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NASAP Newsletter

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Editor

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Please send submissions, questions, and/or comments to
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PRESIDENT'S MESSAGE



What an amazing summer it has been! From our Annual Conference in Toronto in June to a week in Bonn, Germany at ICASSI, I have experienced some wonderful Adlerian people and programs. This was my 5th year attending ICASSI (which stands for the International Committee of Adlerian Summer Schools and Institutes) and while the weather was very hot and the air conditioning was absent, it was a fabulous week of fun learning, seeing friends, and making friends from around the globe. I taught a class

during Week 1 (you can attend ICASSI for one week or two) that went in depth with Adler's concept of purposefulness of behavior. There were at least 8 countries represented among the participants in my class. Talk about a cooperative and encouraging learning experience. We had to adjust to each other with courage and social interest to make sure everyone understood the discussion. It is so fun to see Adlerian ideas in action!

For those who have yet to attend ICASSI, I strongly encourage you to find a way to go next year to Sibiu, Romania! The town is beautiful with centuries-old buildings and architecture and the location has fantastic accommodations including air conditioning! (I realize I am a spoiled American who is so used to ice cubes in drinks and being comfortable 24/7). The people you will encounter come from many countries (I believe this year there were 35 countries represented) and the immersive experience makes ICASSI a life-changing event. My husband and girls joined me last year in Indianapolis, IN and they are so excited to go back next year. Check out www.icassi.net in September for the latest information about the 52nd Annual ICASSI in Romania.

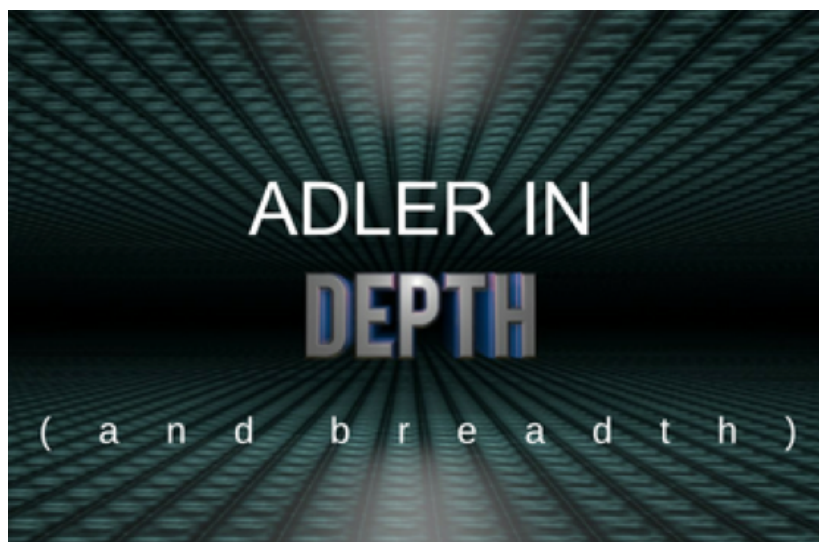
This fall we will have the NASAP Council of Representatives (COR) meeting in Chicago the weekend of October 19-21, 2018. One of the main activities of this meeting is discussing and choosing submitted conference proposals. So here is your reminder nudge to get those proposals turned in ASAP. In my speech to close the Toronto conference I gave a challenge to co-present with a non-Adlerian colleague and bring innovative and integrative ideas to the program. I look forward to reviewing all the amazing proposals in October. The Tucson conference is shaping up to be a fantastic one – more details to come!

For now, I wish everyone a smooth start to the academic year, continued success in your practices, and a swift arrival of fall and cooler temperatures! Best wishes from “Hotlanta” Georgia.

Until next time,

Susan Belangee, NASAP President

ADLER - IN DEPTH (and breadth)



In the July issue of *The NASAP Newsletter* I shared the reasons for a new column. This time I'll jump right into the fray and address the question, “What is meant by **classical** in Classical Adlerian Depth Psychotherapy?” The answer can go in a few directions, but I'd like to address what **classical** DOES mean.

The word implies that there is a rich body of literature and therapeutic examples available from Alfred Adler and his close associates. This material presents and represents Adler's original intent for an insightful theory and humanistic therapy. That intent is neither a mystery nor a holy grail – it is a dynamically conceived system for understanding human nature (theory) aimed at helping people assume responsibility for their lives to the fullest extent possible (therapy). In its broadest implication, the classical perspective infers that all individuals can

benefit from the work of one another and that each individual is safeguarded the better by keeping the welfare of all others as the primary focus in life.

Keeping the wellbeing of all others as one's focus has an unavoidable impact on the individual involved in such effort. Noticeably it includes broadening one's interest outside oneself – which is the condition for caring for the others, and for their/our environment and world. But it also involves getting to know oneself in depth, intimately – and aiming to better oneself daily. This is a bit in contrast to some prevalent approaches to counselor training that focus on “knowing one's life style” and then learning to control it to the degree that it doesn't hurt another (which might imply that anything short of hurting others is fair game).

Among those who learn to apply the theory of Individual Psychology in a comprehensive way, the results can include fundamental changes in the individual's life. This tends to manifest as holding themselves accountable to live what they have learned. At least this is what several of Adler's early collaborators experienced and wrote about.

So that is a little information on what classical Adlerian training aims to do for the individual. The other aspect is the breadth of information there is for getting to know Adler – really well. The classical Adlerian literature is not a set number of books, articles, reviews, demonstrations and the like. But it nonetheless entails deference to what Adler himself wrote – especially what he wrote about the clinical application of his theory. The famous four popular works of Adler [Understanding Human Nature (1927), The Science of Living (1929), What Life Should Mean to You (1931), Social Interest: A Challenge to Mankind (1933)] present his theory in a very appealing fashion, to be sure, but they say very little about the application of Individual Psychology in therapy.

That's where Heinz and Rowena Ansbacher stepped into the breach and surely did their fair share by editing three major volumes with the aim to make Adler more widely accessible: The Individual Psychology of Alfred Adler (1956), Superiority and Social Interest (1964) and Cooperation between the Sexes (1979). Certainly these are part of the classical study-literature, but I can't forget the look on Heinz's face in an extended interview I did with him in 1989 when he expressed his sorrow at opting to edit The Journal of Individual Psychology rather than complete the translation of Adler's vast *oeuvre*.

Which is precisely the reason that the Classical Adlerian Translation Project was formed! It has provided 12 hefty volumes of Adler's clinical articles and books that make up The Collected Clinical Works of Alfred Adler (CCWAA). This treasure contains most (while searching for all) of Adler's clinical writing and an indispensable volume of abstracts (A Clinician's Guide to the CCWAA). Many of the articles can be found nowhere else in English. Classical Adlerian literature also includes a number of manuscripts from Adler's closest colleagues that provide insight into their experiences of training and working with Adler and one another. And Henry has found the energy – and made the time in his schedule – to produce four rich and clinician-friendly

volumes: Theory and Practice (2013), Creative Case Analysis (2014), Demonstrations of Therapeutic Techniques (2016) and Child and Family Therapy (2018, see note elsewhere in this issue). These are unique resources among Adlerian training material today.

Classical, then, kind of means, “That’s what he intended.” We can’t say what Adler’s opinion was in all instances and we’re not relying on his written or spoken word as if it were Holy Writ. But classical means we have a baseline that we keep in mind in all our therapeutic sessions, in all our training, in all our interactions. Because we take Adler’s intentions seriously, we relish creative development of techniques in vivo, taking seriously the relationship of two engaging in “individual psychology.” There’s seemingly no end to appropriate clinical creativity when flowing with the movement of our clients. This baseline guides us to understand deeply the broad range of problems to which we apply it – to go as deeply as our clients need us to.

Enough for now on the term **classical**; I’ll pick up more on the clinical aspects next time.

By Erik Mansager

IN MEMORY OF KRISTEN ROSE PANCNER, PSY.D.



Kristin Pancner was one of the founders of the Alfred Adler Institute of Fort Wayne and a lifetime member of NASAP. I first met Kris in the late 1960s at her home for one of the Wednesday evening Adlerian study groups that she and her husband, Ron Pancner, held on a regular basis. At that time, she and Ron were both going regularly to Chicago to meet with Dr. Rudolf Dreikurs for supervision and mentoring in Adlerian Psychology. Kris was a nurse and ended up

completing her Masters Degree in Counseling Psychology in 1978 at the Alfred Adler Institute of Chicago. Kristin served as Dean of Students at the Alfred Adler Institute of Fort Wayne from 1988 to 1998 and also served as co-chair of the annual NASAP meeting, which was held in Fort Wayne in 1987. In addition to her studies in Adlerian Psychology, Kristin studied with Dr. Jean Houston for an extended period of time. The following information is from her obituary.

Kristin was born and raised in Livingston, Montana and attended Park County High School, graduating Valedictorian. She graduated from Northwestern University in 1961, majoring in Nursing and Sociology.

Following completion of her Masters Degree, Kristin eventually completed her Doctorate in Psychology in 1992 at the Adler School of Professional Psychology. Kristin was employed at Pancner Psychiatric Associates throughout her career as a counselor and psychologist.

Kristin was a member of Pi Beta Phi sorority while at Northwestern. In Fort Wayne, she served as Vice President of the Newcomer's Club, a camp nurse at the Episcopal Church Camp, and volunteered at the American Red Cross as a Mental Health Counselor. She was also President of the Pastoral Education Advisory Committee at Lutheran Hospital. She was a published writer for a number of publications, including *The Individual Psychologist* and the *International Journal of Individual Psychology*. Kristin was known as an intelligent, charismatic, caring and compassionate person. She was a devoted and caring wife, mother and grandmother who enjoyed travel, reading, and entertaining. Kristin particularly loved spending time at Lake Wawasee and Sanibel Island, FL, where she spent winters with her husband and family. Surviving are her spouse of 58 years, Ronald J. Pancner, M.D., two children, Paul Pancner and Jennifer (Kent) Ennis, as well as five grandchildren, Austin, Dominique, Cameron, Alexa and Olivia. Her companions Tux and Diablo survive as well.

Please send memorials to Fort Wayne Children's Zoo and the Fort Wayne Rescue Mission. There will be a private Celebration of Life scheduled at a later date. Please visit www.greenlawncmpfh.com to leave condolences.

John F. Newbauer

WELLNESS FOR LIFE: A PONDERING WE SHALL GO



Now that summertime is upon us, we tend to play more, take vacations and are drawn to drinking lots of those cool tropical fruity drinks in addition to iced tea.

Most activities are geared for fun and relaxation → not taxing in any way → easy, breezy.

Keeping this in mind, this column will follow suit. As in summer, it will mirror the essence of lightness. And what better way to do this, is to spend some time 'pondering'.

Every now and then a saying / phrase / word titillates our minds. The result can be a grandiose pause that gets our attention.

So without further ado, here are some 'ponderings' in which to wile those summertime moments.

- * If you ever get cold, just stand in a corner for a bit. They are usually around 90 degrees.
- * Is it wrong that only one company makes the game Monopoly?
- * No matter how much you push the envelope, it'll still be stationery.
- * I used to eat a lot of natural foods until I learned that most people die of natural causes.
- * Life is sexually transmitted.
- * "Lord, keep your arm around my shoulder and your hand over my mouth!"
- * How come you never read the headline, "Psychic Wins Lottery?"
- * If they say laughter is the best medicine then why do we have the phrase, "I died laughing?"
- * You never know what I have up my sleeve...today for example, it was a dryer sheet!
- * If your named Will and you are in the army do you get worried when people say, "Fire at will?"
- * If the weather man says, "There's a 50% chance of rain tomorrow" does that mean he has no idea if it's going to rain or not?
- * At local taverns, pubs, and bars, people drank from pint and quart-sized containers. A bar maid's job was to keep an eye on the customers and keep the drinks coming. She had to pay close attention and remember who was drinking in 'pints' and who was drinking in 'quarts,' hence the phrase 'minding your P's and Q's'.
- * I hit a turkey & it flew over my car & landed on the car behind me. It was a cop & he pulled me over & gave me a ticket for flipping him the bird.
- * Why is the time of day with the slowest traffic called rush hour?
- * Wanna hear a joke about a pencil? Never mind, its pointless.
- * Someone asked an old man: "Even after 70 years, you still call your wife - darling, honey, luv. What's the secret? Old man: "I forgot her name and I'm scared to ask her.
- * I know it's cheesy but I feel grate.
- * You cannot snore and dream at the same time.
- * 1. What has to be broken before you can use it?
- * 2. What gets wetter as it dries?
- * 3. What goes up and doesn't come back down?

* 4. What belongs to you but is used more by others?

* 5. Everyone has it and no one can lose it, what is it?

* 6. Johnny's mother had three children.

*7. The first child was named April. The second child was named May. What was the third child's name?

Oh, by the way, in case you are beginning to wonder about some of those 'ponderings':

Answers: 1. an egg 2. a bottle 3. a towel 4. your age 5. your name 6. a shadow last but not least- 7. Johnny of course

And what would Adler and Dreikurs probably say about this? Well, that encouragement of self, humor and de-stressing techniques will contribute to one's overall fulfillment of 'Gemeinschaftsgefühl'.

Now you can say that you have gone a 'pondering' this summer.

Have a great summer! As always, stay well and hydrated. Warm [Cool] Fuzzies

The 'oh by the way' postscripts: This is in reference to my last column, "Snowflakes". Those of you who would like to see a 'Snowflake' in action, there is a video on YouTube called, "A Millennial Job Interview". The 'Helicopter' parent may not be physically present, however, the influence is DEFINITELY noted!

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WELLNESS FOR LIFE by Lois G. Marecek M.Ed., NBCC, LPC

AFFILIATE LINKS

Adler Academy of MN

www.adleracademy.org

Adler Graduate School

<http://alfredadler.edu>

Idaho Society of Individual Psychology

<https://www.adleridaho.com>

Mid Atlantic Adlerian Psychology Society (MAPS)

<https://www.mapsadler.org>

Parent Encouragement Program

www.PEPparent.org

Positive Discipline Association

<https://www.positivediscipline.org>

Puget Sound Adlerian Society

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

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