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NASAP Newsletter

September/October, 2017

Jamie Stone O'Brien,
Editor

Next submission due date is December 1st, 2017.

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

PRESIDENT'S MESSAGE



Dear NASAP Friends and Colleagues,

I can't believe that I am already in the second year of my presidency. We have started a lot of projects, but there is still much more to do. I have many people to thank for this, the halfway point for me. I want to start with Bill Curlette and the team of people who make up the Adlerian Research Task Force. They are moving ahead with some really exciting and needed work in our model, and I am very

hopeful that this work will lay a foundation for many future efforts.

I also want to thank Kevin Osten-Garner of Adler University and Len Sperry for working with me on the development of some clinical trials on Adlerian therapy at Adler University. I have great hope for that project, too.

Jon and Len Sperry are the new editors of the Journal of Individual Psychology. I hope you all got to see the last issue with its tribute to my friend, Jon Carlson, and a great set of articles on the relationship of Adlerian psychology and therapy to other models. The next journal will feature additional comparative articles.

Most of all, I want to thank Kathy Walton and the Long Range Planning Committee (LRPC) members for all the work they did on redesigning the structure and functioning of NASAP. Their plan went through many revisions and took over two years to get to the point where it could be voted on by the Council of Representatives (COR). COR did review it and approve its implementation as soon as we can afford it.

As I said in the last newsletter, the conference we had in Vancouver was an outstanding success and everyone who was able to get there will remember it for its opening, including First Nation singers and dancers; three Ansbacher lectures, starting with our own Alyson Schafer; two plenary sessions, one of which was hosted by young Adlerians; and a wide range of programs across multiple sections. What Vancouver did not have, mostly because we held it in the Western part of North America, is a large turnout. And while the conference made money, it did not make the amount that we normally need to run the organization. We came up about \$14,000.00 short of our goal.

In order to make up the needed revenue for the year, we are both cutting back on spending and looking to create new revenue streams. We will be doing the fall COR meeting electronically this year, probably using GoToMeeting, and we have had a really good response from COR members willing to support us in this. Thanks to all of you. We will save between \$4,000.00 and \$6,000.00 by going electronic.

In addition to that, we are planning up to a three-day Adlerian training workshop in Atlanta in March, just before the ACA meeting. We hope to do this workshop as inexpensively as possible so that the proceeds can go to help NASAP get back on its financial feet. [We had originally planned to do training in the southern part of Florida in January, but after Irma, we decided to rethink that to be safe. Our thoughts and prayers are still with the people of Texas, Florida, Puerto Rico, Cuba, and other islands in the Caribbean, and Mexico—all of them hit so hard by hurricanes, earthquakes, and tornadoes.]

Looking ahead, we hope to have a better turnout in Toronto. It is in the Eastern part of North America; the exchange rate in Canadian dollars is really favorable to those living in the United States; and ONSAP and the Adler School in Toronto have a strong base from which we hope to make better numbers. That being said, we need many of you who were unable to attend Vancouver to come to Toronto next June. John Newbauer has sent out several notices, calling for programs, and I hope a lot of you put one into consideration. Even at this late date, there is still time to put a poster together, and we hope a lot of people new to the organization will do just that.

We are in transition. John Newbauer, the generous soul who has served as NASAP's Executive Director so well, will be stepping down at the end of October. The Board of Directors (BOD) has chosen his sidekick, Ms. Renee Divine, to be our office manager for at least a year. And BOD members will step up to cover other things that will need to be done. In addition, this is Becky La Fountain's last year as Conference Coordinator. She is working with Marina Bluvshstein who will take over the position at the end of the Toronto convention. Becky has served in so many roles for NASAP over the years. She and John Newbauer have been the foundation for all that we accomplished these last five years. They have our total appreciation and thanks.

We have a contract already for the 2019 convention in Tucson, Arizona, which will need a lot of support to reach the numbers we need out there. I am so pleased that we will have Marina to guide us

through this. When we need a great service, it never fails that we call upon the busiest people. Marina, as you probably know, is taking over the position that was held by Jon Carlson at Adler University. She will be overseeing Adlerpedia, the brain child of Jon and Jay Colker (who also retired this year), and she will be working to integrate Adlerian work throughout the programs there.

One of her projects is a program she initiated called "Generations." Here is what she has to say about it:

"Three first year Adler University students will be doing a social justice practicum at the Center for Adlerian Practice and Scholarship in 2017-2018. Interns will connect with alumni of Adler University of different generations, with other people in the Adlerian community, and will map geographical clusters of people who once studied and/or are currently using Adler's theory in their various life activities. Interns will look at the existing natural generational clusters and study, via interviews, what keeps them together, how they are members of the local general community, how they transmit generational wisdom, how they 'do' Adler in their professional and personal lives. They will then identify highlights of their interviews and share those with local, national, and international Adlerian organizations and training institutes via Adlerpedia, the NASAP newsletter, etc.. There will be two distinct foci in all these activities: a) active Adlerian clusters in the geographic areas of 2017-2018 Adler U graduates; and b) people on a list (whether graduates or other Adlerian professionals) who self-identify as US minorities. An ideal outcome for the focus, one, will be to have at least one active and willing local Adlerian reference (a professional or an organization) for every graduate in 2018. An ideal outcome for the focus, two, will be to study the patterns of disaffiliation of minority professionals from Adlerian activities upon graduation."

What a great project. If you have things that you can contribute to this project or other things that Marina is doing, be sure to contact her. She can be reached at: marina.adleracademy@gmail.com. Marina and Sue Brokaw and others have also created Adler Academy in Minnesota, and I had the honor of being their first annual conference presenter. What a great three days we had.

We are at the "SO, . . ." part of my letter. So, here it is:

So, the BOD will meet the first weekend of November to work on the changes that we most need to make. We have a lot on our agenda. What is clear to all of us is that, NASAP if it is to survive, we must mount a serious capital fundraising campaign. We need to endow the organization in such a way that we can afford to bring our conventions and trainings to parts of North America in which we want to grow an Adlerian affiliate or provide services in rural areas. To do this, we need to not worry about how much money our annual convention makes. The BOD has asked Kathy Walton and the LRPC members to become our fundraising arm and to develop a plan and a process for mounting this campaign. We will need the involvement of a lot of people. All of you, who, like me, feel that your lives and your professions have been

greatly impacted by Adlerians and Adlerian theory and practice, it is time to dig deep—and to give back.

I hope that all of you have had a great summer. Plan to be part of the Adlerian convention in Toronto in June 2018 and the three-day training earlier in March of 2018. Watch your email and upcoming newsletters for more details. 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 deadline for submitting workshop and presentation proposals for the 2018 NASAP Conference in Toronto next summer is past; however, we are accepting poster presentation proposals until March 1, 2018. If you have a research project going on now or a new project underway, it would be great to have it reported at the conference in the form of a poster proposal. The poster session has

become a prominent feature of our conference and seems to encourage development and sharing of research and practice ideas. The theme is Community, Connections and Social Interest in Challenging Times. You can download the Poster Proposals Application on our webpage at www.alfredadler.org/annual-conference.

This is my last Executive Director's Report as I have resigned and we will be transitioning to a new administrator in the near future. It's been great to serve NASAP as Executive Director for these past six years and I feel we have grown in terms of our grass roots connections. I look forward to seeing you all at NASAP 2018 in Toronto and perhaps at some Affiliate Organizations' programs throughout the year.

Have a great autumn!

John F. Newbauer, Ed.D., DNASAP

CONFERENCE CORNER



By the time you read this article, the deadline will have passed for proposals for NASAP 2018 (although poster proposals are accepted until April 1) and the selection process will be taking place. While the program is not yet finalized, there are two things that are definite: the dates and location. The conference will be held June 7-10 at the Chelsea Hotel in downtown Toronto (33 Gerrard St W.). It is centrally located in the city,

allowing easy access to many key attractions.

In recent years, our conference has convened in May, so the dates for Toronto are some of the latest we have had in many years. Hopefully these dates will make it more convenient for some persons (e.g., teachers) who haven't been able to come when it was held in May. Perhaps school will be out for parents who have school-age children and teens, and participants might consider combining the conference with a family vacation!

Although the Chelsea hotel is known as one of the largest hotels in Canada, if not the largest with its 26 floors and 1590 rooms, it also promotes itself as family-friendly. It has a Family Fun Zone that includes an indoor pool with an indoor corkscrew water slide, kid centre and a teen lounge. You may want to check out the Chelsea Hotel at <http://www.chelseatoronto.com/en/>.

It is never too early for you to plan for your continuing education....and to possibly plan for a family vacation!

by Becky LaFountain, Conference Coordinator

BEAUTY, BITTER AND BAGELS: THE FIRST ANNUAL MINNESOTA ADLERIAN CONFERENCE GOES OFF WITH A BANG!

Were you one of the lucky fifty? "Fifty what?," you ask. One of those lucky enough to join us for the First Annual Minnesota Adlerian Conference on September 15-17, 2017. The Minnesota Landscape Arboretum in Chaska, MN was the venue where Dr. James R. Bitter (NASAP President) generously shared his experience, learning, warmth, and humor with an intimate intergenerational group. The event, co-sponsored by The Adler Academy of Minnesota and the

Adlerian Network, brought like-minded individuals for a weekend of sharing and caring, Adlerian style.

Jim's topic was "Helping Clients Change" and, through morning lectures, personal life stories, and demonstrations he taught the principles of Adaptive Reorientation Therapy (ART), a technique developed by his friend and colleague Dr. Paul Rasmussen. Afternoons allowed participants to try their hand at applying these techniques with each other.

According to Jim: "It was the best teaching experience of my life in the most beautiful setting ever with some of the most warm, caring and wonderful people possible. It was a vacation with purpose. Thanks to all." Considering that Jim has been teaching for over 30 years, that is high praise indeed!

Jim wasn't the only one inspired by the weekend. Participants reported: "Jim was fabulous;" "Saturday morning was worth the whole cost of the conference;" "I really got something profound during the practice sessions. I wasn't expecting it and I don't think I could have got it any other way."

Participants reported they appreciated the incredible beauty of the Arboretum – Jim told us he would have traveled here just to spend time in such a wonderful place – as well as the friendliness, openness, and helpfulness of everyone involved. People also really enjoyed the immersive "in-depth dive" into a topic, rather than the surface presentations that often occur at conferences. Though a lot of ground was covered, the pace of the conference was perfect and people did not feel burnt out even after three long days. Longer lunch times to debrief or just appreciate the flowers, trees, and water features of the Arboretum helped keep people feeling balanced.

Tom Wright noted: "The enthusiasm, goodwill, and 'our tribe' philosophy was like the old days when Dreikurs came from Chicago." When she asked if we should do it again next year, Sue Brokaw was met with a resounding: "Yes!"





PROJECT "GENERATIONS"

Are you a Chicago or Vancouver or Online Adler Institute/Adler School/Adler University graduate? Are you willing to share about your life, your professional movement, or how you engage in your community with the rest of the graduates? Would you like to mentor a fellow graduate, or can use some support yourself? Would you like to find more Adler University graduates in the area where you live and work? Do you have a topic that you would love to present as a life event or a webinar?

If you have answered "yes" to question number one, and "yes" to at least one other question, you will love to hear about project "Generations" that first year Adler University students are conducting at the Center for Adlerian Practice and Scholarship at the Adler University!

E-mail us at adleriancenter@adler.edu to connect and find out more.

CHILDREN AND SUCCESS



Ten Reasons Children Don't Succeed

1. They feel discouraged about how to connect to maintain a sense of social belonging
2. They have been pampered and they feel inadequate or incapable
3. They feel insignificant
4. They feel powerless
5. They lack courage to handle life tasks
6. They are overwhelmed by the pressures of competition and the successes of others
7. They feel rejected

8. They are constantly fearful of dangers
9. They expect special service and have been led to believe that they are 'entitled'
10. They constantly experience hurt, shame and/or humiliation

Eleven Things that Parents Can Do

1. Avoid pity, imply faith in your child
2. Use 'natural' and 'logical' consequences and avoid using punishment
3. Stimulate their social interest (interest in the interests' of others)
4. Invite your child to contribute to the family
5. Hold regular family meetings
6. Involve your child in making structured choices
7. Encourage your child
8. Avoid comparing your child to others
9. Allow your child to make mistakes
10. Avoid doing for your child on a regular basis what they can be doing for themselves
[Rudolf Dreikurs]
11. Use reflective listening with your child

From: 'Funtastic Adlerian Techniques for Change', by Rob Guttenberg, Copyright, ROB-JOB, 2011, North Potomac, Maryland

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

10/4/2017

nasap.createsend1.com/t/ViewEmail/j/B8F580780C7D0BDC

<https://www.positivediscipline.org>

Puget Sound Adlerian Society

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

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