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## NASAP Newsletter

**November/December, 2016**

Jamie Stone O'Brien,  
Editor

**Next submission due date is February 1st, 2017.**

## PRESIDENT'S MESSAGE



Dear NASAP Friends and Colleagues,

We have been busy since our last newsletter, and I welcome this opportunity to catch our friends and colleagues up on some of our successes. On September 10 & 11, our colleague and editor, at least for a while more, Dr. Bill Curlette, convened the NASAP Task Force on Adlerian Research. This group included people who traveled at their own expense from various parts of the eastern United States as well as people who called in from

as far away as Texas. I cannot thank everyone who participated in this enough. I was there for one half-day to take great joy in the launch, but I am not a researcher and I was lost by noon.

There is so much that this group has already accomplished that we are already way ahead of where I ever dreamed we could be. That group is working on designs that will involve multiple university and clinical sites in the process of certifying Adlerian interventions as evidence-based practice. At the moment, work has started on creating Adlerian protocols for the research that will begin within the next year.

I am on Sabbatical this fall, working on a book on Adlerian Therapy with my colleagues, Paul Rasmussen and Rebekah Byrd. But I did take time for two long trips, one with friends to Copper Canyon in Mexico and one that started in Romania with a one-day workshop on Adlerian group counseling. It was such a joy to work with the Romanian Adlerians who have had many others there including Frank Walton, Wes Wingett, Jon Carlson, and most recently, Eva Dreikurs Ferguson, very hard acts to follow. After that, my wife, Lynn Williams, and I went on a Viking River Cruise down the Danube from Passau,

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NASAPnews@gmail.com

Germany, to Budapest, Hungary, with a stop in Vienna that was just spectacular. We even had lunch at the Café Central, where Adler used to hold meetings and conversations with friends and colleagues.

At the end of October, the Board of Directors and the Council of Representative met in Ft. Wayne, IN, for our fall meeting. Here are just a few of the highlights from that meeting.

- The Long Range Planning Committee presented a new design for the organizational structure of NASAP. We will still retain President, Vice President, Secretary, Treasurer, Affiliates and Sections. We will still have a Director of NASAP. But we are moving over the next five years from an all volunteer structure to a skill-based structure. Some of the first people we want to add to the operational structure of NASAP will be skilled people in technology and another in media. To do this, we are going to have to commit ourselves to some serious fund raising. I have asked Kathy Walton, the chair of the Long Range Planning Committee to propose a set of people who might act as a task force on fund raising. I have also asked the LRPC to more fully detail the job descriptions for Director, Media, and Technology, and I hope to have something to present to all of you at NASAP Convention in Vancouver.

- The NASAP Convention in Vancouver is well underway. I want to thank Becky La Fountain, Teal Maedel, and all the hard working folks in Vancouver for all that they are doing to make this a great event. As I am sure you will see in this newsletter, we have several internationally known guest speakers, including Alyson Schafer as our main Ansbacher lecturer, and two additional Ansbacher lectures, one by Jeff Kottler, author of more than fifty books, and Steve Madigan, a leading teacher, author, and trainer in Narrative Therapy from Vancouver. We will also have a couple of plenary sessions for the first time. And Bob and Bev Armstrong will receive an Adlerian Lifetime Achievement Award at Dinner on Saturday night, sharing with us their decades of perspective and work in Adlerian therapy.

- The Council also approved a trial run on a new approach to inviting new professionals into our organization. Starting now, if you are graduate students in any of the helping professions, broadly defined, and you have never been a member of NASAP before, you can join NASAP for one year for free. These members will have access to the Journal of Individual Psychology online, but will not receive a hard copy of the journal. In every other way, though, they will be full members. We are currently trying to get as many graduate programs—especially in the northwest—to inform their students of this possibility. And hopefully, we will also interest them in our convention in Vancouver.

- We also discussed a pre-convention workshop at ACA in San Francisco in March, especially to market our Vancouver convention, until we discovered that Richard Watts and Jon Sperry are already doing a pre-convention Adlerian workshop for ACA. We hope to market off of their program, and we are planning a larger daylong experience before the ACA convention in Atlanta in 2018.

• We are also thrilled to have both the IAIP in Minnesota in March, and ICASSI this summer (last two weeks of June) at Butler University. See the webpages for these events for more information.

Finally, some last minute news items: (A) My friend Steve Saiz, from South Dakota, is busy making some great Adlerian pottery cups, which will be for sale at the NASAP conference, with the money from that sale going to support student housing at future conventions. You are going to want one (or more) of these cups. (B) With the great cooperation of our colleagues, Joyce De Voss, Dan Dalton, and Charmaine McIntosh—and the whole ONSAP group—we have selected Ontario Canada for the 2018 NASAP Convention and Tucson, AZ, for the 2019 NASAP Convention. More details will follow as we create them. (C) I was privileged to visit both Ottawa, Ontario, and Toronto in November, and joined Jim Little, Begum Verjee, and about fifty students at the new Adler School and training center. Their Masters Degree is now fully approved, and we are hopeful that they will soon offer an Adlerian doctorate there. What a great place. And (D), we are working on the development of short-term, intensive Adlerian training programs that we hope to have available in the US and Canada in the next two years.

Many great things are happening with and through Adlerians all over the world. We just passed the Thanksgiving holiday in the United States and it wasn't so long ago in October that a similar holiday happened in Canada. In that spirit, I want to thank all of you for all you do every day, every year to live Adlerian principles in your lives and practices. I fully believe that these principles are the antidote to pain and suffering in the world, to negative politics, and even to trauma in all of its many forms. I hope all of you out there doing the important work of inspiration, kindness, and healing will have the best of care and self-care during the holiday season, surrounded by friends and family, comforted by the experience of being at home in the world. I want to hear from any and all of you whenever you have an idea that will help NASAP move forward.

You can reach me at [Bitterj@etsu.edu](mailto:Bitterj@etsu.edu) .

Be well, and my warmest holiday wishes for all of you,

Jim Bitter

## EXECUTIVE DIRECTOR'S REPORT



The Board of Directors and the Council of Representatives met at the end of October. The Board recommended that, for the next 5 years, we have a free student membership of one year for all graduate students who ask for it. This free membership will not include a hard copy of the Journal but otherwise will be full membership in the Society. This was approved by the Council of Representatives.

We reported a good year financially (our fiscal year ends September 30) and we set aside some money to develop new revenue streams. We also had two Clonick Grants that resulted in publications this year. One is *In Translation*, a collection of articles by and about Adler that have not previously been translated – many of them from Russian Journals. This was edited by Marina Bluvshstein. The other is *Adlerian Ethics: Application in Counseling and Psychotherapy* by Dagmar Markova and Daniela Cechova. It was distributed in Eastern Europe and also at ICASSI. We have several copies available at the Central Office for purchase. Through the Clonick Grant we were also able to subsidize the printing and distribution of copies of *Happy Children* by R. Dreikurs and *Maintaining Sanity in the Classroom* by R. Dreikurs, B. Grundwald and F. Pepper in the Persian language and distribute them to schools and libraries in Iran.

We now have a Travel Benefit available to NASAP members, family and friends. You should have received an email about it by now but if you haven't, go to [www.myplanitraveler.com](http://www.myplanitraveler.com) and sign in with your email that you use for NASAP and use the password `nasap1` – I have already found some good deals on it. This is a \$49 value for each member. Plus, each time you use it, NASAP gets a small finder's fee. For those of you who travel frequently, you may want to consider the \$69 upgrade, which gives even better discounts.

We are now preparing information about the upcoming conference in Vancouver, May 18th to 21st. We have over 70 presentations and workshops and a substance abuse track. Alyson Shaffer will be our Ansbacher Keynote presenter on Thursday evenings and we will have additional Ansbacher presentations by Jeffrey Kottler and Stephen Madigan on Friday and Saturday. It looks to be a full and rewarding program.

Next year in Vancouver, May 18th to 21st! Put it on your calendar – now!

John F. Newbauer, Ed.D., DNASAP

## CONFERENCE CORNER: RINGING IN AN EXCITING ADLERIAN NEW YEAR!



2017 is an exciting year for Adlerians in North America! NASAP will kick off the first of three big Adlerian events when we meet in Vancouver May 18-21 for our annual conference. The presentations have been chosen, the presenters have been notified, and last minute details are being formulated for the keynote speakers and special events. The program is in process and will be finalized after the holidays.

John Newbauer, executive director, will notify you when all the details and registration are available online at [alfredadler.org](http://alfredadler.org).

The International Association of Individual Psychology (IAIP) will hold its Congress in Minneapolis July 10-13 at St. Thomas University in Minneapolis. The Adler Graduate School (AGS) is serving as the host of the conference and they will be holding the pre-congress at their school on July 9th. Please consider attending this event that only occurs every three years—and only about once every 15 years in North America. More details are available at [iaipwebsite.org](http://iaipwebsite.org). AGS will also be compiling a list of activities for families to do and sites for participants to visit if they want to extend their time in the Minneapolis area so that they can then travel to Indianapolis for ICASSI.

ICASSI (the International Committee of Adlerian Summer Schools and Institutes) will meet at Butler University in Indianapolis from July 16-29. Participants can attend one week or both. Renowned International and North American faculty will teach a wide selection of courses available for professionals and non-professionals alike. There are programs for children and youth as well. If you haven't been able to travel abroad for ICASSI, this would be a good opportunity for you to attend. More information is available at [icassi.net](http://icassi.net).

by Becky LaFountain, Conference Coordinator

## PRESIDENTIAL ELECTIONS

The nominating committee of Jill Duba Sauerheber (Past-President), Becky LaFountain and Candace Sneed are very pleased to announce the candidacy of Susan Belangee and Jon Sperry for the office of NASAP President-Elect. Each will submit a narrative of their presidential aspirations for the next newsletter, Jan./Feb. The election itself will be announced shortly thereafter.

Other candidates may be nominated by any member through the

submission of nomination forms with the supporting signatures of at least 10 General Members of NASAP submitted to the Central Office (info@alfredadler.org by email or by mail to NASAP, 429 E. Dupont Road, # 276, Fort Wayne, IN 46825) by January 1, 2017. General Members of NASAP include Professional, Retired, Student and Family Members.

## NEW JOURNAL EDITORS

Beginning next year the Journal of Individual Psychology (JIP) will have new editors. After almost 19 years of leadership, William Curlette and Roy Kern will pass the editorship on to another team. After considering several great alternatives the NASAP Board of Directors selected Len and Jon Sperry to be our new editors. This team is unique in that the Sperrys are a father-son team with Len having over 46 years experience with the journal and more than 75 articles published in the JIP alone. Len has also served as Associate Editor for the Journal and a column editor for "Bio-psycho-social Issues." In addition to his experience with the JIP, Len has launched a new journal for the American Psychological Association (Spirituality in Clinical Practice) as co-editor with Dr. Lisa Miller and has served on more than 15 editorial boards. Len is a prodigious author with over 275 articles in various professional journals and over 100 books.

Jon is currently Vice-President of NASAP [he excused himself from participation in any discussion of the editor position] and also the former co-chair of the Theory, Research and Teaching section. Jon is a Diplomate in Adlerian Psychology and serves on the faculty of ICASSI. He has co-authored several books and book chapters on Adlerian theory, case conceptualization, and psychopathology and psychotherapy. Jon and Len often publish together and both have a history of dedication to quality work and the strategies for achieving it.

Sperry and Sperry believe that the Journal of Individual Psychology should play a significant role in Adlerian Psychology's future, particularly in North America. They hope to bring the journal fully into the electronic age with needed upgrades. They will encourage doctoral students at Adlerian training program—as well as early career professionals—to submit articles on dissertation research and clinical practice. They plan on introducing an annual "status of the field of Adlerian Psychology" article and to help Adlerian Psychology not only survive but thrive. To do this, a thrust toward encouraging evidence based practice research will be undertaken. In addition, they hope to provide support to new scholars and researchers to improve writing skills and sharpen their ability to articulate theoretical and empirical ideas and information. They also hope to take a cue from Dr. Heinz Ansbacher, a former JIP editor, and invite high visibility experts who do not explicitly acknowledge they are Adlerians to the editorial board.

Drs. Kern and Curlette are not going out to pasture. They will be active on the new NASAP Adlerian Research Task Force and Network, focusing on the development of evidence based practice and

continuing their work in mentoring emerging Adlerian writers and leaders. Many sincere thanks to Roy and Bill for their many years of service to JIP and for taking the scholarship in our field to a new level!

## MOVING TOWARD PUBLICATION: THE ADULT MENTAL HEALTH DIAGNOSTIC TEST

The Adult Mental Health Diagnostic Test and Adlerian Questionnaire are moving towards publication. At this time, the authors, Gregory Anderson Ph.D. and Patricia Post, Psy.D, are seeking licensed psychologists, social workers, or professional counselors to join them in the validity study phase of the test development. The Adult Mental Health test is designed to collect data on 11 mental health disorders including ADHD, Depression, Generalized Anxiety, PTSD, Substance Abuse, etc. for the purpose of assisting in the identification and treatment of such disorders. The Adlerian Questionnaire was created in an extensive process wherein a large number of experimental items were created to assess different characteristics based on the tenants of Adlerian psychology and then administered to a sample of 610 individuals. The items addressed in the questionnaire are themes frequently noted in specific mental health disorders, such as discouragement, inferiority, social interest, helplessness, safeguarding, power, inadequacy, etc. The authors' goals for the Adlerian Questionnaire are to improve the quality of the clinical interview and to serve Adlerian clinicians, as well as others, in planning and delivering treatment.

The validity field study will ask clinicians to administer the test to adult clients (anonymously), aged 18 to 80, who are currently assigned a mental health diagnosis. The only demographic data that will be collected at the time of administration are the following: age, race, ethnicity, gender, dx, and region of the country. All instructions for the administration of the test, appropriate releases, and other information will be provided by the authors. If interested, please contact Greg at 815-341-0235; gregoryrobertanderson@gmail.com or Pat at 815-263-0171; drpost2@comcast.net. All safeguards for confidentiality and all ethical standards related to assessment will be adhered to by the authors.

## WELLNESS FOR LIFE: WINDING DOWN THE YEAR



Here we are, about to wind down the year. When it comes to 'winding down,' some of us automatically envision the winding down of a clock. It can be described as an occurrence when the spring that keeps it going begins to slow down, until the clock eventually stops.

If we look close enough, we may find a similarity between the workings of a clock

and the seasons of Spring, Autumn and Winter.

When a clock spring is rewound, it picks up again like nature's rebirth during Spring. Seeing a brilliant covering of green, intensifying in color as it embraces the ground, as all the eye can see. Then slowly, it begins to fade and disappear. There is a crispness in the air and colors converge to a golden hue before donning that soft, white fleece blanket of sleep.

For some it is a time of gearing up or down for the holidays, together with family/friends with all those special sights, sounds and smells that resonate solely at this time of year. From a work standpoint, it can be a time of full circle, bringing certain things to a close or getting them in order.

The essence of Autumn can be described as an awakening, or you might say, a calling or invitation of our taste buds to sample those fruits, vegetables, etc. by the aroma permeating from the process of canning stemming from the kitchen. It is a time we see people huddled on benches, singing their football team's fight song as they cheer them on.

Autumn, from a nature standpoint, is when the ground is becoming bare, "time for leaves to change their homes", as described by Leo Buscaglia in his book, "Freddie the Leaf".

It can also be viewed as a time for letting go and disengaging from troubling concerns.

Now Winter, on the other hand, sitting by a crackling fire, drinking hot apple cider or drinking hot chocolate with marshmallows; sounds of all the kids as they sled, tube, and dive down the snow-packed hill; the taste of peppermint candy canes or warm, gooey cinnamon buns and the smell of pine needles as they crackle in the fireplace.

For many, it can be a combination. As for me, it is a combination with an addition that takes into account closure on one hand and a chance to explore opportunities that will restore and enhance my overall wellbeing, especially in regard to humor, on the other hand.

With all these sights, sounds and smells, Winter is a season that goes beyond the snow, ice, cold, good food, warmth and comfort. It can be a time for 'self' → one of reflection and intimacy. It can merely be a time of reflection over the course of the year. It can also be seen as a time of giving and being thankful.

Also, it can be a time to take time and enjoy each other as we wind down the year.

So without further ado, let's peruse down the trail and see what we can see.

As we turn our sight to December, there are a few notable dates to mention.

To begin with, there is 'Roof Over Your Head Day', which occurs yearly on December 3rd. [origin unknown] Keeping in mind the weather this



time of year, especially for those of you who experience the actual four seasons. For those unfamiliar, let me expand a bit. It can be a time where both body and limb can be bombarded with bone chilling rain and snow coupled with gusts of wind. Brrrr! You're sitting by the fire drinking your hot cocoa or buttered rum, glancing out the window thinking, "Boy am I glad that I'm all cozy inside and not battling the elements outside."

Then there is listening to the melodic music of tap, tap, tapping rain drops as they dance off a metal roof. Yet no matter the temperature/weather or the type of roof, knowing, I guess, having one over our heads is what matters.

Speaking of weather, there are those of you who actually experience weather changes. You may decide to partake in 'Flake Appreciation Day' celebrated yearly in the United States on December 18th. [origin unknown] Stop a minute and regroup before your mind wanders down the rabbit hole. I'm referring to a snowflake, those clear, frozen liquid drops of water crystals that appear in a lattice-like form so fascinating to the eye. You might decide to watch them as they flutter down, sometimes, gracefully noting each one's unique design or gather them into snow balls to toss about or even create a snow man possessing character and charm. No matter what, take time to enjoy the simple things around us.

I do have a word of caution. Should you spend time at Disneyland during the holidays and you attend the parade where there is an ambience of 'snow' on Main Street, do not stick out your tongue to catch a snowflake. You will be in for a rude awakening - soap flakes!

Guess I'll bring this to a close, as I Wind Down The Year.

HEALTHY AND SAFE HOLIDAYS!

And remember, stay well and hydrated.

Warm Fuzzies

## **DONATE TO NASAP**

Please consider making a donation to NASAP. We have two funds that are being highlighted as they are of particular importance this year.

Research Project: To have credibility in the professional community, there needs to be research that demonstrates the effectiveness of Adlerian Psychology. As we make efforts to inform professionals around the country about this approach it will be important to refer to research that verifies its usefulness. Please consider making a donation to help fund these research projects.

Student Housing Scholarship Fund: Our president, Jim Bitter, has created a fund to help offset the housing expense for students. It is important to bring in these young Adlerians, but they often aren't able to attend because of the cost. With the new policy of letting students

join for one year free of charge and not having a student registration fee, this will help the conference to be affordable for students. They are the future of NASAP.

Endowment: We also want to encourage our fellow Adlerians to remember NASAP in their wills. This is important because NASAP depends almost entirely on the conference for funding. NASAP needs to move beyond living hand to mouth based on conferences.

## THE ADLERIAN NETWORK

The Adlerian Network is continuing to grow. We are hoping to have all the Adlerian therapists in Minnesota, among others, on our Adlerian Referral Directory found on our website at:

Adleriannetwork.wordpress.com. We have set up opportunities for clinicians to get mentoring or to get help with developing and doing presentations. We have also scheduled our next four meetings with exciting presentations.

January 7th Counseling Couples Demonstration: Presented by Tom Wright at the Hennepin County Library in Crystal.

February 4th Demonstration of the Use of the Four Priorities with Clients: Presented by: Rebecca Chesin at the Hennepin County Library in Crystal.

March 4th Practice the Using the Four Priorities with Clients Learned in February

April 1st Goals of Misbehavior Using the Carlson Seven Step Consultation Process including a demonstration: Presented by: Doug Pelcak.

## AFFILIATE LINKS

### **Idaho Society of Individual Psychology**

<https://www.adleridaho.com>

### **Mid Atlantic Adlerian Psychology Society (MAPS):**

<https://www.mapsadler.org>

### **Puget Sound Adlerian Society:**

<https://www.pasadler.org>.

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