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NASAP Newsletter

May/June, 2017

Jamie Stone O'Brien,
Editor

Next submission due date is August 1st, 2017.

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

PRESIDENT'S MESSAGE



Dear NASAP Friends and Colleagues,

WOW! We had a great convention in the beautiful city of Vancouver, British Columbia. My thanks to all the people in BC who helped to make this one of the best conferences ever. The range of programs was wonderful. We offered a free Introduction to Adlerian Psychology half-day workshop on Thursday and, on that same day, Jim Little took some Adlerians on a camera safari around Vancouver. Our Ansbacher speakers, three of them,

Alyson Schafer, Jeffrey Kottler, and Bob Armstrong, spoke to the vibrancy of our constantly evolving model for living and working. I especially want to thank the young men who did drumming and chanting the first night and also the young Adlerians who spoke at one of our two Plenary Sessions. And my friend, Steve Saiz, sold over \$1300.00 of his handmade pottery cups in support of student housing for next year. I know that Vancouver was a long way from where many of our members live in the eastern part of North America. We will be in Toronto next year. I am certain we will have another great convention, and I so hope that more of you will be able to attend next year.

Even before the convention officially opened, there was a lot going on. The Adlerian Research Task Force, headed by Bill Curlette, met all day, as did the Council of Representatives (COR). COR received a plan from the Long Range Planning Committee (LRPC) for a new structure to the governance of NASAP. COR both approved the plan and directed those of us in governance at various levels to develop a plan for implementation.

This new plan envisions the development of a growing number of NASAP affiliates, which will become the heart and soul of Adlerian

Psychology and Adlerian training across North America. I don't believe we have put it quite this way before, but my goal would be the development of a NASAP affiliate in every state and province within the next twenty-five years. In these affiliates, conferences would be held; training and education would take place; certification would happen; and maybe even the next generation of scholars would emerge. In this sense, NASAP over the next few—maybe many—years will become more of a network of organizations rather than a central organization. We may even get to a point—I know this will be many years down the line—where conventions happen annually in affiliate sites, and we have a national convention perhaps once every three years. All of that is still to be developed.

All of this will take an enormous amount of funding, which we must start doing soon. I am hopeful that we can start this year a capital fundraising project that aims at putting together 5 to 7 million dollars. I know that sounds ambitious, and it is. But if we can get this to happen, we can guarantee that (a) NASAP will continue forever and (b) we can fund training and materials, online courses, research, and ongoing support for affiliates and sections.

For many years, we have relied on volunteers to guide and run the organization. Yes, there have been a few paid individuals in key positions, but for more than fifty years, we have relied on varying forms of COR and Delegate Assemblies and Boards of Directors, along with Executive Directors and Conference Coordinators to keep things going. In truth, on average, we just break even most years. We take in just enough funds to meet expenses, but not enough to hire a really good media person or technology expert or even a full-time Executive Director; not enough to sponsor large-scale publishing or training programs across North America. To be sure, fundraising comes first, but modernizing NASAP is next on the list. These are exciting times and we will be asking the membership to get involved and help us make the growth and evolution of NASAP a reality.

At the end of the conference, the Board of Directors officially expanded by one with the addition of our new President-Elect, Susan Belangee. Susan will take over as President at the end of the Toronto convention and she will be very active through the first of her five years of executive service. We are pleased to have her back on the board and I, especially, look forward to her playing a significant role in the implementation planning and development.

So that is where we are for right now. I hope that all of you have a great summer, this summer of 2017. Keep in touch and let us know how Adlerian life is going in your area.

With warm affection and greetings to you all,

Jim Bitter

President, NASAP, 2016-2018

EXECUTIVE DIRECTOR'S REPORT



The conference in Vancouver is now a few weeks past us and still we have good memories from the sharing and hospitality of our local group, the generosity of our members, and the wisdom shared by our presenters.

A big thanks to Steve Saiz who made the 59 mugs that were sold to raise money for housing for students at future conferences. We raised over \$1400 thanks to Steve's

pottery skills and generosity of time. This was a major undertaking and greatly appreciated.

For those of you new to NASAP or new to Adler's ideas, there are some training and learning events coming up next month that you may want to attend. Actually, these are great learning events for any and all of us to attend. ICASSI is in Indiana this summer, so it's close to most of you – at least closer than Slovakia or Ireland or Romania or Germany or Malta. This is one of the best continuing education options that you will find. You can earn up to 55 credits for attending both weeks and getting to the plenary each morning. Be sure to check it out and sign up for a class of your interest. There is a link [here](#) for learning more information about ICASSI.

Also, the 27th Congress of the **International Association of Individual Psychology** is meeting in Minneapolis this year. IAIP holds this congress every three years in one of its member countries around the world, so it isn't in the US that often. This is a great opportunity to learn more about how Individual Psychology is seen by people all from different places – similarities as well as some differences will be found, I'm sure. See you there. Click on the blue link above to learn more about the IAIP and to register for this event.

John F. Newbauer, Ed.D., DNASAP

CONFERENCE CORNER



It is unbelievable to me that NASAP 2017 in Vancouver has come and gone already. It seems like we plan for so long (actually it is about a three year duration between the time the hotel contract is signed and when the conference actually takes place, with the local group spending at least two years making preparations) and then it is over in a blink of an eye.

Speaking of the local group, kudos to Teal Maedel and Susan Brokaw, local co-chairs; Deb Bailey, volunteer coordinator; and Judy Simonett, bookstore coordinator, as well as all the other volunteers for their hard work and creativity. I love that, although each year the conference has a somewhat predictable format, the actual producing of it varies from year to year reflecting the personalities and interests of the local committee along with the NASAP President, currently Jim Bitter.

Anchoring our conference, we always have keynote speakers and this year they were Alyson Schafer, Jeffrey Kottler, and Robert Armstrong. Although they wonderfully punctuated the conference, we also had over 75 powerful learning experiences in the workshops and presentation sessions, as well as 15 engaging poster sessions.

For those of us who (happily) converted our money into Canadian dollars, we won't want to change those loonies and toonies back too soon....we will all have a chance to spend them next year when we return to Canada, this time in the East, for NASAP 2018 in Toronto June 7-10. The conference will be hosted by the Ontario Society of Adlerian Psychology (ONSAP) and their provocative theme, "Community, Connections and Social Interest in Challenging Times," should be stimulating.

by Becky LaFountain, Conference Coordinator

THE NASAP CONFERENCE EXPERIENCE FROM A FIRST TIME PERSPECTIVE

Being a new Adlerian currently in progression towards becoming a mental health professional, my first time attendance at the NASAP conference was truly a rewarding and growth enhancing experience. The atmosphere and warmth received was something to be cherished and allowed the opportunity to really get to know and connect with Adlerians from all generations. It was also a great opportunity to see how we can all work together towards the betterment of the

clients/patients we see as well as progressing the field of Individual Psychology towards mainstream acceptance.

This first time opportunity was one that expanded the way I have come to understand both myself and others in being able to hear about the different presentations and talks geared towards the expansion of human connection, warmth, and empathy within the society in which we are immersed. The breadth of presentations and talks that were provided truly showed that Individual Psychology and Adlerians alike are about honing in on social interest, not just within the individual, but also within larger systems in an effort to make change that spans the trajectory of how we live in a society where mental health has become a worldwide epidemic. As such, I have been able to take the knowledge learned from this conference and apply it to my work as a student in academics, in my personal life and how I connect with those I interact with daily, and in my work as a therapist to help clients find that encouragement and power to feel that they have agency and the ability to take what is available and provided to them towards the path that they would like to seek in life.

I was also afforded the opportunity to present a poster at the conference with a colleague and found this to also be a rewarding and growth enhancing experience. This provided a deep and intellectual conversation that felt very natural and showed the true compassion and belief that we have as Adlerians. It was also one that fostered a sense of belonging and alignment with those in the same field that foster a sense in helping the next generation grow and prosper, thus leaving myself and others with a sense that this community is one to which we truly belong. It is through this presentation and my overall experience at the NASAP conference that I further found a deep connection and belief that Individual Psychology and Adler's views are ones that I connect with and that align with my values in how I want to grow as a professional and give back to the larger community towards acceptance, stability, growth, and positive well-being.

by Francis Sesso-Osburn



Conference Attendees



Poster Presentations

A LETTER FROM NASAP

(This is reprint of an email sent to Jane Griffith from Elsie and Ted McDorman regarding the NASAP 2017 Conference, edited for the newsletter as it so generously shares the conference experience for those who were unable to attend.)

Hi Jane from very warm & sunny Vancouver,

We missed you here in Vancouver!

It was amazing to see so many Adlerians from previous years, here in Vancouver, having fun recognizing each other. Lots of hugs!

President Jim Bitter was ready to go home after the 4 day marathon, which went well, & included sun all days.

Friday AM, there was a timely Plenary with Vancouver's Deb Bailey & Sarah Blythe presenting "Candles in the Windows of Addiction," which relates to the fentanyl crisis, especially in Vancouver where many have died, including Deb's 21 year old daughter, Ola, over a year ago now. Deb is now a top voluble advocate for the vulnerable.

Alyson Schafer (of Toronto) was Ansbacher keynote regarding parenting. In a Vancouver radio interview she talked about gaming & sensible strategies, even for 3 year olds.

AM Saturday Plenary received best ever comments: "What Really Matters to Us: A North American Panel of Young Adlerians."

There were 15 Poster proposals after a call was made for more submissions..!

Our "Edna's Cafe" Poster Session was a busy place with many coming to chat, sign the guest "Edna Folio," & write out their Edna memories for a future folio. Edna's eldest daughter, Sylvia, & her spouse, Terry Martin, continued their explanation of the "Edna UBC Graduate Scholarship in Family Education & Family Counseling" after dinner & several folks donated to Edna's scholarship, including Eva Dreikurs who is looking very well & promoting ICASSI to a receptive audience of young folk.

A surprising number of MA students visited Edna's Cafe & asked questions. APABC intern Adam was our youth anchor volunteer (possibly some may write a chapter for a future "book"?).

"Edna's Folio" includes Bob's (Powers) written one-page eulogy to Edna, 2012. The full 88-page "Folio" also includes Queen's Diamond Jubilee medal successful submission/award, Eulogies & Remembrances 2012, and NASAP 2017 Poster proposal et al.

Your books made it to Vancouver & were belatedly picked up at the nearby Shopper's Pharmacy. A great big "Thanks" since we propose to donate them to keen students, APABC & Adler University libraries. Most appreciate all that you & Bob have written. Lucky we were to have discovered you in the 80s. We still recall the early days when we

were learning so many useful things about ourselves & our relationship. In fact, I found notes we took of your couple hints & now we are reading aloud bedtime stories. Many thanks!!

Lots of fond memories and lots of love heading your way!

HUGS,
Elsie & Ted McDorman

BANISHING BULLYING BEHAVIOR: THE ROLE OF SOCIAL INTEREST

Last month, while I was preparing a training session for Montgomery County public school counselors on the topic of reducing bullying behaviors, I got stuck. I had been searching for a way to explain why bullying had become such a hot topic, and I hoped to provide these counselors with a clear understanding of what it meant to be a "bully."

I found my answer while trying on a new pair of pants in a department store dressing room. I overheard a woman berating her husband in the adjoining changing area: "You can't wear that! It's not a male color; I can't stand it! You've lost too much weight...your feet stink!"

Scandinavian social worker Dan Olweus conducted some of the first research studies on bullies following four teen suicides that were seen to come about as a direct result of bullying. Olweus defines bullying as a "person being exposed, repeatedly over time, to negative actions on the part of one or more persons."¹

Experts in the field have identified four key elements of bullying²:

1. There is an imbalance of power; for physical, psychological or intellectual reasons, the victim is unable to defend himself.
2. The negative actions usually, but not always, occur repeatedly over a period of time.
3. Bullies purposefully choose actions that will hurt or intimidate the targeted victim.
4. There are usually unequal levels of affect: The victim typically displays a high level of emotional distress, while the bully demonstrates very little emotion or anguish.

The National Association of School Psychologists estimates that every day 160,000 kids don't attend school because they are afraid of being bullied (Nathan Sappa, "Keeping Schoolyards Safe from Bullies," APA Monitor, October 1996, www.apa.org/monito/oct96/bullies.html).

In the early 1900s, Viennese child psychiatrist Alfred Adler introduced the concept of social interest in his book, *Understanding Human Nature*. Adler defined social interest (also referred to as community feeling) as an innate potential that had to be stimulated during the first six to seven years of a child's life to guard against lifelong feelings of inferiority and poor mental health. Adler concluded that the extent to which individuals experienced feelings of inferiority directly affected their capacity to "show interest in the interests of others."

He suggested that a history of human relations led to a society that fostered the striving for self-esteem on a vertical plane, based on superior/inferior relationships and measures of self-worth such as:

1. Good, better, best
2. Third, second, first
3. F's, D's, C's, B's, A's

Here individuals determine their self worth by how they measure up against others. With vertical striving, the higher an individual traveled, the further he might fall. Community members with high self-esteem perceived themselves to be highly influential. Without the proper consideration of social interest, however, this level of influence could resemble that of a tyrannical politician, a crooked car salesperson or a greedy corporate executive.

Adler advocated a shift in our parenting and human relations skills to promote the development of healthy self-esteem in young children on a horizontal plane, emphasizing social interest and the needed skills for making useful contributions to the community.

So what does this look like in practice?

Seven-year-old Gina sharpened pencils for her teacher. "Look teacher, I sharpened these pencils!" Here, the teacher responds by supporting the vertical striving with praise, "That is fantastic! You know, I think that you are the best pencil sharpener that I've ever seen!"

Instead, the teacher could stimulate the child to pursue a horizontal striving for self-esteem through the use of encouragement, "Wow! I really like the way you sharpened these pencils for me. I now have more time to give to everyone in the classroom because of the contribution you have made. Thanks so much!"

While teaching as a professor in the Graduate Department of Counseling at the University of Arizona in 1976, Adlerian psychologist Oscar Christensen administered an informal questionnaire to help him better understand why adults choose to do the "correct" thing when confronted with a moral dilemma.³ Referring to a dangerous intersection in his community, Christensen's questionnaire asked, "Why do you stop at the corner of Speedway and Alvenon at a red traffic light?" Seventy percent of the adult Americans responded, "If I don't stop, a policeman might arrest me." Another 25 percent responded, "If I didn't stop, I might get killed." But only 5 percent responded, "Because if I didn't stop, not only might I be killed, but I might inflict damage on the other person."

These responses indicated that the greatest number of people do the right thing for fear of the consequences of getting caught, while the smallest number act out of a sufficiently high level of social interest.

In conclusion, bullies are motivated by the mistaken belief that having power over others will give them a sense of significance and belonging. However, their low level of social interest, or concern for others, decreases their capacity for empathy. To the extent that we, as adults, continue emphasizing competition and domination in our marital, family, community and international relationships, we cannot expect to see a reduction in bullying behaviors among our youth.

Rob Guttenberg, a Diplomate in Adlerian Psychology, is the Director of Parenting Education for YMCA Youth and Family Services, which offers workshops and training for parents and educators in an effort to reduce the incidences of bullying behaviors at local public and private schools.

1 Adapted from *Bullying at School: What We Know and What We Can Do*. Cambridge, Mass: Blackwells, 1993

2 Adapted from *Bully-Proofing Your School: A Comprehensive Approach for Elementary Schools* (Second Edition), Garrity et al, 2000.

3 *Parent Survival: What To Do Until The Kids Leave Home!* College of Education, University of Arizona, Tucson, Arizona, 1997

How Schools Can Deal With Bullying

1. Holding discussions and role-plays about teasing and harassment.
2. Encouraging kids to speak up when they see bullying behavior, saying, for example, "Hey, knock it off!"
3. Encouraging kids to tell an adult if they see physical bullying, stressing that this is not tattling.
4. Providing discipline. Assign a monitor to a bully for a while when he's out of the classroom, or keep him in for recess for a while if the incidents happen on the playground.
5. Redirecting the bully's desire for power. Responsible jobs can be found to help the bully use his power in a useful way.
6. Establishing school-wide policies and practices for dealing with bullies.

Adapted from *Raising Respectful Kids in a Rude World*, by Gary D. McKay, Ph.D., Joyce L. McKay, Ph.D., Daniel Eckstein, Ph.D & Steven A. Maybell, Ph.D. Prima Publishing, 2001, Roseville, Calif. (page 274)

SOUTH CAROLINA AFFILIATE NEWS

The annual SCSAP Fall Conference will be held at Myrtle Beach September 22-24, 2017. Michael Maniacci will be featured as the keynote speaker. (website: www.adleriansc.org.) A limited number of tuition waivers are available on a need basis. Contact John Arnold at john.arnold@firstsuneap.com,

SCSAP has awarded three scholarships for attendance at ICASSI,2017.

SCSAP member, Patti Walton Agatston, was the Keynote Speaker for the recent 2017 World Anti-Bullying Forum in Stockholm, Sweden.

Frank Walton has accepted an invitation to be the keynote speaker at the Japanese Adlerian Society's annual conference in Shiga, October 14, and subsequently will provide family counseling demonstrations in Osaka, October 21 and Tokyo, October 22.

WELLNESS FOR LIFE: FEET



Actually, the topic for this column came about as a culmination from a presentation I attended at the ACA conference this year regarding 'mindfulness' and the need to clear the mind while slowing down our footsteps and a misinterpreted quote from a Mash episode where Hawkeye was talking about the human 'tush' which registered to me upon reading, as referring to feet.

Somehow I transposed feet for tush. Some of you may be familiar with how easily the mind can invert things, based on your own experiences. You may be politely saying to yourself at this point, "How can you mix up 'tush' and feet? Even anatomy-wise, they're not even close. So let's go 'to the scene', so to speak. "What a unique device, the human tush. An architectural wonder, one of a kind...actually two of a kind. Designed to support our weight for a lifetime of sitting, it also has the subtlety to do the samba. And when attached to certain members of the female species at a time when light summer dresses are worn can cause some of us to drive our cars straight up a lamppost." Now that I'm looking at it more closely, I'm wondering how I could have interpreted that initially. No telling what was going through my mind at the time or what I was experiencing. Oh well, this may shed a bit of light. "I found that when you start thinking and saying what you really want then your mind automatically shifts and pulls you in that direction. And sometimes it can be that simple, just a little twist in vocabulary that illustrates your attitude and philosophy". -- Jim Rohn, personal development expert, speaker, and author. To coin Alfred Adler, "We are not determined by our experiences, but are self-determined by the meaning we give to them; and when we take particular experiences as the basis for our future life, we are almost certain to be misguided to some degree. Meanings are not determined by situations. We determine ourselves by the meanings we ascribe to situations."

There is a part of human nature that is possibly predicated by DNA. Here one's actions as we strive in life are to be flawless, in order to be perceived as a 'model' for self and others. Yet, life or true learning is based on progress → having the ability to challenge the challenges, allowing for change. At this moment, Adler's infamous words resonate, "Have the courage to be imperfèct".

Anyhow, here we are. At this point I'm going to reference the following quote, "Morale is when your hands and feet keep on working when your head says it can't be done." [Benjamin Morrell] Since I got you started on this path and fully believe in morale and 'being imperfèct', I have to see it through!

I never knew just how eclectic the topic of feet is until I started researching it. Of course we have the physical or anatomical point of view.

By definition, the foot, or plurally stated, feet: The human foot is a strong and complex mechanical structure containing 26 bones, 33 joints (20 of which are actively articulated), and more than a hundred muscles, tendons, and ligaments. [Wikipedia]

The foot is the lowermost point of the human leg. The foot's shape, along with the body's natural balance-keeping systems, allows us to do a number of activities. health line.com

As for activities, the range is substantial considering its beginning. It may have started with the fascination of them as a baby, more commonly referred to as 'foot/feet in mouth'. Thusly, graduating to walking. Moving along to skipping, jumping, hopping, running, and game playing - kickball. Then advancing to skating, skiing, dancing, different types of climbing, surfing, hiking, jogging, biking and driving.

Feet do so much for us. It is important to give them the TLC they deserve in order not to take them for granted. Here are some simple tips for the caring and feeding of feet:

*Wash your feet every day with warm water and soap then dry thoroughly (lessens foot problems such as athlete's foot, odor, bacteria and fungus.

* Never walk barefoot (avoid injuries)

For a more extensive list: WebMD and healthy women.org

On the lighter side, feet are everywhere. There are many quotes based from proverbs, cliches to lightheartedness that somehow or another touch on feet:

"Your feet will bring you to where your heart is." Irish Proverb

"Don't judge someone until you walk a mile in his moccasins."

"I complained I had no shoes until I saw a man with no feet!"

"May your feet take you where your heart wants to go."

"Don't place your mistakes on your head, their weight may crush you.

Instead, place them under your feet and use them as a platform to view your horizons."

"Don't let the grass grow under your feet."

"The shoe is on the other foot."

"Keep your feet on the ground, but let your heart soar as high as it will." A W Tozer

"There is no foot too small that it cannot leave an imprint on this world."

"I never really look for anything. What God throws my way comes. I wake up in the morning and whichever way God turns my feet, I go."

Pearl Bailey

"Jogging is very beneficial. It's good for your legs and your feet. It's also very good for the ground. It makes it feel needed." Charles M. Schulz

"You have BRAINS in your HEAD. You have FEET in your SHOES. You can STEER yourself any DIRECTION you CHOOSE." Dr. Seuss

Poem

I'm glad my legs are where they're put,
With at the end of each – a foot;
And that my arms are so well planned

That on each one I have a hand.
Just think of all the things to do
With arms and legs attached to you.
To walk and hop and wave and hold
Are more precious than a pot of gold! [unknown]

So you see, we have the tendency not just to carry the world on our feet, we have the ability to carry elements of an enriching life.

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.psasadler.org>.

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