overwhelming and contribute to feelings of discouragement about the process of recovery and its inevitable setbacks. How can you motivate clients to stay on track, embrace change and foster resiliency in the face of setbacks?

### **Rewriting the Birth Story - The Metaphorical Process**

*Ramona Andrei*

Projecting deep personal situations brings up the essence of our lifestyle, stating the position we assume in relationship to self, others and life. Rewriting the Birth Story gives the imagination (creative mind) a chance to look at alternatives but the power of change of this process comes from the open guidance that invites emotional and sensorial reactions that create vivid images, that the mind can accommodate.



### **M.A.N. UP! (Men Against Negativity)**

*Roslyn Harmon*

Black men have suffered significant, and often invisible, barriers and impediments to health, prosperity, and success in several key tasks of life as defined by Alfred Adler. Through the use of incorporating Healing Circles, these men are now able to release various traumas and embrace their vulnerabilities, creating healthy relationships.

### **Pediatric Neuropsychiatric Disorders Associated with Streptococcus (PANDAS): An Adlerian Perspective**

*Sara Sherman, Sarah Parnow*

Pediatric Neuropsychiatric Disorders Associated with Streptococcus (PANDAS) can be understood from an Adlerian perspective when conceptualized as an organ inferiority. Biological immune deficiency is associated with psychological symptoms of obsessive compulsive disorder (OCD) and/or Tic disorder. This condition results in decreased social interest among children.

### **Athletic Identity, Tasks of Life, and Early Recollections: An Intervention for National Football League (NFL)**

*Players and Retirees*

*Sarah Moses, Ricky Williams*

Athletic identity, the degree to which one identifies with the role of athlete and how one looks to others for acknowledgment of that role, can be applied to the Adlerian concepts of tasks of life and life style. The researchers propose early recollections as an intervention for NFL players/retirees.

### **Review of Adlerian Intervention and Self-Esteem with School-Age Children**

*Shelly Aboagye*

The purpose of this review is to look at the significant role that the development of school age children's self-esteem and interpersonal skills have on their self-concept, as it relates to academic success. This process will be examined using the Adlerian therapy approach to developing self-esteem and interpersonal skills.

### **Lost and Found: From Dislocation to Connection in Recovery: All Signs Lead to PERMA**

*Susan E. Myers*

Addiction treatment may be approached from two distinct perspectives: the medical model and the dislocation model. The dislocation model's focus on social context echoes Adlerian concepts such as social interest and tasks of life, which provide useful directions for the recovery journey. PERMA skills offer navigation tools for group and individual work promoting recovery.

### **The GEM Process to Help Clients Find the Sparkle the Adlerian Way**

*Susan Zimmerman*

The GEM acronym developed by Susan Zimmerman is a three step method to process client early recollections and gain new insights into managing their life style. It emphasizes encouragement focus on rediscovering "the sparkle in your spirit." The steps are an enlightening way for clients to learn and use post-therapy.

### **A Postmodern Approach to Adlerian Psychology**

*Yvette Boles, Tillary Blackman*

This poster aims to describe the natural evolution of theories and apply the views of postmodern philosophy to Individual Psychology and investigate what that might look like in terms of clinical practice and intervention.

*Be sure to buy your tickets for "heads" and "tails" and win a chance at a free registration to next year's conference.*

**7:00 CLOSING DINNER - BALLROOM**  
(INCLUDED IN YOUR 2 -DAY REGISTRATION PACKAGE)

# SUNDAY POST-CONFERENCE WORKSHOPS

Sunday 8:00 to 12:00

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## 'Funtastic' Adlerian Techniques for Change

*Rob Guttenberg, M.A.*

This workshop demonstrates the power of jokes, metaphors, stories, songs, cartoons and experiential exercises for demonstrating Adlerian concepts to diverse populations, in a variety of settings. Learn how to apply these motivational techniques in parenting classes, private practice, human relations training or for personal growth and your life.

Participants will learn over twenty techniques for demonstrating Adlerian theory and practice and the theory behind experiential learning, and the power of utilizing humor and metaphor to facilitate the 'change process'.

## Cha-, Cha-, Change: An Overview of the New ACA Code of Ethics

*Richard E. Watts, Ph.D. & Danielle Marks, M.A.*

This session, presented by a member of the ACA Ethics Revision Task Force, will provide an overview of ethics with particular attention to key changes in the new ACA Code of Ethics.

Participants will learn key changes in the new ACA Code of Ethics and ethical issues related to social media, technology, & distance counseling.

## Student Assessment With and Without Social Interest

*R. James Little, M.A. & Linda J. Page, Ph.D.*

Assessing performance in academic, accreditation, and certification circles often requires adopting decidedly non-Adlerian assumptions. Participate in hands-on assessment experiences and join a dialogic exploration of how to not only assess student (and employee) capacity to perform, but also how to enhance social interest.

Participants will learn how to apply the concept of social interest to the practice of measuring human performance and hands-on techniques that not only assess but encourage learning and collaboration.

## Positive Discipline: Tools for Home and School

*Jane Nelsen, Ed.D. & Kelly Gfroerer, Ph.D.*

Positive Discipline is a research-based program that helps families and schools around the world apply Adler's and Dreikurs' principles. Positive Discipline programs include demonstrations and a vast variety of experiential activities. This half-day workshop will provide an overview of Positive Discipline and in-depth experiential learning.

Participants will learn Positive Discipline Tools based on Adlerian Psychology in the Classroom and Adlerian-based Positive Discipline Tools for Parenting in Today's World.

### **We're frequently asked "How can I get more involved in NASAP and help promote Adlerian Psychology?"**

The best answer we have is join an **Affiliate Organization** and/or a **Section** (listed on the next two pages) and get active at that level - or if there's not an Affiliate Organization near you, start one - (ask John Newbauer, our Executive Director for more information at [info@alfredadler.org](mailto:info@alfredadler.org)). You will soon find yourself busy and involved in a creative part of the work of NASAP. We are a grass roots organization and we thrive if our Affiliate Organizations thrive and if our Sections thrive. To thrive, they need leadership and participation.

We also have an **Emerging Leader's Program** and recruit new members to it every couple of years. Watch for information about that program in our NASAP NEWSLETTER. It is intended for anyone who wants to learn more about NASAP and become involved in the leadership of NASAP. Or if you feel a desperate need for more information, talk to our **Vice-President, Susan Belangee** or visit our membership booth and talk to one of the Emerging Leaders.

## NASAP's MISSION



The North American Society of Adlerian Psychology was founded in 1952 as the American Society of Adlerian Psychology under the leadership of psychiatrist Rudolf Dreikurs to promote research, knowledge, training and application of the Individual Psychology of psychiatrist Alfred Adler (1870-1937). Adler's ideas embraced the concepts of social equality, mutual respect, encouragement, holism, and an optimistic view of human potential. He pioneered ideas and techniques now familiar to practitioners in Cognitive Therapy, Reality Therapy, Ericksonian Therapy, Rational Emotive Therapy, Existential



Psychotherapy and Family Therapy, to name but a few.

In 1977, the name of the Society was changed to the North American Society of Adlerian Psychology to reflect the inclusion of the contributions of Adlerians in Canada and looking forward to working more closely with those in Mexico and other areas of North America.

Adlerian concepts are used creatively by human resources professionals, marriage and family therapists, addictions counselors, parent educators, health care professionals, clergy, parents, and many others who have discovered the effectiveness of Adlerian Psychology. In keeping with its democratic principles and strong educational thrust, membership in NASAP is open to professionals and non-professionals alike. Our roster includes

psychologists, psychiatrists, counselors, educators, business leaders, social workers and ministers, as well as parents, other interested individuals, and community organizations. While there are other Adlerian organizations, NASAP is the only organization dedicated to continuing research and promotion of Adler's ideas throughout North America and beyond.

NASAP publishes the Journal of Individual Psychology quarterly as well as the NASAP Newsletter six times a year. NASAP has interest sections for Adlerian counselors and therapists, business and organizational professionals, educators, parent and family educators, clinicians and those who teach, do research and promote the development of the theory.

## AFFILIATES

Affiliates are local organizations that choose to join NASAP as member organizations. Affiliates are grass-roots groups who organize formally and offer opportunities locally for furthering Adlerian ideas and principles. Affiliates have differing membership structures and determine their own membership guidelines and run their own organization. They offer training, services, and support on the local level. Some Affiliates have annual conferences that provide training for large numbers of people who cannot come to the NASAP Annual Conference. Visit our webpage for an up-to-date listing of our Affiliate Organizations.

Adler Canada  
Adler Graduate School  
Adler University  
Adler Psychology Association of British Columbia  
Adlerian Society UK Institute for I P  
Alfred Adler Institute of New York  
Alfred Adler Western Canada Society  
Central Pennsylvania Society of Adlerian Psychology  
Chicago Adlerian Society  
Florida Adlerian Society  
Georgia Adlerian Society  
ICASSI  
Idaho Society of Individual Psychology

Indiana Society of Adlerian Psychology  
Kentucky-Tennessee Society of Adlerian Psychology  
Mid-Atlantic Adlerian Psychology Society  
Milwaukee Affiliate for Social Living  
Ontario Society of Adlerian Psychology  
Parent Encouragement Program  
Penn - Del Affiliate of the I P of Alfred Adler  
Positive Discipline Association  
Puget Sound Adlerian Society  
South Carolina Society of Adlerian Psychology  
Taiwan Adlerian Psychology Association  
Western Pennsylvania Society of Adlerian Psychology

# SOME INFORMATION ABOUT NASAP

## BOARD OF DIRECTORS

### Current Board

Jill Duba Sauerheber, President

Susan Belangee, Vice-President

Michele Frey, Secretary

Susan Brokaw, Treasurer

Richard E. Watts, Past-President

James Bitter, President-Elect (effective May 31)

### Newly Elected Board

James Bitter, President

Jon Sperry, Vice-President

Sterling Travis, Secretary

Susan Brokaw, Treasurer

Jill Duba Sauerheber, Past-President

John F. Newbauer, Executive Director

Becky LaFountain, Conference Coordinator

No organization grows without leadership. We are proud to list the presidents who have served NASAP in the past. The leadership of NASAP also includes members of the Board, the Executive Committees, and the Delegate Assemblies and Councils of Representatives over the past 60 years. Their names are too numerous to include, but we warmly acknowledge and deeply appreciate their contributions.

### PAST PRESIDENTS

1952-53 Alexandra Adler, M.D.\*

1953-54 Lydia Sicher, Ph.D., M.D.\*

1954-56 Rudolf Dreikurs, M.D.\*

1956-60 Heinz L. Ansbacher, Ph.D.\*

1960-62 Bernard H. Shulman, M.D.

1962-63 Kurt A. Adler, M.D.\*

1963-65 Helene Papanek, M.D.\*

1965-67 Manford A. Sonstegard, Ph.D.\*

1967-68 Harold H. Mosak, Ph.D.

1968-71 W.L. Pew, M.D.\*

1971-72 Walter E. O'Connell, Ph.D.\*

1972-75 Robert L. Powers, M.A.\*

1975-76 Leo Gold, Ph.D.\*

1976-78 Francis X. Walton, Ph.D.

1978-79 Harold V. McAbee, Ed.D.\*

1979-80 Edna M. Nash, M.Ed.\*

1980-82 Ronald J. Pancner, M.D.

1982-84 Kathleen A. Walton, B.A.

1984-86 Guy J. Manaster, Ph.D.

1986-90 Don Dinkmeyer, Jr., Ph.D.

1990-92 Joyce L. McKay, Ph.D.

1992-94 Robert Armstrong, Ph.D.

1994-98 Mary Jamin Maguire, M.A.

1998-00 Jane Griffith, M.A.

2000-02 James R. Sulliman, Ph.D.

2002-04 John F. Newbauer, Ed.D.

2004-04 Daniel G. Eckstein, Ph.D.

2004-06 Erik Mansager, Ph.D.

2006-08 Edward 'Mel' Markowski, Ph.D.

2008-10 Teal Maedel, M.A.

2010-10 Al Milliren, Ed.D.

2010-12 Steven J. Stein, M.A., M.Ed.\*

2012-14 Richard E. Watts, Ph.D.

2014-16 Jill Duba Sauerheber, Ph.D.

\* deceased

## DIPLOMATES

The diplomate in Adlerian Psychology is the highest professional recognition offered by NASAP. The diplomate is awarded to those NASAP members who demonstrate the utmost level of professional accomplishment in and contribution to Adlerian Psychology through the many fields in which it is applied. You can find more detailed information about the diplomate on the web at: [www.alfredadler.org](http://www.alfredadler.org) or contact the NASAP office at [info@alfredadler.org](mailto:info@alfredadler.org).

Alexandra Adler\*

Heinz L. Ansbacher\*

Marion Balla

Roger Ballou

Robert Bartholow\*

Susan Belangee

Betty Lou Bettner

James Bitter

Roseanne Boldt

Joyce Callus

Jon Carlson

Oscar Christensen\*

Ramona Covrig

William Curlette

Daniel Eckstein\*

Barbara Fairfield

Eva Dreikurs Ferguson

Michele Frey

Jane Griffith

Rob Guttenberg

Timothy Hartshorne

Clair Hawes

Riki Intner

Leigh Johnson-Migalski

Roy Kern

Richard Kopp\*

Becky LaFountain

Lynn Lott

Guy Manaster

Erik Mansager

Edward Mel Markowski

Steven Maybell

Robert McBrien

Gary McKay

Joyce McKay

Cameron Meredith\*

Al Milliren

Edna Nash\*

Jane Nelsen

John Newbauer

Paul Peluso

Robert L. Powers\*

William J. Premo

Paul Rasmussen

Mary Schneider

Jon Sperry

Richard E. Watts

Wes Wingett

Julia Yang

\*deceased

## SECTIONS

Sections are interest groups formed by NASAP members. Sections are important in the governance of NASAP and in organizing the conference. Two leaders from each Section have seats on the Council of Representatives. Check the website for contact information for the Section Representatives. Sections have a meeting at our annual conference and elect their representatives and officers at that time. This year the Sections will meet at 3:30 to 4:00 on Friday. Anyone interested in the Section may attend. You can join a Section by going to the registration desk and paying the Section Dues which are \$15 for all Sections except Family Education which has \$17 dues. Dues are used for expenses of the Sections and \$5.00 of dues are designated for travel to the Council of Representatives Meeting in the fall of each year where the Section Representatives meet with the Affiliate Organization Representatives and Board of Directors to work on the business of the Society.

### ***Adlerian Counseling and Therapy (ACT)***

ACT serves therapists, counselors, paraprofessionals, and counselors-in-training to develop Adlerian skills, knowledge, and techniques. Our mission is to encourage ACT members in their professional and personal development by providing training, demonstrations, resources and networking opportunities. Our goal is to share Adlerian ideas and empower therapists and counselors working with diverse clients and communities. We believe in mutual respect, cooperation, encouragement and social interest for all!

### ***Education (EDUC)***

EDUC encourages the application of Adlerian psychological theory and techniques to the specific concerns of education. Members are professionals and non-professionals in the field of education. Education members are dedicated to promoting Adlerian principles as best practice in their perspective school environments. The goals include the sharing and exchange of information, research, and ongoing successful experiences using these best practices in the classroom.

### ***Family Education (FAM ED)***

FAM ED applies Adlerian principles to the home. Members are professionals and non-professionals dedicated to understanding and improving family relationships between children and adults, within couples, and among individuals. Our purpose is “to create a forum and network for exchanging ideas, materials and resources related to Adlerian Family Education; to reduce isolation and discouragement among individuals and small groups who do not have access to on-going community support; to encourage the development of increasingly effective methods for the research, collection and dissemination of information related to Family Education; and to support and highlight the work already in existence in Family Education.”

### ***Professional Clinicians (PC)***

The Professional Clinicians Section is comprised of licensed mental health professionals. The section connects members to each other via a list serve. This will provide them with an opportunity to connect to, participate in and to contribute in a professional dialogue with their fellow Adlerian Clinical Section members.

### ***Transformative Leadership & Change (TLC)***

TLC applies Adlerian principles to the workplace by helping individuals, teams, and the overall structure of organizations to move toward healthy patterns of functioning. Using Goal Directedness, Movement and Conflict Resolution processes, for example, to aid in creating a strategic vision and mission that helps members understand more fully their responsibilities and accountabilities in the workplace. This provides them a stronger sense of belonging and significance, which as a result increases commitment and performance to their performance to their positions and organizations. This section blends many practices together in creating a more healthy work environment, increased job satisfaction, and performance for the individual, team, and organization.

### ***Theory, Research, and Teaching (TRT)***

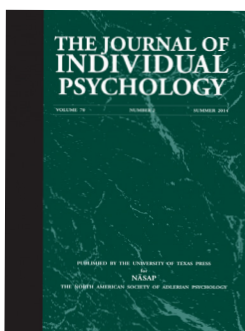
TRT encourages the theoretical development of Alfred Adler's Individual Psychology through scholarly research and the teaching of this orientation at the undergraduate and graduate levels. We provide symposiums and presentations, facilitate meetings at our annual convention, and support one another as we extend the scientific and academic frontier of Individual Psychology. Members of the TRT Section join together, regardless of focus or application, and strive to keep Individual Psychology relevant and applicable.

Stop by the membership booth and JOIN NASAP. You'll not only get news about Adlerian ideas, workshops, training opportunities, our bimonthly NASAP Newsletter and a subscription to the Journal of Individual Psychology. Plus, you'll be a member of the biggest Adlerian Society in the world!

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Catherine Reid Day 8			
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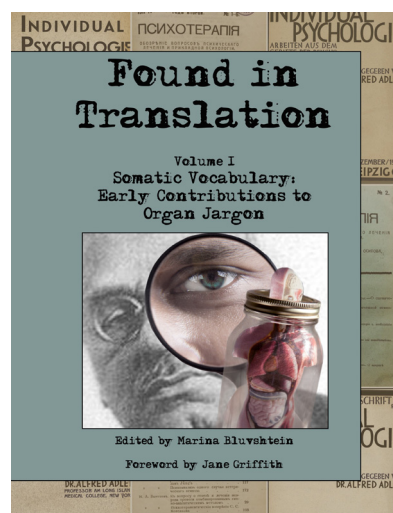
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### FRESH OFF THE PRESS! And for sale at our Conference

“Found in Translation” (Marina Bluvshstein, Editor) contains articles in Adlerian psychology in Russian and German journals that have never before been translated into English with beautiful illustrations by several students and faculty at AGS as a relection on the various themes and specific cases discussed in the articles. The book includes a theoretical and historical commentary by Dr. Gregory Johanson and a preface by Jane Griffith.

*This publicaion was made possible by a grant from the Clonick Estate.*



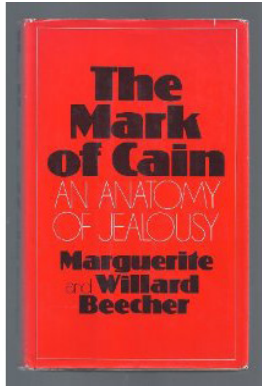
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## Many thanks to our host for this year's conference!



Until you've hosted a NASAP or similar conference, you have no idea how much work and effort it takes to make it happen. They have been in committee meetings, think tanks and working hard to let others know that this is happening here in Bloomington. Uncountable volunteer hours have been put into this conference by our host group.

## Thank you, AGS!



**The Mark of Cain:  
An Anatomy of Jealousy  
Willard & Marguerite Beecher**

It is the Beechers' belief that jealousy is the affliction which affects us most seriously and pervasively in the conduct of our lives. They define its root cause: PERSISTING INFANTILISM. Because of this failure of maturity, the individual's perception of the world is distorted. Jealousy stifles productivity so that, instead of reaching out in life, the person is forced to lean more and more upon neurotic disguises to mask the motives of behavior.

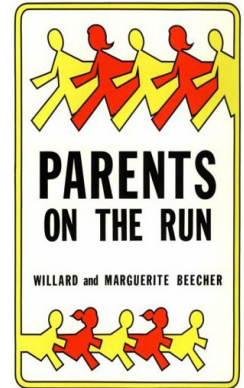
*Price: \$14.95 + Shipping & Handling: \$5.00 for the first book, and \$1.00 for any additional book.*

**Parents on the Run  
(The Need for Discipline)  
Willard & Marguerite Beecher**

Parents on the Run is a common-sense, authoritative book which enunciates the techniques of developing meaningful family relationships.

The Beechers had more than 80 years combined professional experience working with children. The principles which the Beechers present with clarity, imagination, humor and brilliance express the best tradition of Individual Psychology.

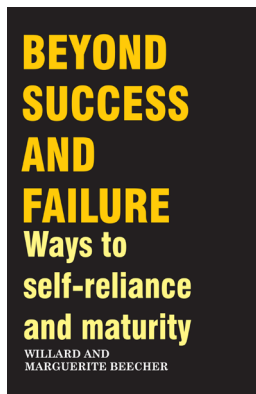
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**BEYOND SUCCESS and FAILURE  
Willard & Marguerite Beecher**

In Beyond Success and Failure, the Beechers do not offer any panaceas, nor do they provide you with elaborate programs and disciplines. They show you how to find your own center of gravity inside yourself and begin to know the satisfaction that flows from using your own talents and living as a responsible adult. What are your "mistaken certainties"? Discover the freedom of being responsible and self-reliant.

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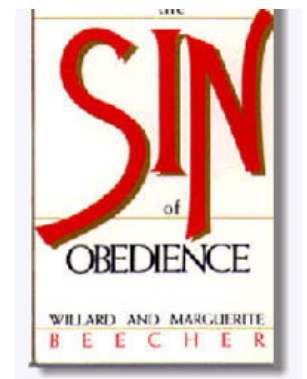
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