



TABLE OF CONTENTS

- **PRESIDENT'S MESSAGE**
- **EXECUTIVE DIRECTOR'S REPORT**
- **CONFERENCE CORNER**
- **CONFERENCE WELCOME**
- **CONFERENCE ACTIVITY: CULTURE SAVES LIVES**
- **AFFILIATE RECEPTION IN VANCOUVER**
- **CAMPUS TOUR AT VANCOUVER**
- **SOCIAL INTEREST AWARD WINNER: SHANNON CHRISTENSEN**
- **ABOUT MAMAS FOR MAMAS**
- **SOCIAL INTEREST AWARD WINNER: INSITE**
- **PRECONFERENCE WORKSHOP BY DR. DEBBIE JOFFE ELLIS**
- **MINNESOTA NETWORKING CALENDAR**
- **WELLNESS FOR LIFE: STORIES**
- **AFFILIATE LINKS**

NASAP Newsletter

March/April, 2017

PRESIDENT'S MESSAGE



Dear NASAP Friends and Colleagues,

I am delighted to invite and encourage all of you to attend the 2017 NASAP Conference in Vancouver, British Columbia, in this most beautiful of west coast cities from May 18th until May 21st. For some of you in the eastern part of North America, I recognize that the west coast is a long trip at no little expense, but I hope that you will consider the trip to be worth it. Like a magnificent European city of old, you will be transported

into the majesty of a highly diverse, well-kept city with mountains to the north and east and the ocean on the west. This year, some of the top Adlerians in the world will be addressing issues from individual to family therapy, from addictions work to parenting, from philosophy to application. And we will be joined by one of North America's leading counselor-educators and authors, Dr. Jeffrey Kottler. There will be plenary sessions, featuring first nations people and a panel of younger Adlerians on what they hope for in Adlerian Psychology. There will be therapy demonstrations and professional conversations, along with laughter and celebration. This is a conference that will welcome you like family and seek to inspire you with new and innovative ways to apply Adlerian theory and practice.

There are a number of special events associated with the convention this year. We have more than one Ansbacher address with the featured speaker on Thursday evening being the internationally respected trainer of effective parenting, Alyson Schafer. A second Ansbacher lecture will be given when NASAP presents Bob and Bev Armstrong with the organization's lifetime achievement award. There

Jamie Stone O'Brien,
Editor

will also be a reception for all of us at the new Adler University building in Vancouver.

Next submission due date is June 1st, 2017.

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

On the Thursday morning, May 18, NASAP will offer an absolutely free half-day workshop as an Introduction to Adlerian Psychology and Adlerian Practice, led by Michele Frey. On that same day, Jim Little from Toronto will be taking a group of people on a camera safari throughout Vancouver.

So come, please come, to the 2017 NASAP Conference in Vancouver. And bring a friend.

While at NASAP, there will be a number of events happening behind the scenes that are intended to launch multiple initiatives to keep Adlerian theory and practice relevant for at least the next quarter century. On Thursday before the conference starts, the Council of Representatives (COR) will be meeting, as well and the NASAP Task Force of Adlerian Research. Both of these groups are engaged in creating growth and development strategies for implementation over the next twenty-five years.

COR will be spending a great deal of time discussing the growth, development, and support of Affiliates and Professional Sections. Our goal is to blanket North America with so many affiliates that any person could drive less than five hours and be at a NASAP affiliate convention or a NASAP training program in Adlerian therapy. These same affiliates and sections will also be thinking about their needs and interests for the next calendar year with a focus on moving individual groups and/or NASAP as a whole toward the larger goal of increased access to training.

COR will also hear at least one and perhaps two approaches to restructuring NASAP governing processes for the future. Discussions around these ideas will be a preliminary hearing before taking a vote on possible implementation at our October meeting. The proposal(s) reflect, again, a shift in organizational process from a central office model to a network of affiliates with support and linkage provided by a NASAP management team under the guidance of a national Board of Directors (BOD). If these kinds of discussions interest you, any of you are more than welcome to sit in on these meetings and listen to the discussions as they proceed.

The NASAP Task Force on Adlerian Research will also be meeting to carry on their discussions about long-range plans for research at several levels. The most prominent task will be to design and advance clinical trials that will lead to placing Adlerian therapy on the national (US) evidence-based practice registry. Several different groups are working on this at the moment as well as supporting additional individual efforts to advance research. While I am talking about this, I want to highlight the great news that Adlerian Play Therapy is now listed as Evidence-Based Practice on the national registry. A year from now, I hope to announce a substantial Research Award for an outstanding, published article, Masters thesis, and/or Doctoral dissertation that advances the use of Adlerian theory and practice in the helping professions.

SO!!! A lot is going on, and it will all come together in Vancouver from May 18 – 21. I am so happy to be a member of NASAP right now. We are in the middle of very exciting times—with extremely exciting opportunities before us. Come to Vancouver and participate in as much or as little as you like. Greet old friends, make new ones, and come away with a whole raft of new ideas and new possibilities. See you there.

With warm affection and greetings to you all,

Jim Bitter

President, NASAP, 2016-2018

EXECUTIVE DIRECTOR'S REPORT



As you all should now by now, we have a new President-Elect. Susan Belangee was elected this past month, assuming the position of President-Elect following the conference in May and then the Presidency of NASAP following the conference next year in Toronto (2018). Congratulations to Susan and a sincere thank you to Jon Sperry who ran in this election as well. NASAP needs good

leaders and it was very reassuring to have two excellent candidates running again this year.

The early bird deadline of April 10 may be over by the time you get this newsletter, but registration forms are online now for the NASAP Conference in Vancouver, May 18 to 21. 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 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.

Renee Devine from our office in Fort Wayne and Deb Bailey from Vancouver staffed a booth at the American Counseling Association convention in San Francisco. They passed out information about the upcoming conference in Vancouver and hopefully encouraged a few new people to attend, as well as renewed some acquaintances with members attending the conference.

Looking forward to seeing you all in Vancouver! Have a wonderful spring!

John F. Newbauer, Ed.D., DNASAP

CONFERENCE CORNER



Going Once....Going Twice.....SOLD!

The live auction is one of the many highlights at the Saturday Evening Banquet, which as you may know, is included in the two-day conference registration. Here I will highlight three of the items that will be auctioned that evening so that participants can plan ahead and be ready to bid.

ORLANDO, FLORIDA OPPORTUNITY: Three Nights in Two Timeshare Units (each sleep up to 8 persons) at the Fountains Resort. Imagine yourself and up to 15 friends and family members sharing this exciting experience. You can reserve your units during the Red Season, which includes the following weeks of the year: 1-5, 17-23, 35-45 and 48-50. Visit the Fountains Resort website at <https://www.bluegreenvacations.com/resorts/fl/the-fountains?akamai-feo=off> This package is valued at \$1300. If anyone is interested in this item and would like to purchase it outright, they can contact me at rmlafo@comcast.net to find out more information. In the event it is not purchased prior to the conference, it will be auctioned there (a minimum bid will be required). Don't let this great opportunity slip past you. Perhaps talk to another family and ask them to go in on it with you—there is plenty of room!

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 congress and they will be holding the pre-congress at their school on July 9. Please consider bidding on the registration to 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.

Additionally, you will have the opportunity to bid on a one-week registration to **ICASSI (the International Committee of Adlerian Summer Schools and Institutes)**, which 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 www.icassi.net.

Receiving the high bid on any of these items is a win-win situation for both you and NASAP!

by Becky LaFountain, Conference Coordinator

CONFERENCE WELCOME



Welcome to the 65th NASAP 2017 in Vancouver, B.C.! We are pleased and excited to welcome you to the west coast of British Columbia.

The local affiliates Alfred Adler Western Canada Society and the Adlerian Psychology Association of British Columbia are excited to invite you to come to the ‘supernatural’ west coast of British Columbia. Enjoy the best the nature has to offer while you are here. Replenish and recharge your “Mind, Body, Heart & Soul” while attending an inspiring 65th NASAP conference? See you in Vancouver!

CONFERENCE ACTIVITY: CULTURE SAVES LIVES

We have the privilege of the **Culture Saves Lives** organization providing a short talk and a drumming and singing ceremony to open our conference on Thursday night at 6:30 pm. Please do not miss this First Nations’ welcome.

The Mission of Culture Saves Lives is to reconnect all people with their culture as a harm reduction and life saving health intervention, especially First Nations people oppressed by mechanisms of colonization such as residential schools and the foster care system, also including those who are traditionally left out of the circle.

Many inner city Urban First Nations people have been dislocated from their culture. Culture Saves Lives provides access to ceremonies and

helps guide people to these safe healing places, especially residential school and foster care survivors.

Their goals are to:

- Provide a model of community care and raise the cultural competency in systems of care.
- Create cultural opportunities for people to contribute to community by diversifying hiring models.
- Increase the number of safe, inclusive cultural spaces so that nobody is left out of the circle.
- Grow a movement that is inclusive, community-led, flexible, collaborative, and person-centered to engage people in cultural practices that lift the spirits of all.

Culture Saves Lives was started after the Representative for Children and Youth **report** about Paige, an indigenous girl whom the social care system tracked and monitored from birth, while neglecting to provide her with relevant support and services. In 2013, Paige passed away from a drug overdose in the DTES. She was 19 years old. Paige's story is not unique and more needs to be done.

Coinciding with the Truth And Reconciliation Commission **released** this year, we decided direct and immediate action needed to be taken. We believe it is time for a wider discussion and action around decolonizing normative health service practices.

The medicine wheel teaches us that wellbeing encompasses the whole person – it is a balanced approach to health. While medical services address the physical and mental components, it is culture, participating in culture, and sharing of culture that will address the emotional and spiritual components of an individual, community, and nation.

Research Shows Culture Saves Lives.

Teal Maedel
Local Conference Co-Chair
NASAP 2017 Vancouver



AFFILIATE RECEPTION IN VANCOUVER

Dear Affiliate Representatives,

On behalf of the local Vancouver planning committee and the two Canadian west coast affiliate hosts (the Adlerian Psychology Association of B.C. and the Alfred Adler Western Canada Society), we are delighted to welcome you to NASAP 65 in Vancouver. I think that you will enjoy the conference site. The Marriott Pinnacle is in the heart of Vancouver, a short walk to the ocean and it boasts a spectacular view of the Mountains.

As you know, the NASAP COR meeting is being held on Thursday May 18th.

NASAP is hosting an affiliates' reception for you on Thursday night from 5:15 until 6:15 in the Bravo Suite at the Marriott. If you plan to attend please RSVP by May 5, 2017 to Tmaedel@telus.net or to Becky LaFountain, NASAP Conference Chair at rmlafo@comcast.net. We require the numbers of attendees in order to plan for refreshments. This reception will provide the opportunity to connect with other affiliates, to discuss activities in your own affiliate and to ask questions of the NASAP board.

I look forward to meeting with you in Vancouver, beautiful B.C., Canada

Teal Maedel
Affiliate Representative to NASAP

CAMPUS TOUR AT VANCOUVER



Adler University's Vancouver Campus invites you to visit our brand new campus on Friday May 19, from 6:30-8:00pm for a wine and cheese reception. Our campus is a short walk from the NASAP Conference hotel.

520 Seymour Street, Vancouver
(Pender and Seymour Streets)
Phone: 236.521.2500

We look forward to welcoming you!

SOCIAL INTEREST AWARD WINNER: SHANNON CHRISTENSEN



The NASAP 2017 Vancouver Conference Committee Chairs Teal Maedel and Susan Burak are pleased to announce that one of the Social Interest Awards to be awarded this year at the Vancouver Conference on Thursday evening, May 18, will be going to Shannon Christensen who is a graduate of the Adler University.

Shannon Christensen (Nee Kimmitt) was born and raised in Kelowna, BC and enjoys raising her own family in the community where she grew up. Shannon completed her bachelor's degree in Psychology with a minor in Indigenous Studies in 2009 at UBC Okanagan, then worked on her masters of Counselling Psychology while staying home with her two beautiful boys, now 3 and 6 years old, at The Adler University. Shannon began her career as a therapist during her internship at Youth Forensic Psychiatric Services and then found her dream job as a specialized trauma therapist at The Elizabeth Fry Society in 2015. She has a passion for working with marginalized populations, and has used this drive to start Mamas for Mamas, a registered non profit organization dedicated to reducing the negative impact of poverty on low income mothers and their families. She continues to work as a therapist three days a week while continuing to build Mamas for Mamas' programs and support services on a volunteer basis. This socially responsible social media platform where mothers can access whatever they need at no cost reached the level of a registered Canadian charity as of January 2017. This is the first time a social media platform has grown into a charitable organization and has attracted over 10,000 members since 2014, a phenomenon Shannon believes reflects the systemic gap for direct support for mothers in BC. Shannon attributes much of her success and the success of Mamas for Mamas to an incredibly supportive husband Dylan, a dedicated executive team and an amazing community of invested mamas who create social change daily through their

generosity. Shannon has been recognized by The Chamber of Commerce as a top 40 under 40 recipient in 2015, A Woman to Watch in July, 2016 by The Chamber of Commerce and The Kelowna Capital News, and has recently been nominated for Woman of the Year through The City of Kelowna Civic and Community Awards in March, 2017. For more information about Shannon and Mamas for Mamas, please visit MamasforMamas.ca.

ABOUT MAMAS FOR MAMAS

Mamas for Mamas is a locally operated charitable organization that supports mothers in crisis, and provides ongoing support to low income mamas and their kids. Our mission is to change the landscape of poverty through innovative approaches to socioeconomic barriers faced by struggling families; we envision a future where no mama or child is left behind. We've developed an environmentally conscious online platform to reduce poverty and recycle goods from mama to mama with no money exchanging hands. This platform now hosts 10,000 mama members who donate and trade to reduce the cost of raising kids, support one another, and offset the waste produced by buying items new. Although many mamas were having their needs met through this platform, we quickly realized the need to address the systemic issues behind thousands of these mamas needing ongoing poverty relief support. The most recent statistics from Statistics Canada (2014) paint a stark picture: 1 in 5 BC children are poor. Fifty percent of BC children being raised by single parents are poor and single mothers are going hungry to feed their children (BC Child Poverty Report Card, 2016). With your financial support, we can change these disheartening statistics, and change the landscape of poverty in our home communities. We are growing quickly as an organization in order to keep up with the demand. We support these mamas and their children through our various programs which include: our donation and comprehensive donation program wherein we find mamas everything they need at no cost, sustainable nourishment program filling the gaps in farm to table nutrition and a high in demand support and mental wellness program.

We support the single, and low income mothers in our community by helping them access resources to counteract some of the root causes of poverty including: low wages, lack of education, inadequate social and income support systems, the crisis appropriate housing, and a lack of affordable childcare. Beyond this, a disproportionate number of teen mamas who have aged out of the foster care system have fallen through the cracks, and we are here to catch them. We are dedicated to creating a community where no child goes to bed hungry, where no kids in our community walk to school without winter coats and holes in their boots, we envision a community where hope prevails. Many children live with this reality every day, but it just doesn't have to be that way. Due to the support we offer through our donation program, thousands of children and mamas have found relief and comfort knowing they will be able to find what they need to stay warm, fed and supported through our programs. As a result of our programs, Mamas' children will go to bed without the stress of

uncertainty; they will be well-nourished, appropriately housed, clothed and better off than the night before. For more information on Childhood Poverty or to check statistics from this letter, please visit Still1in5.ca.

SOCIAL INTEREST AWARD WINNER: INSITE



The NASAP 2017 Vancouver Conference Committee Chairs Teal Maedel and Susan Burak are also pleased to announce that the second Social Interest Award to be awarded this year at the Vancouver Conference on Thursday evening, May 18, will be going to Insite, the first legal, supervised injection site in North America. It is located in the Downtown

Eastside (DTES) neighborhood of Vancouver, B.C.

Vancouver is in the midst of a human tragedy of epic proportions. In the past two years, 1400 people have died from overdoses of opiates. For many, it was an unintentional encounter with fentanyl in what was supposed to be heroin that ended their lives. Dr. P Kendall, the chief medical officer for the province of B.C. has declared the overdose crisis a 'public health emergency.' "We in Canada have been watching with dismay as the number of overdose deaths associated with opioid drugs, in fact, all illicit drugs, increases," Dr. Kendall said, adding that, despite the efforts of B.C. officials, the number of deaths has continued to climb. By way of comparison, in 2010, there were 200 deaths due to overdose.

In order to resolve and reverse the current epidemic of overdoses, many initiatives will be needed. Solutions are going to need to come from 'outside the box'. Solutions will need to combat the stigma facing drug users that sometimes leaves public health officials unable to act when governments of the day are unwilling to act. Sadly, politicians are often more concerned with re-election and public perception than they are about the death of marginalized and addicted individuals.

One great example of putting people first and not judging them solely by their behavior is Vancouver's Insite, a safe injection facility, and until recently the only such site in all of North America. Behind the inauspicious entrance that quietly announces its location, are 13 mirrored injection booths for people suffering from addiction. At each booth an individual can inject street drugs into their veins. People who use InSite are generally those who live in the DTES, but it is open to all. There is a nurse and care attendants available. InSite is spotless and bright, there's a ready supply of clean syringes, sterilized water, alcohol swabs and rubber tourniquets. Narcan, the antidote to overdose is also on hand and workers are trained to administer it.

There will be 600 injections at Insite in the course of a day. No has ever died of an overdose at InSite since it opened in 2003. These days, there is often a line outside. The hundreds of overdose deaths in the area happen outside in the streets, alleys and single-room occupancy hotels of Vancouver's Downtown Eastside. Sometimes the dead are found with needles still jammed in their arms.

InSite was opened, following extensive consultation, after a public health emergency was declared in Vancouver in 1997 in an attempt to counter overdose deaths and a spike in HIV and hepatitis C infections caused by shared needles. Since then, B.C. has gone from having the highest infection rate in Canada to among the lowest. People who use InSite on a regular basis are also 30 percent more likely to enter addiction treatment. They won't need to go far. On the second floor of the building that houses InSite is OnSite, a detox centre, and on the third floor a pretreatment space for those awaiting a place in a treatment facility.

This storefront facility and its role as part of a harm reduction strategy has also made B.C. famous in the fight against deadly infections and overdoses—and a pariah in the eyes of the former Conservative government. InSite was a target of the former federal Conservative government while it was in power. In 2008, then federal health minister Tony Clement called InSite, “a failure of public policy, indeed of ethical judgment.” A succession of ministers, including former Health Minister Rona Ambrose, were consistent in their opposition, saying it diverts finances from treatment, legitimizes illegal drug use, encourages others to inject drugs, is a magnet for crime and threatens neighborhoods. These were the prevailing federal government attitudes even though research and experience did not back up these claims. When the Liberal government under Justin Trudeau took over, InSite's viability was ensured and its role as an important part of the solution to treating addiction was acknowledged by giving Insite a five year permit instead of the usual one year permit.

InSite is one of about 90 similar sites around the world. Insite has the full backing of the city of Vancouver, its police department, public health officials and the B.C. government. More than 40 peer-reviewed studies published in The Lancet, the New England Journal of Medicine, and the British Medical Journal among others, concluded that the facility and other harm-reduction strategies like free needle exchanges have slashed HIV and Hepatitis C infection rates and have increased the number of people seeking treatment; additionally, it should be noted that there has not been an increase in crime.

It has taken courage, determination, compassion, and a respect for all individuals on the part of the founders and staff of InSite and the PHS Community Service Society to initiate and champion this life-saving facility.

PRECONFERENCE WORKSHOP BY DR. DEBBIE JOFFE ELLIS

The Holistic, No.Nonsense, Vigorous, and Compassionate Approach to Rational Emotive Behavior Therapy: More than an Effective Evidence based Approach!

A Professional Development Day Facilitated by Dr. Debbie Joffe Ellis

In this workshop Dr. Ellis will present the basics of Rational Emotive Behavior Therapy (REBT), its history, development, techniques, and methods. She will describe similarities and differences between the approaches of Albert Ellis and Alfred Adler. She will speak about its application to trauma, do live demonstrations, and include some exercises attendees can do in pairs or small groups.

Participants will learn:

1. The main principles of REBT
2. Identify the similarities and differences between REBT and Adlerian Psychotherapy
3. Describe methods and techniques that can be applied to clinical practice

Wednesday May 17th, 2017, 10:00am – 4:00pm

Venue: Adler University Community Room – 2nd Floor, 520 Seymour Street, Vancouver, B.C.

WORKSHOP FEE

Advanced Registration: Deadline May 1st NASAP, APABC or AAWCS
Members: \$100 Non Members: \$120 Students: \$50

Registrants After May 1st or at the Door:

NASAP, APABC or AAWCS Members: \$120 Non Members: \$140
Students: \$75

Approved for 5 Continuing Education Units for APA, NBCC, NASW

Dr. Ellis is an adjunct professor at Columbia University of NYC. She dedicates herself to sharing the life-enhancing and inspiring approach of REBT with as many people as possible in the USA and around the globe. She provides teaching on this clear and easy to understand approach, and demonstrates how its application can bring striking and beneficial results. In addition to creating warm rapport with audience members, Dr. Ellis communicates thoroughly the philosophy, methods and techniques of REBT, teaching clearly the differences between healthy and unhealthy thinking and emotions.

To register, contact Jennifer Lee at 778"989"3956 or email
lee.jennifer.ch@gmail.com

MINNESOTA NETWORKING CALENDAR

The Adlerian Network in Minnesota

The Adlerian Network meets on the first Saturday of the month from 9:30-11:30 AM.

On May 6th, Catherine Hedberg will present the Willhite technique, and will show via demonstration how it changes a client's beliefs, at the Rockford Road library in Crystal
<http://www.hclib.org/about/locations/rockford-road>.

On June 3rd, Dr. Marina Bluvshstein will present Metaphors in Adlerian Psychotherapy

If you want to join us by Skype, send an email to adlerian.network@gmail.com.

Coming September 15-17th, a three day conference titled "Helping Clients Change. Jim Bitter will be presenting three half days on "Case Conceptualization and Assessment Based Interventions."

For further information on the Adlerian Network and its activities, go to Adleriannetwork.wordpress.com

WELLNESS FOR LIFE: STORIES



Have you ever found yourself comfortably sitting on the couch watching TV, working a puzzle or reading a book when your mind goes 'a wondering'? Something triggers it. Now you find yourself with an image, thought, memory or perhaps a story. It may be more common than you think.

Now did I say story? Well, when it comes to stories, it can be said they are a part of our DNA [D → Depict/Delineate - describe in a drawing or writing; N → Narrate - describe or recount; A → Activate/Animate - stimulate or bring to life], so to speak.

Stories/storytelling has been around for quite some time. As to when the first story was told, that remains a mystery. However, archaeologists have noted series of drawings going back as far in civilization as the caveman. It may have been a way to remember what happened. The format of stories evolved as people began to come together in groups/clans/families orally and later in written form as it was passed from generation to generation. Whatever the format, there is a 'sender' or 'teller' and a 'receiver' or 'listener'.

Just as the format evolved, perhaps, so did the intent of the story. In the beginning, it may have represented an account of the caveman's experience that day. Today, we refer to it as, "How was your day today, dear?" Religious rituals of many ancient cultures based their

storytelling on rock drawings according to some archaeologists (Jump Up Wikipedia “Why did Native Americans make rock art?” May 9, 2016). If we look at the Australian Aborigene, their rock paintings are first used as a guide to remember the story. Then the storyteller can utilize music, dance and rock art in bringing it alive orally (Jump UP Wikipedia Gregory Cajete, Donna Elder, Regina Holyan. Life Lessons through Storytelling: Children’s Exploration of Ethics, 2010).

Mobility of people had an impact on both the story and the storyteller. Overall, they became more entertaining through sharing the exploits of the traveler from place to place. They possibly included heroic deeds/adventures along the way or challenges met, like disasters of nature - storms, fires, floods, etc.

Whatever the case, stories have a tendency to educate, be the means of cultural preservation, instill moral values, as well as entertain. There are a number of forms associated with stories. They include fables, fairytales, folktales, legends and mythology, just to name a few.

What is uniquely fascinating about stories is that they act as an all-inclusive synapse or bridge between ages, cultures and languages.

How many of us have a special fairytale or story that would whisk us away to a time or place of nowhere in particular, while sparking our imaginations by pretending? Thusly, creating an adventure to embark on or a safe haven, letting us explore and/or act as a means of escape for a moment, an hour, etc. So let’s take a moment and journey as we take a slow deep breath in and out, clearing our minds of this, that and the other. Now we can begin to travel the fairy dusted path of princesses, super action heroes or whoever from ____ story that inspired us. I don’t know about you, but I still find myself ‘taking time out of time’ to refresh and recharge. Sometimes, we have to give ourselves permission to be able to take this journey.

In fact, some of us were raised with stories about who we are. Storytelling is a part of many indigenous cultures. For the Navaho, it teaches the young people about our culture and how to live a good life of harmony and balance.

On a lighter side, a number of indigenous tribes have a trickster as one of the mythological figures who would always get into trouble. For the Tlingit, it is the Raven and for the Navaho, the coyote. As a young person I remember watching a cartoon series featuring a roadrunner, known as Road Runner, and a coyote, known as Wile E. Coyote. The Coyote had one thing on his mind: the desire to catch and eat the Road Runner. He would attempt to outwit the Road Runner using complex, intricate contraptions to catch him. However, things would backfire, and he usually ended up being hurt via slapstick humor. I wonder if this possibly emerged from Navaho folklore?

In any event, there are versions on the same legend that are often spoken by Native Americans from different tribes.

We have discovered that storytelling can be therapeutic in shedding light onto understanding ourselves or our situations. One technique can be using Mutual Storytelling, which is a fun and effective way of giving insight into young people's mistaken goals. It also can initiate more respectful social interactions while retaining a sense of belonging. Narrative Storytelling can provide insight into traumatic events via Psychodrama, Sand Play, Play Therapy, puppets or from the creation of photo/picture/rebus books. It's like looking at things while wearing 'magic glasses'. It sets a comfortable tone and a safe environment while giving permission to naturally express oneself.

This reminds me of a story called "The Magic Glasses". A boy was walking one day along a path he took many times before. This time, he tripped and fell, finding a pair of unusual glasses. These glasses had many buttons on them. He picked them up and put them on. He'd press a button and everything looked blue. Pressed another, everything was yellow. Each time he pressed a different button, it revealed things along the path in different colors. He was so fascinated by what he saw. It was as if he was looking at things for the first time. He tripped again whereby the glasses fell off. He searched and searched. The glasses were nowhere to be found. However, when he arose, all those things he saw through the glasses were still vividly there. Sometimes, we need to see things through a pair of 'magic glasses' in order to appreciate all the beautiful things around us.

There you have it - a 'look-see' into stories. Keep in mind, we all have stories to imagine, tell and/or share. Before I go, if you are interested in enhancing your own storytelling or just want to be entertained, there are storytelling festivals throughout the United States monthly, which you can find by checking the calendar via Googling "Storytelling Festivals 2017 - 2018". The National Storytelling Festival is October 6th - 8th this year in Jonesborough, Tenn. Let's not forget World Storytelling Day, March 20th, which is celebrated internationally.

So until next time, stay well and hydrated.

Warm Fuzzies

AFFILIATE LINKS

Adler Academy of MN

www.adleracademy.org

Idaho Society of Individual Psychology

<https://www.adleridaho.com>

Mid Atlantic Adlerian Psychology Society (MAPS)

<https://www.mapsadler.org>

Positive Discipline Association

<https://www.positivediscipline.org>

Puget Sound Adlerian Society

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

Please send your affiliate links to NASAPnews@gmail.com

[Edit your subscription](#) | [Unsubscribe instantly](#)