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## PRESIDENT'S MESSAGE



Dear NASAP Friends and Colleagues,

As I write this letter, two of the great Adlerians of my generation have died. On Monday, January 30th, my dear friend and colleague, Clair Hawes, passed away. I have been so lucky in my life to be in the presence of great masters of therapy, starting with my friend and colleague, Manford Sonstegard, and later Oscar Christensen. It was Chris who introduced me to Clair. She was the embodiment of all of his wisdom along with the caring,

compassion, and joy of living embodied in Chris's wife, Mary. For many years, Clair, Bob and Bev Armstrong, and Edna Nash were the anchors of the Vancouver, British Columbia, Adlerians.

Clair was one of the earliest and most important Adlerian voices in the advancement of couples and marriage counseling—and the first Adlerian ever to develop a formal marriage enrichment program. Together with Chris and Bill Nicoll, Clair and I were two of the first faculty members to do large-scale training sponsored by NASAP. I watched her, at least yearly, work her magic with couples who were struggling to get back to Adler's ideal of a relationship built on social interest and social equality. And most of the time she got them there.

Clair also enlarged the Adlerian life task concepts, recognizing that Adler's original three had practical applications that included a larger sense of spirituality, self-care and self-worth, and kinkeeping (including parenting and elder care). Indeed, in this latter task, Clair emphasized that we all had a responsibility in the rearing and maturing of the next generations, as well as caring for those in old age no longer able to care for themselves. These were not just family tasks; to her, they were community tasks, full human efforts.

• **AFFILIATE LINKS**

**NASAP Newsletter**

**January/February,  
2017**

Jamie Stone O'Brien,  
Editor

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

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

My experiences around Clair were the same as my initial experiences around Virginia Satir. Both were hugely creative, talented, caring individuals whose very presence in therapy and life was transformative. They were also extremely important role models for women in the helping professions that had too little input from the power of women's voices. I so loved Clair and was extremely privileged to have her in my life.

In addition to Clair, the other Adlerian to pioneer work in Adlerian couples therapy is my dear friend, Jon Carlson. Jon died on February 1st, surrounded by family and loved ones. His Time for a Better Marriage is one of the most used programs currently available for couples and marriage enrichment.

Not since Adler and Dreikurs has there been an Adlerian more widely known and connected to all facets of the helping professions. Jon was recognized as a Counselor Educator, a psychologist, a psychotherapist, a health care/health science professional, and a couple and family therapist, to name the most prominent of his skilled identities. His connections to transformative difference-makers stretched from the Dalai Lama and Brad Keeney to all of the major presenters at the Evolution of Psychotherapy Conference, at which he had been chosen to represent Adlerian therapy next December. At our own convention in 2017, Jon's friends and colleagues—two giants in the field of therapy, Jeff Kottler and Stephen Madigan, will be presenting to us because of their love for Jon.

Jon's work is voluminous: hundreds of articles, chapters, and books; multiple video series in psychotherapy, couples and family therapy, human development, and psychopathology; presentations all over the world; masters and doctoral students who return often for his guidance and wisdom; and most importantly, his tremendous capacity to speak truth to power and to shake up the status quo.

I first met Jon when we were both taking courses at the Alfred Adler Institute on Dearborn Street in the early 1980s. Jon and I would occasionally play hooky from classes and go to the old Chicago Stadium to watch a basketball game. That was back when the Chicago Bulls were terrible and you could get in for a \$2.00 ticket and then sit almost anywhere. That would change the year after I left Chicago when the Bulls got Michael Jordan. Jon and I so should have bought season tickets when we had a chance to do so.

Jon was, in my life, one of the most down-to-earth and also spiritual human beings I have ever known. Again, I have been so blessed to have such a friend, such a man, in my life.

In another part of this newsletter, perhaps there will be some space to catch you up on what the leaders of NASAP have been doing since the last newsletter. For now, I just want to be able to share what is in my heart about these two wonderful people, these two magnificent models of Adlerian principles enacted in daily life. This is what I think they offered in their living: To live a life of social equality, social interest, and community feeling is to be at home in the world, to be connected to the wellbeing of all of humankind, and to love wastefully, to give that love out both generously and continually.

My love to Clair and Jon. They are in my heart forever. My love to all of you,

Jim Bitter



Clair Hawes



Jon Carlson

## A TRIBUTE TO CLAIR

A dear friend and colleague, Clair Hawes, died on January 30th of Alzheimer's Disease. Clair was a bright light and shining example of Adlerian Psychology at its best. She cared deeply for family, friends, colleagues, clients and students. She was my role model, special friend and wise counsel.

Clair joined ICASSI in the 1980s and served on the Faculty for over 25 years. She also contributed to the ICASSI community as a board member for several years. She travelled throughout the world demonstrating her creative approaches to Adlerian Principles and living them fully. Her commitment to social interest and encouragement will remain an example for all of us who were fortunate to be in her presence and share her life journey.

Thank you, Clair, for making the world a better place and leaving a legacy of meaning and high ideals.

With gratitude and love,  
Marion Balla  
ICASSI Faculty

## OBITUARY

Dr. E Clair (Ladner) Hawes, age 75, died on Monday morning, January 30, 2017 at the Kiwanis Care Centre in North Vancouver of Alzheimer's Disease. A loving wife, mother and grandmother, her great passion in life was learning and sharing her knowledge of individual and couples therapy. She loved to connect with colleagues and students and to teach a class that both engaged and excited those in attendance.

Dr. Hawes was born on September 11th, 1941 in Vancouver, BC, to Judge Graham B. and Mary (Lambe) Ladner. She was predeceased by her husband Roland Hawes and brothers Hugh and Edward Ladner.

She attended Burnaby South High School and the University of British Columbia, where she met Roland Hawes, whom she married in 1964. After receiving degrees in education, they initially worked as educators in New Westminster and the Queen Charlotte Islands. They later moved to Maple Ridge where their two children, Christy and Stefan, were born.

While there, Clair became interested in Adlerian couples and family therapy, which would become her principal focus, passion and career for the remainder of her professional life. After working in private practice in Maple Ridge, where she and Roland also began the Maple Ridge Family Education Centre, and on the Sunshine Coast in the early 1980s, Clair and her family moved to the University of Arizona, where she received her Ph.D. in 1984.

Her love of learning and sharing her knowledge continued throughout her life. Along with Oscar Christensen, Bill Nichol and Jim Bitter, she was a founding faculty member of the Adlerian Training Institute. She attended and taught for many years around the world at the International Committee of Adlerian Summer Schools and Institutes (ICASSI). She taught graduate students in counselling psychology at the Adler School of Professional Psychology in Vancouver and was named a Diplomate by the North American Society of Adlerian Psychology (NASAP).

Following her return to Canada with Roland in the mid-80s, they set up a successful, multidisciplinary West Vancouver-based private practice clinic, Clair Hawes and Associates, which she would oversee until her retirement in 2007. After Roland passed away in 1992, she met Dr. David Kirkpatrick of Ashland, Oregon in 1994 and they were married in Vancouver in 1997. They lived in Clair's dream home at Halfmoon Bay, as well as in West Vancouver, and she remained very active, even holding the fastest time for women in her age group up the Grouse Grind in 2004. In 2011 she entered Kiwanis Care Centre for supportive care of and attention to the effects of Alzheimer's.

Dr. Hawes is survived by her husband, David Kirkpatrick, children, Christy Waisman and Stefan Hawes, step-children, Andy and Mindy

Kirkpatrick, grandchildren, Brynn and Cameron Waisman and Lydia Clair and Preston David Kirkpatrick-Riley, and sisters, Joan Fiander and Roslyn Ladner. The family has tremendous gratitude for the amazing, sterling staff at Kiwanis Care Centre, who have done so much for her over the past six years. A celebration of her life was held on Friday, February 10 at noon at the Seymour Golf and Country Club. Donations can be made to the Oscar Christensen Family Education Fund c/o NASAP, 429 E. Dupont Road, #276, Fort Wayne, IN 46825.

## A TRIBUTE TO JON

The first image that came to my mind when thinking about how to adequately express the remarkable character of Jon, the immense respect I feel for him, his unique and marvelous qualities, and the way that he has most deeply impressed, moved and inspired me, was that of a solid, sturdy lighthouse.

Stable, illuminating, steady and constant during both times of ease and the most turbulent seasons; shedding light on all around it and beyond; helping to keep people safe and on track. Yes, that sounds like Jon. But not sufficiently. No way. For a lighthouse doesn't generate anything new, it simply, albeit reliably, illuminates that which already exists.

I also see Jon as a creator, a visionary, and as one who takes action with focus and precision: thinking ahead, constructing projects connected to books, DVDs, presentations and teachings. His works are infused with clarity and guidance for those who want to uplift themselves and contribute to others.

I cannot imagine how one could ever estimate the numbers of lives of people who have been transformed, healed and inspired by hearing or reading Jon's work, or the works of the many gifted people in the helping professions who have had the privilege of being his students, clients or part of any project with Jon at its helm. Millions have been touched directly and indirectly by the contributions of Jon Carlson.

His clear vision, no-nonsense honesty when describing the status of an approach in counseling or psychology, and his urging of individuals within it to do what is most helpful for enriching and refining the approach to maximize its impact for the here and now has probably contributed in most significant ways to making some of the main approaches which were first developed in the 20th century more relevant for the 21st century. There seemed to be no hesitation or fear in Jon – he would call a spade a spade, and seemed to recognize the detriment of clinging to the familiar versus moving with the times whilst being mindful of doing what one can to enhance the approach.

I feel awe to this day in recalling the tenacity and determination Jon displayed when earlier experiencing life-threatening illnesses. Miraculous. He did not succumb, daring to try procedures that some might not have tried and, lucky us, survived and extended his time with us.

I hope it is not presumptuous of me to say that Jon felt like a most dear and true friend. That is truly the way I feel. Though it can't be said that we saw one another often or socialized, other than times at conferences when we might have a good chat between or after sessions, or at social events at some of the conferences when I might sit with him and Laura, perhaps also with his son Matt, and some of their friends, he feels like my friend. Our contact, in addition to the above times, over the years and now also, included emailing and occasional phone calls. At times our communication centered on work he had invited me to be part of, or my requesting his views and opinions about certain things. His suggestions and encouragement over the years has been most helpful, at times providing more hope and inspiration to me than he may have realized. I feel he genuinely wanted me to do good work, helpful work, and relevant work. He seems to see things in objective ways more precisely than most people I know. More precisely than I do. And his suggestions, superb and substantial, continue to help me learn and improve.

I felt his friendship during one of the most painful times of my life. He had known my husband Al for decades, having included him in writing projects and videos. I first met Jon when he was videotaping an interview with Al during one of the annual APA conventions taking place in San Francisco. I saw his respect and consideration for Al and for Al's health and wellbeing. At that time, Al was in his eighties, and while his mind was brilliant, sharp and great, his arthritis could at times cause him much pain and his brittle diabetes was something Al was continually attending to and monitoring. I was grateful for the way Jon was concerned about Al's health and comfort, and took time to take us to a store to get Al some food when his blood sugar became low that day, after the person who had been assigned to make sure Al had enough food on hand had neglected to do so. Jon went out of his way to take us to a store before the filming where we could get the food Al required.

Jon's kindness is seen as much in his actions as through his words. During a brutal time in our work life that Al and I were enduring, Jon was supportive and demonstrated that he cared. After Al died in 2007, Jon travelled all the way from his home in Wisconsin to be at the memorial event at Columbia University in NYC. He stayed until the very end of that tribute, which ended sometime between 1:30 and 2:00 AM, and took time to say consoling words to me. He also organized a tribute at the annual APA convention, which took place only weeks after Al's passing. When I spoke some words in that session, still in a daze of grief and somewhat bewildered, Jon's hug, smile, and something conveyed to me through the way he looked at me, reminded me of my strength and resilience. At a time when many only spoke words of support – but did not really offer to do any supportive actions – there was Jon, strong and present, organizing the tribute at APA and there to bolster me at the end of it when my tears fell.

So, to call him a Lighthouse would not be enough.

Nordic Warrior comes to mind. Not sure why. Perhaps it is partly Jon's Scandinavian-like appearance. At times he shows a cool exterior, but

one senses the fire burning within! His mind, always thinking, designing, creating. Perhaps it is the way he can identify and cut through trivia and superficiality in swift and vital fashion. Or the way his journey survives choppy seas and high waters, elevations and troughs, challenges and rewards – and his manner of doing so. Decisive, bold, resolved and compassionate. A Noble Warrior.

I feel fortunate and grateful that you have been in my life.

With love and appreciation always,

Debbie Joffe Ellis

## EXECUTIVE DIRECTOR'S REPORT



In October, the Board of Directors and the Council of Representatives met and approved 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. So far we have 15 people who have taken advantage of this offer. Please encourage your students to

join.

It's time for us to elect a new President-Elect. We have two great candidates, Susan Belangee and Jon Sperry. See this newsletter for more information about them and their thoughts on being President of NASAP. You can vote online with a link on our Member Landing Page when you log in to the website. Look for a red link on the right that says: Vote for President-Elect. Voting is open until March 20, 2017.

Registration Forms are online now for the NASAP Conference in Vancouver, May 18th to 21st. You should have received an email with a brochure in it. Please send it out to any listservs you may be on or to friends or colleagues who may be interested. We have two membership forms and conference registration forms so that Canadians can now pay online in Canadian dollars using PayPal. This saves us the money exchange charges on each check that comes in. PayPal is easy to use, simply send money to [info@alfredadler.org](mailto:info@alfredadler.org) and it goes into our NASAP account.

We have your summer planned for you in case you need something to do. ICASSI is in Indiana this summer, so it's close to most of you – at least closer than Slovakia or Ireland. Be sure to get registered for that along with the International Association of Individual Psychology, which is meeting in Minneapolis.



I used our Travel Benefit program on my visit to our daughter this winter and it paid off. 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. If you have any trouble, contact the office via [info@alfredadler.org](mailto:info@alfredadler.org) and we'll try to figure it out.

If you read President Jim Bitter's column in this newsletter, you know that E. Clair Hawes and Jon Carlson both died this month. Our deepest sympathy goes out to their families, friends and colleagues. They will indeed be missed.

This spring we meet in Vancouver, May 18th to 21st! Put it on your calendar and get registered – now! We are planning on having a booth at ACA convention in San Francisco March 16th-19th. Any Adlerians attending, please stop by and say hello.

John F. Newbauer, Ed.D., DNASAP

## **PRESIDENT-ELECT NOMINEE: SUSAN BELANGEE**



### **Why I Wish to be NASAP President**

My path to becoming an Adlerian began when I started my PhD program at Georgia State University back in 1998. I was working as an Assistant Managing Editor for The Journal of Individual Psychology and taking Roy Kern's "Introduction to Adlerian Theory" course. I fell in love with the theory and truly felt like I had found a "home" from which to grow as a professional and as a human being. Adler's

principles regarding belonging, social interest, psychological birth order, feelings of inferiority, and striving for significance depicted my life growing up. I was the thoughtful one in my family, the second-born child and only daughter of my parents. I competed constantly with my brother who was 3 years older and, from my eyes, the "special one" in the family. I never felt like I measured up to that "specialness," but boy did I try to do just that. Because of Adler's ideas, I now understand the impact of those experiences. I am ambitious, thoughtful, intelligent, and humble; a combination that for years left me struggling to figure out which was one was "better," which one would bring me more belonging, or which one would lead to my downfall. I recognize that for me to be successful requires me to be a whole person, embracing



all that I am and striving to use my strengths and growing edges to improve not just myself but to make life better for all human kind.

NASAP in many ways is thriving – we are financially sound, we hold a great conference annually, and we are blessed to have many steady affiliate groups doing good work on a grassroots level. Where NASAP is NOT thriving is with regard to diversity; we are a predominantly White, middle-aged group and if we are not mindful about welcoming and encouraging multiple aspects of diversity in membership (e.g., ethnicity, age, gender, sexual identity, economic difference just to list a few), NASAP will cease to be viable and relevant in the near future. For me, this outcome is unacceptable because NASAP is a significant part of my life personally and professionally. Therefore, if I am chosen to be President-Elect, my focus will be on exploring these diversity issues to find actionable ideas and solutions to sustain NASAP for many years to come.

### **How I See Myself Qualified**

As mentioned previously, my Adlerian journey commenced in 1998 with serving as an Assistant Managing Editor for The Journal of Individual Psychology. That position then progressed into serving as a Managing Editor of the journal until my graduation in 2003 from Georgia State University. Most of my professors at Georgia State were Adlerians – Roy Kern, Bill Curlette, JoAnna White, Fran Mullis, and Dana Edwards. So I was learning and living the theory throughout my doctoral program. I attended NASAP conferences every year (and still do), feasting on the knowledge that presenters offered. Upon graduation I approached NASAP Board members about how to get more involved and from that inquiry, I became the Editor for The NASAP Newsletter, a position I cherished from 2004 until 2012. Overlapping with that, I served as Treasurer for NASAP twice, as well as Vice President twice. I was also appointed as a member of the NASAP Governance Task Force, which was convened from October 2007 to October 2008 to consider and make recommendations about the structure and operation of the organization. Because of my own desire to get involved in NASAP as a student and new professional, I developed the Emerging Leaders Program, which offers those selected the chance to be an integral part of the governance of NASAP. I truly am most proud of this accomplishment because it has already birthed the next generation of NASAP leaders. Most recently, I was invited to serve as a member of the Research Task Force and our work began this past fall on examining how to show through research that the Adlerian model is effective. Thus, I have been around NASAP for many years, absorbing the history and working to improve the ways NASAP operates and proliferates the Adlerian principles out into the world.

### **What I Hope to Bring**

I hope to bring the wisdom of almost 20 years of NASAP involvement into the President-Elect position. The reality of this position is it is one among many that oversee the progress of NASAP. So I know I will not be alone and I hope that my ambition, my thoughtfulness, my

intelligence, and my humility will serve me well also. My husband and two daughters support me in this endeavor as do many friends and colleagues, and I am grateful for the thoughts, prayers, and well wishes that will accompany me on this 5-year journey.

Susan Elizabeth Belangee, Ph.D., LPC, NCC, ACS  
Licensed Professional Counselor in Private Practice  
Instructor for ICASSI

## PRESIDENT-ELECT NOMINEE: JON SPERRY



### Why I Wish to be NASAP President

After 11 years of active participation in NASAP, I am actively seeking the office of President. My passion is to ensure that Adlerian Psychology and NASAP survive and thrive in these increasingly challenging times, especially with its three critical challenges: creating more training opportunities; validating Adlerian Psychology as an evidenced-based approach; and increasing membership. The mentoring I've received from so many gracious Adlerians has wonderfully shaped me as a person and as a professional. Being President will allow me to pay forward what I've been gifted and help NASAP grow and thrive. Specifically, if elected President, I will collaborate with the board to greatly expand training programs and develop online training opportunities. I will increase NASAP's membership, foster emerging leaders, support the growth of conference attendance, and achieve evidence-based status for our wonderful approach. In short, I will do my very best to keep Adlerian theory and practice on the map!

### How I See Myself Qualified

I hold a Diplomate in Adlerian Psychotherapy and a Certificate of Study in Adlerian Psychology. I have served as the co-chair of the Theory, Research, and Training Section for three years and I am currently the Vice President of NASAP. I am very active in the dissemination of Adlerian ideas at state, national, and international conferences; I have published several articles, chapters and books on Adlerian case conceptualization and psychotherapy, and reviewed the "Adlerian Psychology" chapter in Gerald Corey's classic text, *Theory and Practice of Counseling and Psychotherapy* (10th edition). I've given invited presentations at ICASSI for the past 4 years and at NASAP for 10 years. I've also served on the editorial board of the *Journal of Individual Psychology* for the past 5 years. Further, I will present a pre-conference workshop at ACA with Richard Watts, as well as teach at two of Jim Bitter's Summer Training Programs. Currently, I am both a staff therapist in Counseling and Psychological

Services at Florida Atlantic University and an Assistant Professor of Psychology at Lynn University. As such, I am regularly involved in evidence-based clinical research.

### **What I Hope to Bring**

As a younger professional, I believe that I am, like other younger Adlerians, particularly excited and committed to Adlerian Psychology. The future of Adlerian Psychology and NASAP will soon be dependent on younger Adlerians who will keep the theory alive through empirical research, active dissemination of Adlerian ideas, and clinical training. As President, I will bring enthusiasm, energy, and a fresh perspective to the efforts NASAP has already initiated in these areas. I will wholeheartedly continue the incredibly important initiatives developed by the board, initiatives that I too am involved as the current Vice President. I will actively seek and engage the wisdom and experience of more experienced Adlerians for maintaining the best of NASAP, past and current, and anticipating the best of what is to come.

### **Why You Should Vote for Me**

The reason is that I already have the necessary experience and can and will successfully achieve NASAP's three critical challenges: (1) create more training opportunities—I'll continue the work I began as co-chair of the Theory, Research, and Training Section; (2) validate Adlerian Psychology as an evidenced-based approach— as a clinical researcher I know what needs to be done and will work to secure the necessary resources; and (3) increase membership—I'll continue my and the Board's exciting membership initiatives.

Jon Sperry, Ph.D.  
Florida Atlantic University and Lynn University

## **REPORT FROM THE WINTER RETREAT**

Dear NASAP Friends and Colleagues,

Every January for the last several years, the NASAP Board of Directors (BOD) has used the organization's access to a time-share for a meeting in Florida. Sometimes there has been a load of business to conduct—and we had some of that this time. But sometimes we can engage in extended conversations about the value and importance of Adlerian Psychology: ways to develop and spread the model throughout North America; how to keep the theory and practice relevant to young professionals and graduate students; and how to create an organization that will not only last for another century, but thrive. I want to share with you some of our thoughts and dreams and intentions. We have started to plan in relation to these thoughts and dreams, but we won't have specifics to offer until the NASAP convention in Vancouver. And even then, we will present these plans to the Council of Representatives (COR) before we bring it before all of you—probably next October.

- In recent years—in no small part to the efforts of Jill Duba Sauerheber, our past president—affiliates and affiliate membership has started to grow. There have been some affiliates that have been enormously successful for many years, like the ones in South Carolina, Ontario, or Idaho. And some affiliates, like the one we have started in Kentucky/Tennessee, are just getting off the ground. Part of our dream for spreading Adlerian theory and practice is to support the development of even more affiliates, renewing some that used to be stronger, like what Joyce De Voss is doing in Arizona or the one that may develop in the Northeast through the efforts of Monica Nicoll and others. We may even think about a few national affiliates, supporting sections in a metamorphosis to an affiliate of international interests with regular meetings and focused workshops.

We are thinking about ways in which all of these affiliates might one day blanket North America, so that access to theory and practice would not be all that far away, and young professionals and graduate students could get to both trainings and annual meetings at little or no cost. And more than conferences, we envision NASAP supporting efforts to bring extended training to affiliate centers—training experiences where people could: spend a week or two at low cost to practice therapy with individuals, couples, families or groups; discuss and extend theory; or even participate in ongoing clinical trials.

In this sense, NASAP, over time, would greatly de-centralize itself and the organization would become more of a network of all these different affiliates. In such a design, perhaps NASAP would only have a large scale meeting once every other year or perhaps even once every three years, and we would use that larger gathering to support the development of new affiliates. But every year, support of really good training and gatherings would be given to the various affiliates.

- What would NASAP, as an organization, be doing the rest of time? It would be developing online training materials and courses, online certification programs, and conducting or supporting research efforts—especially efforts like our current NASAP Task Force on Adlerian Research (the Adlerian Research Network established by Bill Curlette and Adlerian colleagues), which is addressing the development of materials and processes for clinical trials on Adlerian therapy, moving the model into evidence-based practice. Also, not everyone from North America can go to ICASSI every year and we certainly want to support the continuation of ICASSI in the larger world. But what if we could also develop an ICASSI-like training experience that would happen every year in North America—and made it possible for young professionals and graduate students to get training close to where they live?

- All of this, of course, will take money. For over fifty years, the functioning of NASAP has relied on volunteers and devoted followers to make everything happen. Like many other single model psychological associations, we have operated more often like a ‘mom and pop’ corner store than a fully professional organization. Still, we have thrived. I have often said that what the membership wants is a good annual meeting and a great journal. Thanks, by the way, to Roy Kern and Bill Curlette, the editors who came before them, and the new

editors, Jon and Len Sperry, under whom our journal has been and will be a very strong part of our organization for many years to come. But if we want all these other things to happen—affiliate development, training, courses, certifications, national and international research efforts—we will need a full-time, paid Director and probably some technology expertise, as well as someone with really strong marketing skills. So we are also envisioning a gigantic fund-raising campaign with people who really know how to do this. I would like to see us create something like a \$5,000,000.00 endowment of the organization that will sustain us for decades and will allow us to finance all these other dreams. We, the BOD, would like the organization to start to imagine itself functioning from a position of abundance and with the intention of creating and engaging in opportunities and possibilities across North America.

So, these are the dreams we are dreaming, but at the moment, these are just our long-range objectives, greatly informed by the excellent work of the long-range planning committee and guided by the sense that today, Adlerian psychology, its principles and applications are needed more in North America than ever before. Objectives, of course, need strategies in order to come to fruition, so different members of the BOD are working on the development of strategies for fundraising: some are working on a developmental plan for affiliates and the organization itself (a plan to be presented during this present year); some are working on a plan for the recruitment and hiring of a Director (when we next need one) and a new approach to conference coordination (again, when we next need that). The Adlerian Research Network continues its fine work and will be meeting for a full day at the Vancouver Convention. And I, I am in charge of reconstituting a Constitution and Bylaws Committee that will figure out how to get all of this before the membership for a vote somewhere down the line. If you want to serve on that committee, let me know.

This is a long report, and most people with any sense will not still be reading it, but I want you to know that this BOD is dedicated to imagining a thriving Adlerian model and its integration into all of North America's professional and personal lives. Is this ambitious? You bet it is—and we will fall short, but we will also get farther than any of us can imagine right now.

I hope all of this excites you as much as it does us. I can still be reached, as always, at Bitterj@etsu.edu and I would love to hear your thoughts and comments.

Be well; see you in Vancouver.

My warmest regards to all of you in anticipation of spring,

Jim Bitter

## CONFERENCE CORNER: INVITATION TO AUTHORS



**\*\*REMEMBER ALL PARTICIPANTS NEED A PASSPORT TO ENTER CANADA\*\***

You are invited to sell your self-published Adlerian books and materials in the NASAP conference bookstore. The area dedicated to this is called NASHOP. It is a great opportunity for you to make your Adlerian publications available to others and, in turn, for conference

participants to have many resources at their fingertips. No merchandise may be sold in the presentation rooms. To take advantage of this opportunity, you must adhere to the following procedures:

1. Either hand-carry or send your merchandise (addressed to yourself) to the conference site. (See sending instructions below.)
2. If you hand-carry your merchandise, take it to the bookstore location and check in your materials.
3. If you send your materials in advance please note that you will be responsible for the receiving and holding fee that the hotel charges. You will want to call the hotel at to get specifics. Upon your arrival, pick up your materials and take them to the bookstore (in conjunction with the bookstore hours). The hotel phone number is 604.684.1128.
4. When you initially take your materials to the bookstore, make arrangements to pick up remaining materials at the close of the book sales (making sure to find out the closing time) since all unclaimed materials will be donated to the local group. If you are not attending the conference, you will need to make arrangements for a friend to be responsible for your materials, since the local group will not be sending back any materials.
5. Please note that 20% of the proceeds will be donated to NASAP for providing this service.
6. **Please note that you may be asked to claim merchandise for sale on your customs forms when crossing borders and when sending merchandise.**
7. Mark each individual book, DVD, etc. with the selling price.
8. Enclose a packing list enumerating each title, number of each and price.
9. Because storage at the conference site is very limited, make arrangements with a shipper to have your materials arrive no sooner than 3 days prior to the conference. Again, note that you will be charged a holding fee per day that your materials arrive before you do.
10. Address packages as follow:  
VANCOUVER MARRIOT PINNACLE

1128 West Hastings Street, Vancouver, BC V6E 4R5, Canada  
Attention: Guest for the NASAP May 18-21 Conference  
(and then include your name).

11. If you have any questions, please don't hesitate to contact me at  
rmlafo@comcast.net.

by Becky LaFountain, Conference Coordinator

## CONFERENCE WELCOME



### **Adler on the West Coast: Body, Mind Heart and Soul It's almost here! May 18 to 21, 2017.**

We hope that you will join us for the 65th annual North American Adlerian Psychology conference in beautiful Vancouver, B.C. Canada. The conference hotel, the Marriott Pinnacle, is located right in the heart of downtown Vancouver, only a short walk to see the ocean and Stanley Park. On Friday night, Adler University is generously hosting a reception at their brand new campus. This campus is a short walk from the hotel.

With over 60 presentations, there are offerings to meet diverse interests in Adlerian theory and practice. This dynamic conference offers a variety of presentations for teachers, parents, counselors and psychologists. Parenting specialist, author and TV personality, and fellow Canadian, Alyson Schafer will open the conference on the evening of May 19.

Friday, May 20 will feature a specialized track on effective intervention strategies for substance abuse. This track is dedicated in memory of 21-year old Ola Bailey who tragically lost her life to substance use in 2015.

We are delighted to have two experts in the field of counselling and therapy as keynote speakers: Dr. Jeffrey Kottler and Dr. Steve Madigan.

More information on Vancouver and on the conference is available on the NASAP website [www.AlfredAdler.org](http://www.AlfredAdler.org)



Please join us for the opportunity through workshops and social gatherings to meet, connect and reconnect with your Adlerian community.

The Vancouver Local Committee Conference  
Teal Maedel, Susan Burak, Deb Bailey, Judy Simonett, Jennifer Lee and Ada Christopher

## NASAP 2017 SUBSTANCE ABUSE TRACK



In North America, and here in Vancouver, we are challenged to provide appropriate and effective resources for people who have difficulty with substance abuse. Since the loss of her daughter Ola, Adlerian therapist and Adler University faculty member Deb Bailey has been working tirelessly with all levels of government, doctors, law enforcement, the coroner's office, media, and community groups to highlight this issue. This year we are hosting a track on Friday dedicated to

the issue of effective interventions for substance abuse.

In honour of Ola Bailey 1994 to 2015.

## SOCIAL INTEREST AWARD: INSITE



This year at the 65th annual NASAP conference in Vancouver we are pleased to present a social interest award to the first supervised safe injection site in North America. Insite provides a safe and clean place to inject drugs and connect to health care services.

Opened in 2003, located in Vancouver's Downtown Eastside, Insite is North America's first legal supervised injection site, operating under a constitutional exemption to the Controlled Drugs and Substances Act.

Vancouver Coastal Health operates and provides all the funding and senior administrative and health care workers for the facility. It is part of a continuum of services for people with chronic drug addiction and was designed to be accessible to injection drug users who are not well connected to health care services. It is part of a continuum of care for people with addiction, mental illness and HIV/AIDS.

Insite is the first rung on the ladder from chronic drug addiction to possible recovery; from being ill to becoming well.

Many of their clients are older and have been using drugs for a long time. Their long-term drug use and chaotic lives have seriously compromised their overall health. About half of the people who use Insite are marginalized, which means they are homeless or living in shelters or have significant mental health issues.

Through Insite, clients develop trusting relationships with our health care and social workers, making them more likely to pursue withdrawal management (detox), addiction counselling and other addiction treatment services.

### **Statistics and facts from 2015/2016**

To date, there are 18,093 registrants with 3,476,722 visits. There have been 40,245 clinical treatment visits and 4,922 overdose interventions without any deaths.

#### 2015 User Statistics

- 263,713 visits to the site by 6,532 unique individuals
- An average of 722 visits per day
- An average of 440 injection room visits per day
- 768 overdose incidents
- 5,359 clinical treatment interventions
- Principle substances reported were heroin (54% of instances) methamphetamine (23% of instances) and cocaine (10% of instances).
- 27% of participants were women
- 20% of participants were aboriginal
- 5,368 referrals to other social and health services
- 464 referrals to Onsite detox

#### Latest News

- August 31, 2016 - 86% of drugs checked at Insite contained fentanyl
- August 19, 2016 – Insite expanded hours in response to overdose crisis
- March 17, 2016 - Insite received a new, four-year Health Canada exemption

Additional information can be found online through Vancouver Coastal Health or Insite Vancouver.

## AN ODE TO ICASSI, Installment 1: GROWTH

### **Diversity, Social Interest, Community Feelings and my Personal Odyssey: An Ode to ICASSI**

*The Ongoing Living Experience of Adler's Ideas About  
Gemeinschaftsgefuehl*

At a time when countries, including our own, are experiencing shock waves of violence, there is ICASSI - a light, a beacon to show another way. It is an antidote to the world's confusion, chaos and terror - from coast to coast, sea to sea, from around the world and beyond.

HOW? By bringing together people of like-minded philosophy coming from cultures that elsewhere are unable to exist in the same places in peace.

WHY? Because, as Adler wrote, unless people learn how to live together and cooperate to stop wars and violence, mankind will cease to exist. And Adlerian values as practiced at ICASSI are an excellent model and antidote for this.

WHAT? A place to grow philosophically and personally through practices of cooperation and mutual respect with people from all over the world - who might be adversarial in their own country.

WHO? Individuals and families, both professional and lay people from all over the world, from all walks of life, connecting in an atmosphere of cooperation, mutual respect and encouragement, developing bonds that strengthen each year with the hugs of reconnecting and deepening friendships.

WHEN? Every summer for one or two weeks of living together and interacting daily in many situations, in addition to learning and studying and growing together, including: eating together; dancing and playing cooperative games together; sharing ideas, talents and customs in going on trips; and working, planning and creating together and much more.

WHERE? In many countries throughout the world: eg., Germany, Holland, Canada, Hungary, Romania, Israel, the UK, U.S., Ireland, Switzerland, Austria, Greece, Japan, Malta, Czech Republic, Slovakia and more

#### MY PERSONAL ODYSSEY OF ATTENDING ICASSI THROUGHOUT MANY YEARS

My personal experience of building bridges and healing is integrally connected to ICASSI, which, when I started going, was simply called The International Summer Institute. My earliest memory is on the first day of my attendance at the Alfred Adler Institute in New York, when I found a very small ad on the bulletin board, explaining that a summer institute would be held on the island of Crete and students were being encouraged to attend. Not having fixed plans, I decided to go, and I registered. By the summer of '68, I had had about nine months of

twice a week classes and felt fairly knowledgeable about Adlerian principles and practices.

That summer, I found to my delight that I was rooming in a hotel in town with Edna Nash. A great beginning! (I didn't realize it then, but my friendship with Edna would continue for many years.) All the other participants were at the Academy - beautifully located on cliffs, but very warm. We had air conditioning in our hotel room and I was happy to be there. However, when at the end of the meeting on that first night at the Academy it was discovered that we weren't staying there, a few people tried to create space for us; to no avail. Where is your social interest asked one of the participants and implied it was missing. I was confused. I had learned about social interest ( Gemeinschaftsgefuehl ) in my Adlerian books and classes, but I didn't get it - in practice, that is. I then began to realize that the Summer Institute would give me the understanding of the practical use of the theory I was learning.

Dreikurs headed up the institute and Bill and Mim Pew, Achi Yotam, Judi Elul and Juliet Cavadas and her Greek chorus were all teaching, not to mention the Canadians and Americans who were really gifted in teaching as well, thanks to Rudolf Dreikurs' inspiring work all over the globe. I would have liked to study with Dreikurs, but moving to Chicago was not an option. So I got very good training at the Alfred Adler Institute in New York, complemented by my ongoing participation in the Summer Institute.

In the summer of 1971/1972, I was staying in Oregon and given permission to finish up my Institute training by being a non-matriculating student in Eugene, Oregon working with Ray Lowe. I also was observing the deft way that Family Meetings were being handled. That summer, much to my good fortune, there was a Mini Summer School Program at Mt. Hood in Oregon. It was there that I had a wonderful experience with Chris (Oscar Christianson) of whom Alexandra Adler stated that 'he reminds me more than anyone else of the way my father worked.' And how lucky I felt to be in his workshop. I came back to New York and raved about the International Summer Institute to my teacher, mentor and therapist, Leo Gold. I guess I convinced him and either that summer or pretty soon afterwards, he became a regular devotee and inspired students for many years at ICASSI.

I continued my summer experiences and added to it, translating into German, when needed, in the various courses. Each year, when I returned to work in my day job as a Guidance Counselor, I was able to use my newfound skills to great advantage. I developed warm relationships, which were renewed each summer. After my interactions with Bill Pew, what seemed like a short while later, he encouraged me to offer a course. I certainly didn't feel ready to do that and so, embarrassed to continue going without giving back, for many years I travelled instead, during my summer vacations, to far off places, taking my Adlerian training and philosophy with me. One day I felt ready to return to ICASSI (as it had been renamed). But to my surprise, it had grown a lot and though I had created what, to my mind was a rich course using my Gestalt background as a vehicle to

connect with Adlerian therapy, my skills were not needed, since many new faculty members had been added to the staff and were becoming well known. While I was disappointed, having put a lot of thought, effort and work into planning my course, I felt that I was not going to let myself be stopped from attending ICASSI since the courses were so rich and helpful in both my personal and professional growth. And I continued contributing through translating in classes whenever needed.

Each time I went back to ICASSI, I started spending more time with Germans and developing more connections, during which time we discussed our backgrounds and feelings; of course, ICASSI was the perfect place to do that. One day, having given several Special Interest groups, I was encouraged to do one about my background. I doubted that anyone would really be interested, but more to the point, I was nervous that no one would show up and I wasn't sure I was ready either. When I voiced my doubts to a few people, they encouraged me and also encouraged a number of people to come. WOW! It was such a high to see that people cared!

That presentation was another important step. After that, I would give yearly Special Interest groups, "Building Bridges for Understanding and Dialogue." My goal was, through sharing my personal history with photos and creating an atmosphere of mutual respect, to encourage others to do the same. I spoke both English and German in my presentations. Starting out with the Germans, they later included Adlerians from the U.S., Ireland, Israel, Holland, England, Canada, Switzerland, Hungary and elsewhere. The bonds strengthened as each year new people joined and others came again.

Usually after or before ICASSI, I would speak to students and adults in the neighboring areas: in a high school in Maryville, TN; in Brisach; in Zurich and in Essen, the town in which I was born, many times; and in Heidelberg, from where my mother's family had come, several years as well. I have formed lifelong friendships from my friends from Essen, Heidelberg and Breisach, which are renewed when we meet again either in New York or Germany. In New York, I have spoken in many places including my alma mater, Hunter High School, and to audiences from young children in Kindergarten - 2nd grade to adults in their 70s. I have also spoken at Psychoanalytic conferences, synagogues and community centers and schools. Each time, I bring in my Adlerian background in my introduction.

In total, I have been coming to ICASSI for over 20 summers. What wonderful opportunities, both personal and professional, have developed for me during those summers of time spent with my friends from Germany and other countries, both here in New York and where they lived, abroad. These are represented by many things. The large card, with a rainbow spanning the ocean, wishing me well, when I landed in the hospital instead of Switzerland in 2011. Hala Buck's cross-cultural art therapy class in which my earliest memory of leaving Germany changed from one of loss to one of gain! The many wonderful bonds and friendships that have lasted long after the summers at ICASSI; having my ICASSI friends come to Essen, my birthplace in Germany when I was honored by receiving 'Stolpersteine'

stumbling blocks of guided stone, set into the pavement in front of the house where we had lived, in memory of my family and to honor me for my many contributions in the schools, at which I had been presenting during the course of 15 years.

Last year I received from NASAP, much to my surprise and delight, a Lifetime Achievement Award in part for my work in Building Bridges for Understanding and Dialogue. Well, after getting a Lifetime Achievement Award I had the feeling that I was finished with having to do anything more. That must have been my private logic because, in truth, there was and is more ahead! Adlerian Psychology is a psychology of movement, overcoming, and growth, which are my goals, as well. In 2017, I intend to be in Fort Wayne, IN for ICASSI and Minneapolis, MN for the (International) IAIP. And then, who knows? I do know this: I have two big passions, Alfred Adler and Building Bridges, and in ICASSI they are integrated and fulfilled.

Finally, I certainly realize that none of this could have happened without the brilliance and dedication of Dreikurs and the devoted, continued and committed dedication of Eva over all these years! Thank you! And finally, I would be remiss if didn't also thank John and all my wonderful teachers and mentors who have been supporting me for many years on this amazing journey!

Ellen Mendel, LCSW, NCPsyA  
President, Alfred Adler Institute of NY  
Adlerian Analyst in Private Practice  
212-662-4193

## ADLERPEDIA

Adlerpedia® is an online space to explore, engage, contribute, and collaborate with all things Adlerian. If you are unfamiliar with the website, the following link will take you on a ten minute tour of the website: <http://www.adlerpedia.org/tour-of-adlerpedia> or you can explore on your own by accessing the website directly: [www.adlerpedia.org](http://www.adlerpedia.org)

Because new resources are being added all the time, we wanted to keep you up to date with a few exciting additions each month. Please see below to find out more:

Video of Dr. Rudolf Dreikurs conducting a Family Counseling demonstration on June 29, 1960:

<http://www.adlerpedia.org/people/31>

Adlerian Consultation Hour with Dr. Jay Colker: During weekly consultation hours, students discuss challenging cases, and are provided guidance on topics including case conceptualization, treatment planning, intervention implementation, and much more. The following link provides a listing of several recent consultation hours: <http://www.adlerpedia.org/concepts/263>

The Case of Deb Hidden Mourning Revealed:

[http://www.adlerpedia.org/practice\\_areas/192](http://www.adlerpedia.org/practice_areas/192)

A Counseling Demonstration with a Volunteer Client: Overambition and the Liberation to Defeat (Robert Powers and Jane Griffith)[http://www.adlerpedia.org/practice\\_areas/192](http://www.adlerpedia.org/practice_areas/192)

A Case of Jim, A Psychotherapy Demonstration Concerning Loss and Courage (Robert Powers):

[http://www.adlerpedia.org/practice\\_areas/192](http://www.adlerpedia.org/practice_areas/192)

A Couple Counseling Demonstration, Uncovering Hidden Expectations (Robert Powers & Jane Griffith):

[http://www.adlerpedia.org/practice\\_areas/102](http://www.adlerpedia.org/practice_areas/102)

A Family Counseling Demonstration, A Family Reconciles: A Family Reconciles (Robert Powers and Jane Griffith):

[http://www.adlerpedia.org/practice\\_areas/101](http://www.adlerpedia.org/practice_areas/101)

Francis Sesso-Osburn has added descriptions for several Adlerian Assessment measures. You can find them at the below link:

[http://www.adlerpedia.org/practice\\_areas/265](http://www.adlerpedia.org/practice_areas/265)

The International Committee of Adlerian Summer Schools and Institutes (ICASSI) Overview Video:

[http://www.adlerpedia.org/practice\\_areas/190](http://www.adlerpedia.org/practice_areas/190)

Dr. Debbie Joffe Ellis Webinar on Rational Emotive Behavior Therapy:

<http://www.adlerpedia.org/influences/241>

## ADLERIAN NETWORK

### **Adlerian Network Adds 'professional help wanted' Feature**

Are you looking for a fellow Adlerian professional who specializes in a certain problem or technique such as borderline personality issues, trauma work, family conflict or divorce, or who uses EMDR? Do you need to find an Adlerian job counselor or an Adlerian who works to create psychological wellness in business organizations? The Adlerian Network will help you find that professional by posting requests on our website and sending the requests to our email group. Let us know what you need at [adlerian.network@gmail.com](mailto:adlerian.network@gmail.com).

If you have a specialty that others should know about, be sure to fill out the questionnaire on our website

<https://adleriannetwork.wordpress.com/join-the-network/> so that we can add you to the directory.

### **Adlerian Network Monthly Meeting in Minnesota**

Adlerians in Minnesota can attend our free meetings on the first Saturday of each month at one of the Twin Cities libraries. On March 4th, the meeting will focus on practicing the use of Adler's Four Priorities (comfort, control, pleasing, superiority) with clients. The meeting is 9:30-11:30 AM at Golden Valley Library, 830 Winnetka Ave



N., 55427. The meetings are free. Tell your colleagues and bring them along.

<https://adleriannetwork.wordpress.com/>

<facebook.com/Adlerian.Network/>

## **ADLER IS ALIVE AND WELL IN A COFFEE SHOP IN TAIWAN**

At the 2016 NASAP conference, following her presentation, Julia Yang, Taiwan Society of Adlerian Psychology (TSAP) president, and I had a pleasant discussion. I proposed that we collaborate, and she honored me with an invitation to visit Taiwan to present at a TSAP conference. From that first conversation in May, until my husband and I departed from LAX for the journey across the Pacific in November, 2016, the plan grew and developed into a working tour of Taiwan. It included my first presentation, sponsored by TSAP, on Adlerian Talking Circles in the coffee shop in Kaohsiung, near the campus of Kaohsiung Normal University. This was an historic event, the first time that TSAP offered a conference in a coffee shop. I'm sure Alfred Adler was looking down and smiling. TSAP is a vibrant, growing affiliate with members eager to learn more about Adlerian ideas and their application.

That event was followed by travel, mostly by high speed rail with one "snail train" trip for several other presentations and panels, in a total of five cities. We started where we landed on the southwestern coast in Kaohsiung, proceeding through cities in the central part of the country, including Hualien, Tainan and Chiayi, and ending in Taipei with an all-day workshop at National Taipei University of Education. Besides the two mentioned universities, the other three universities visited were Tzu Chi University, which is a private, Buddhist institution, and two public universities, Tainan University and Chiayi University.

Only Julia Yang, who so adeptly organized the itinerary, can explain how we were able to incorporate site seeing between presentations throughout the visit. The places we saw were astounding and, some, breathtaking, including Kaohsiung harbor, Sun Moon Lake, Taroko Gorges, the old and new Palace Museums, the Big Crater trail, Taichung, the Paper Dome, Freelandia Fort Museum, the Taipei Veteran's Memorial and Taipei Tower 101. In addition, we appreciated the variety of campus environments and the local night markets. Frequently, at the end of our stay in one location, our hosts would assist us in getting on the correct high-speed rail train and our new hosts would greet us at our stop in another city. We loved the high-speed rail, and enjoyed viewing the countryside as we traveled on it. Taiwan is a prospering country of about 24 million people.

My husband was interested in visiting Taiwan because he had been stationed with the US Air Force near Tainan in 1974 and wanted to see how it had changed. He also wanted to see Sun Moon Lake again and to share the experience with me. A lovely young couple with their

two-year old daughter, who had volunteered to show us around the lake, did just that and, afterwards, we enjoyed dinner together. Everyone we encountered in Taiwan was welcoming and focused on our comfort. The students we met were very respectful and asked thoughtful questions. They reported a great appreciation for Adlerian concepts and strategies.

Other Adlerians who have traveled to Taiwan include Wes Wingett, Becky LaFountain, and Paul Rasmussen. If you are approached by Julia Yang with an invitation to speak in Taiwan, say "Yes!" Interest in Adlerian ideas is growing rapidly in Taiwan, and Adlerian speakers are greatly appreciated.

Joyce A. DeVoss

## WELLNESS FOR LIFE: TOGETHER AGAIN



*Gee, it's good to be together again.  
I just can't imagine that you've ever been gone!  
It's not starting over, it's just going on!  
Together again  
Now we're here and there's no need remembering when.  
Cause no feeling feels like that feeling!  
Together again!*

[Song: Together Again by Ralph Burns & Jeff Moss from The Muppets Take Manhattan Movie, 1984]

Just as the song says, "Here we are, together again." Where do we go from here? What direction, possible adventures, words of wisdom, inspiration and humor will unfold this year? Only time will tell. The possibilities are unlimited. Hopefully, whatever the topic, it will continue to bring a ray of sunshine your way.

There's the usual or obvious and the little known or unusual. How about we begin unfolding the new year with a little of this and a little of that?!

Most of us are familiar with and may count on New Years Day, Valentine's Day or the Super Bowl Day which act as 'grounding' events in our lives. As for the unusual beginning the year, you may consider Polar Bear Plunge/Swim Day, mostly practiced in N.Y. and Vancouver B.C., or Man Day, the Sunday before Valentine's Day, to add a bit of spice to your life. Delving further into what may be considered as crazy, goofy or weird, we may consider National Kazoo Day or Rubber Duckie Day in January. This year, National Kazoo Day is celebrating its 165th year! It was originally called the "Down South Submarine" when it was introduced at the Georgia State Fair in 1852. Since it was easy to learn to play, it quickly became popular. 'Kazooists' are flexible as to an exact date for celebrating, so this year it was recognized for about a week, January 23rd - January 29th, when enthusiasts hummed to their hearts content. As for Rubber Duckie Day, its origins are a bit of a mystery. Though they first

appeared around World War I in the shape of various animals, rubber duckies were the most popular. Though they have a long history, most of us today associate them with the Sesame Street character, Ernie, and his Rubber Duckie song. What a way to teach young people about hygiene by creating a cleansing ritual! At the same time, it provides many of us with wonderful childhood memories. Because of its significant contribution, it was one of 53 toys worthy enough to be inducted into the Toy Hall of Fame in 2013. (Wikipedia) How's that for coolness?!

To round things out for February, there is Cow Milked While Flying in an Airplane Day. A cow by the name of "Nellie Jay" pre flight and "Sky Queen" post flight, more commonly known as Elm Farm Ollie, was the first cow to fly in an airplane and milked in flight on February 18, 1930. (Wikipedia)

For the fun of it, there's No Pants Subway Ride Day, 1/8 and Thumb Appreciation Day, 2/18. I'll let you draw your own conclusions.

Each month notes various events that are celebrated the entire month. For example, National Laugh - Friendly Month in February.

Now to tie things together. This part will provide insight, especially for those who may not be familiar with the movie, The Muppets Take Manhattan, and the song, Together Again. You might say it's about shared dreams. At the same time, it's a candid look into friendship. Very few experience its value and importance of life. Others may not realize what they had until it is gone. Then there are those who unfortunately miss out on 'no feeling feels like that feeling'. This may be the result of the fact that they may not of had an opportunity to encounter or nourish friendship since it was not being a valued part of their life. Both the song and movie illustrate that true friendship is one of life's most valued entities.

Now you've had a taste of what may come. Hope it tickled your fancy in some way. So until next time. Stay well and hydrated.

Warm Fuzzies

## **A NEW ADLERIAN WEBSITE**

A new Adlerian website is now up and running at:

[www.lifepsych.com](http://www.lifepsych.com)

This approach to growth and development is fully Adlerian-based, as are the assessment tools. Currently, the website has a focus for organizations, but later will add issues related to adult-adult relationships, adult-child relationships, and the creation of self-significance.

David L. Hanson, Ph.D.  
Consulting Psychologist  
4616 25th Avenue NE #38  
Seattle, WA 98105

## **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.psasadler.org>.

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