



TABLE OF CONTENTS

- **PRESIDENT'S MESSAGE**
- **PRESIDENTIAL TRANSITION**
- **CONFERENCE CORNER**
- **EMERGING LEADER PROGRAM ACCEPTING APPLICATIONS**
- **NEW ADLERIAN BOOK RELEASED**
- **WELLNESS FOR LIFE: RESILIENCY IN ACTION**
- **AFFILIATE LINKS**

NASAP Newsletter

November/December, 2017

Jamie Stone O'Brien,
Editor

Next submission due date is February 1st, 2018.

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

PRESIDENT'S MESSAGE



Dear NASAP Friends and Colleagues,

I have some good news for NASAP and some sad news, at least for me, too. Let's start with the good news.

We are set in Toronto for the 2018 NASAP convention. The program is set with a wide range of topics and presenters, including Monica McGoldrick, the person most responsible for the creation of genograms in family therapy (as hers was one of the first publications to acknowledge Adler's contributions to the

field and provide an initial genogram of his family), as well as centralizing issues of race, culture, gender, and affectional orientation in psychotherapy in general.



Further, no woman has done more to transform and enliven family therapy. Monica McGoldrick will be our Ansbacher Lecturer on Thursday evening to kick off our convention. In addition, distinguished Canadian speakers will soon be announced. Stay tuned! For the first time ever, thanks in large part to Steve Saiz, we will also have some rooms available for graduate students to share, free of

charge; applications will be necessary, but it will help those studying to be counselors and therapists to come to our convention and learn about Adlerian therapy. Go to AlfredAdler.org for continuing updates on the convention. So keep June 7 – 10, 2018 open and get ready to visit Canada at the best time of the year.

And then there is Toronto, and what a city Toronto is!! The US to Canadian dollar exchange is favorable to US citizens and the things you can do there are wonderful. In addition to the convention itself, there are hundreds of great things you can do there for under \$100.00, from hopping on and off sightseeing buses to visiting Casa Loma to theater and comedy clubs to visiting the CN Tower, once the largest tower in the world at over 1100 feet. For as little as \$20.00, you can see the Toronto Blue Jays play the Baltimore Orioles—or you can spend a lot more and really see the game. In either case, the stadium, itself, is worth the trip. Ninety miles to the south is Niagara Falls, so you might want to catch that too if you are driving in.

So come to Toronto; it will be a great convention in an exciting city. Charmaine McIntosh, Dan Dalton, and ONSAP will have everything ready for you and the people at the Adler School there will be ready to welcome you too.

Okay, the sad news for me: As many of you know, my family has had some health issues this last year or two that have required a lot of focus from all of us in the family. We are currently working on some important transitions, and my family needs my full attention most of the time. I have found it increasingly hard to also provide NASAP with the leadership and administration it needs—as our organization is in transition, too. So, effective December 1, 2017, I am asking the Board of Directors to accept my resignation as President of NASAP. My friend and colleague, Jon Sperry, the current Vice President of NASAP, will take over as President and shepherd the organization through the Toronto convention. After that, our President-Elect, Susan Belangee will become President from 2018 through the 2020 convention. I am not withdrawing from NASAP, but I do need to cut back on my responsibilities for a while. Jon will be a great President and I will support him in every way that I can.

I want to thank a bunch of people with whom I have had the pleasure of working this last year and a half. All the people on the NASAP Board of Directors have been wonderful, especially Sue Brokaw, Marina Bluvstein, John Newbauer, and our new Interim Executive Director, Renee Divine. These people made up the Finance Committee and, not only did they get our financial record completely straightened out, but they also guided us in saving money when our income lagged behind other years.

I want to thank Kathy Walton, Marion Balla, and all the great Adlerians on the NASAP Long Range Planning Committee who not only provided us with a blueprint for the future development of the organization, but also created a fundraising plan that will be essential for meeting NASAP's future goals. I can only hope that NASAP will implement at least the internal part of the fundraising plan as soon as possible.

And I want to thank Bill Curlette, Roy Kern, and all the people who are serving on the NASAP Research Network. This group is well on its way to creating a study that could bring us one step closer to being designated an evidence-based practice. In addition, Len Sperry is working on another research effort in conjunction with Adler University that could also produce evidence of effectiveness for Adlerian therapy. Of all the initiatives our organization has started in the last year, I am most proud of this one.

So, as I turn the reins over to Jon Sperry, I would also like you to hear from him (below). I welcome him as our new President. Thank you so much for giving me the opportunity and for allowing me to serve. It has been a tremendous gift to me.

With warm affection and greetings to you all,
Jim Bitter
President, NASAP, 2016-2017

PRESIDENTIAL TRANSITION



Dear NASAP members,

I have some very large shoes to fill for the next six months as President of NASAP. I really look forward to contributing to NASAP in this new capacity. As Vice President, I learned about the inner workings of the organization and really enjoyed working with fellow

Adlerians who have a strong passion for advancing NASAP and the work of Alfred Adler. I am excited to help NASAP take some large steps forward in the near future through some of the Board of Director's initiatives. Among the efforts that I will support and facilitate are advancing the evidence-based research initiative and developing Adlerian training programs.

I've been working with Susan Belangee and the NASAP board to organize an Adlerian-focused pre-conference NASAP workshop that will be just before the annual American Counseling Association (ACA) conference in Atlanta, Georgia during April 26-29. We are currently working on the details and will get this information to you in the very near future.

Again, I look forward to serving NASAP over the next six months and beyond.

With gratitude,

Jon Sperry
President, NASAP, 2017-2018
Email: jsperry@lynn.edu

CONFERENCE CORNER



It's that time of year...the time when we make lots of lists and check them off twice: selecting the perfect gifts, decorating the house, sending out holiday greetings, baking....

It is also the time to do the following: go to NASAP's website, www.alfredadler.org, read about the upcoming NASAP conference that will be in Toronto June 7-10, plan to register when registration

materials come available, make plane reservations, consider applying for a scholarship, submit a poster proposal that is due April 1, encourage friends and colleagues to attend the conference....

Something to consider in this holiday season is to combine your gift purchasing/giving with a contribution to NASAP (that costs you nothing!). This is easy to do when shopping on amazon.com. In place of just typing in amazon.com, enter smile.amazon.com. The first time you do it, you will need to register and make NASAP the recipient of the donations. Each time you make a purchase in this way, a percentage of the amount you spend on your purchases goes to NASAP! Even if you are a prime member it recognizes you and you still get all the benefits of prime (e.g., free shipping).

So when you make that list, be sure to add "register on smile.amazon.com" ... and be sure to check it twice!

by Becky LaFountain, Conference Coordinator

EMERGING LEADER PROGRAM ACCEPTING APPLICATIONS

Application Process for the Emerging Leader Program

An Emerging Leader in NASAP is defined as someone:

- who has extensive knowledge of Adlerian psychology and utilizes the theory, research, and techniques in his/her life and career;
- with a strong desire to get involved and remain active in NASAP;
- who has an observable commitment to the field, evidenced by regional, NASAP, or international (including ICASSI) conference attendance and/or presentations.

The purpose of the Emerging Leader Program is to identify and train the next generation of NASAP leaders. Those currently serving in leadership positions, including as an Affiliate Representative, on the Council of Representatives (COR) are not eligible to apply for this

program. To be considered for this program, please submit electronically a letter of intent and a resumé/vita that demonstrates how you fulfill the traits of an Emerging Leader as outlined above to Renee Devine, NASAP's Executive Director, at renee.nasap@gmail.com. If you have any questions, please contact Renee by email or phone (260)452-5347, or Susan Belangee, the founder of the EL program and current President-Elect of NASAP, by email susanbelangee@aol.com or by phone (678)570-5809.

The deadline to apply for this program is February 1, 2018. Decisions will be made by March 1, 2018, and those who are chosen will be notified by March 15, 2018 and are expected to attend the training day (beginning approximately 8:30 AM on Thursday June 7, 2018) at the Annual Conference in Toronto, Canada.

Structure of and Requirements for Participation in EL Program

The Emerging Leader Program of the North American Society of Adlerian Psychology (NASAP) is a two-year program designed to train the next generation of NASAP leaders. Through mentoring and committee involvement, participants will learn about the governance structure of NASAP as well as work collaboratively to identify and meet the needs of new professionals in the organization.

First Year Goals and Responsibilities

For the first year, participants are expected to learn: the history of NASAP, how the governance structure was developed, the purpose of the Board of Directors and the Council of Representatives (COR), roles of the officers of the COR, the governing documents and other procedures, and the decision-making process NASAP uses.

Those chosen to be Emerging Leaders are expected:

1. To attend the NASAP Annual Conference and the Leader Training that coincides with the COR meeting (which is usually on the Thursday of the conference weekend). At the Leader Training, each Emerging Leader (EL) will be introduced to the constitution and by-laws and operating procedures that NASAP uses in governance. Then ELs will join in the COR meeting and participate in the discussion about the future of NASAP. Just as all COR members pay their own way to the conference, the ELs will be expected to cover their own expenses to the conference.
2. To actively participate in discussions (listserv and/or telebridge conference calls) about the needs of new professionals, students, and those new to NASAP, and to develop ways for NASAP to meet those needs.
3. To attend the October COR meeting (location to be determined but may be in Ft. Wayne, IN) for which there will be some financial assistance (\$300-\$400). Your room and some of the meals are covered by NASAP (if you want a private room, you will need to pay half of the rate per night).

Second Year Goals and Responsibilities

ELs are expected:

1. To attend the NASAP Annual Conference and the Leader Training that coincides with the COR meeting (which is usually on the Thursday of the conference weekend). At the Leader Training, each Emerging Leader (EL) will review his/her experiences in the program and hopes for the coming year.
2. To attend the October COR meeting again (possibly in Ft. Wayne), with the same provisions as outlined in the first-year responsibilities.
3. To continue discussions from the first year and also to implement some of the ideas generated through the discussions. The members of COR will provide guidance and assistance for ELs during that process.
4. To participate in the selection process for the next group of ELs. This will involve review of the applications with the COR-based selection committee (to be completed remotely), and discussion of the candidates via telebridge conference call and/or listserv communications.

Beyond the Two-Year Program

After the two-year program, ELs will hopefully want to continue their involvement in NASAP and choose to run for an officer position on the COR. Unless they specify otherwise, ELs will remain on the listserv list and can choose to participate in those online discussions among the new group of ELs. ELs can volunteer to be “unofficial mentors” as well, even if they are not currently serving on the COR.

NEW ADLERIAN BOOK RELEASED



Susan Prosser, a NASAP member of 25 years has written an Adlerian self-help book entitled *Growing Home – A Lifetime Process of Self Awareness and Transformation*. This is a guidebook to assist the reader in the unveiling of the

self. Susan has taken her own life experiences, her training and expertise as a seasoned therapist, and has distilled them into a personal map for growth and healing. She will take you through your life to help you see where your true self may have gotten lost along the way. She will show you how you developed narratives that were based on fear rather than on truth. And she will invite you to change those narratives, step by step; to create the life you were meant to live.

This is a lifetime process. *Growing Home* will be a loving companion along the way and an excellent adjunct to therapy. It offers the power

to heal relationships—especially the relationship with oneself. The reader will be encouraged, throughout the book to risk opening up and allowing the inner light to bring more joy and fulfillment to life.

Excerpts from the book:

1. Growing Home is about returning to our 'life's Star' and allowing it to guide us back into a state of joy and love. It is about finding our inner pilot light and lighting it. It is learning how to trust the true self, as opposed to the protected self, to guide our life, our decisions, our relationships, and most importantly, our minds.

Over time, and depending on how safe or dangerous one's environment is, a child develops safety mechanisms, which are either adaptive or maladaptive - usually a combination of both. The more perceived danger in the environment, the more effort and focus has to be dedicated to survival. The more one must focus on survival, the less one will be able to relax in the light of joy and love. What I see over and over again with my clients is a person's separation from the core self - suppression of the true human spirit. When there is an alignment with one's life's purpose there is vitality and health. The further out of alignment a person is, the more space there is for depression, anxiety, and angst to take hold. Once people examine how they are living as different from how they want and need to live their lives, they begin to realize what they have to do to "grow home." When we come into alignment with our core selves, we begin to see how we need to change our perspectives and perceptions. As the narrative changes to a healthy outlook that is truer to reality, we begin to see life as full of possibilities rather than full of obstacles and fear. From that new perspective we can have more confidence in our ability to cope and solve problems, use our courage and resources, and be part of a greater community.

2. Seeing with the eyes of another, hearing with the ears of another and feeling with the heart of another. —Alfred Adler

As an Adlerian psychotherapist, it is my job to understand how a person has learned to give meaning to life. Children are very good observers but they lack ability to interpret, because they are figuring out the world without frontal lobe development. They sense what is happening and what works to make them feel a sense of uniqueness and belonging. All of this 'research' is done in a way that is unseen and unknown so Adler called it Private Logic. Private logic will determine movement. By 'movement' Adler wanted to understand the direction a person was taking and towards what goal. If a child has figured out, for example, that in order to feel a sense of safety and belonging s/he has to be the center of attention then s/he figures out how to master the necessary skills that being the center of attention requires. As this skill development evolves, his/her behaviors are reinforced unwittingly by the adult who either adores the child's performances or who keeps telling the child to settle down. Any reinforcement is interpreted as success and this pattern of behavior becomes his/ her default way of being in the world.

3. What I see over and over again with my clients is a person's separation from the core self - suppression of the true human spirit. When there is an alignment with one's life's purpose there is vitality

and health. The further out of alignment a person is, the more space there is for depression, anxiety, and angst to take hold.

Growing Home is available on Amazon.com and Amazon.ca.

Susan's website is growinghomeselftherapy.com. She would love feedback and discussion!

WELLNESS FOR LIFE: RESILIENCY IN ACTION



It can be said, the human spirit is “a component of human philosophy, psychology, art, and knowledge - the spiritual or mental part of humanity.”

Wikipedia

Possible words that come to mind in describing the human spirit might be fascinating, phenomenal, sensational, remarkable, miraculous, or even divine. For that matter, we could include incredibly moving. It can also be considered as an infusion of compassion and kindness. It's all a matter of perspective.

As my column unfolds, I hope it gives some insight into the human spirit. There may be times the human spirit may get sidetracked; however, it has the ability to persevere.

Like so many teams that respond to critical incidents/disasters, we have the opportunity to link paths with people from several paths of life. Some are first responders, others survivors and sometimes a combination of being both. It's an opportunity in providing comfort and/or general and medical assistance. Our job can be equated in terms of sports medicine for the body and mind. We are to help others whose lives have been turned upside down.

It can be said that we, as a country, got our first exposure during Hurricane Katrina, which could be considered a wake up call in regard to responding to a major disaster.

There are instances that are especially noteworthy. Such as seeing firefighters jerry-rig generators during Hurricane Katrina as we all huddled together on the second floor of a telephone switching station, which became our living quarters - cozy to say the least. As a quick side note before I move on, I thought I'd clarify something first. Those of you who have a background in 'tinkering', say with aircraft or cars, for example, maybe more familiar with the term 'jerry-rigging or jury-rigging. Those who are not - it means makeshift. Needless to say, there was quite a lot of 'jerry-rigging' going on! Then there was the sharing of MRE's {meals ready to eat}. This in turn made all of us thankful for real food! It was cooked Cajun style by our firefighter hosts and made possible from a Navy landing ship docked in New Orleans. Then there was the creation of Camp Lucky, which helped

rescue four-legged family members, as well as the rescuers who adopted many of them.

Next, a glimpse into Hurricane Sandy. As a team, we provided multi level care to a wide range of the population at a community college alongside local agencies and the Red Cross. What struck a chord were the personal connections and observations. There's the 50 + years married couple who, by some, would feel they lost everything. True, in terms of their home and possessions, it was gone. However watching them, their beds side by side, kissing each other while holding hands before going to bed and promptly greeting each other as they looked at one another with a smile and morning kiss, needed no words. They considered themselves lucky and fortunate because they had each other.

An 86-year old gentleman made another strong, lasting impression: independent, still driving and someone who could give you a run for your money, conversation-wise. He was a breath of fresh air, more interested in keeping us going with his jokes and war stories than us caring for him. His smile and zest for life was an inspiration to all with whom he came in contact.

Recently, people have been tried upon or tested in such a short period of time with Hurricanes Harvey, Irma and Maria, along with the fires in California. Again and again, acts of kindness create a domino effect.

There were many instances marked by the media and countless numbers of people who rose to the occasion. For instance, the Red Cross volunteer in Houston who managed to make a man happy just by finding a pair of clean socks. Or the family who opened their second floor home to their first floor neighbors. This led to a couple, living in a 110-year old converted firehouse to offer shelter to a stranded family who had emigrated from Mexico. This, in turn, sparked work colleagues and others to do the same, knowing that shelters would not be able to accommodate everyone.

To round out the year, the team touched down and assisted on a few of the Virgin Islands, which brings me to Hurricane Maria. It seemed like her demeanor was to greatly weaken the human spirit. Once again, the team encountered the fortitude of the locals in Puerto Rico. There was also something that touched the team deeply. In fact had a humbling effect.

There are times that things in life do not always go according to plan. As it turned out, the team's food supply of MREs, that's meals ready to eat, had not arrived, among other things. The locals, though having few resources themselves, shared their food. Breakfast consisted of a cup of oatmeal, Spam (Hawaii doesn't seem to corner the market on this), and orange juice. Later in the day there was beans and rice. Once things got back on track, MREs were contributed in return.

Though the fires may have ravaged the land, it did not take away spirit and sense of country. This was recognized by the performance of firefighters from 2 different occurrences: one where among the devastation they found an unblemished

American flag. They decided to symbolize the rubble home with this raised flag; another in the demonstration of the brotherly bond that exists between one group of firefighters to another. While crews from one station were attending to a fire, their station was engulfed and destroyed by fire, including their American flag. Hearing of this, firefighters from a neighboring station hoisted a new flag up the flagpole as a sign of support.

These are but a few of the numerous acts of courage and kindness that have taken root in this country and continually grow. As we glance into the looking glass, it may be said that the caring for others tends to reveal the best version of ourselves.

These are the meaningful moments that humble us and are treasured.

Resiliency in action is TRULY the human spirit! So as the holidays approach, let us keep in mind the strength and power of the human spirit. To quote a generation, "Let the force be with you."

Before coming full circle, I'd like to leave you with

HAPPY & HEALTHY HOLIDAYS with BRIGHTER BEGINNINGS!

And always - 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>.

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