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## NASAP Newsletter

January/February, 2019

Jamie Stone O'Brien,  
Editor

Next submission due

## PRESIDENT'S MESSAGE



I hope you are all waiting with much anticipation for our conference registration to finally be open. The day is almost here after much hard work among the Conference Planning Committee, the Board of Directors, and the NASAP office. We adopted a new system to process conference registrations and, as with most new things, there were some kinks to iron out first. After last year's frustrating registration process, we trust that this new system will feel seamless and easy to navigate. Your

feedback is welcome as always!

I am so excited about this year's conference for many reasons! First, the focus of the conference this year is on trauma-informed practice. I am sure there are others like me who could use additional Adlerian training about trauma and effective practice strategies. Second, we will have some amazing speakers with us to share their trauma treatment expertise, many from the local Tucson area. A lunchtime panel will showcase these speakers as they share about historical trauma, creating trauma-informed schools and classrooms, and incorporating these practices into the family court and juvenile justice system. We will also have a fantastic trauma practitioner coming to us all the way from Cambridge, England to be our Ansbacher Lecturer Thursday evening. Anthea Millar is highly regarded as a trauma expert across the world and I have had the pleasure of interacting with her at ICASSI for several years now. She is thrilled to be a part of our conference as both the Ansbacher Lecturer as well as a post-conference workshop presenter on Sunday.

Third, we are collaborating with the Pima County Healthy and Safe Schools Office to enrich the presentations and workshops available

**date is April 1st, 2019.**

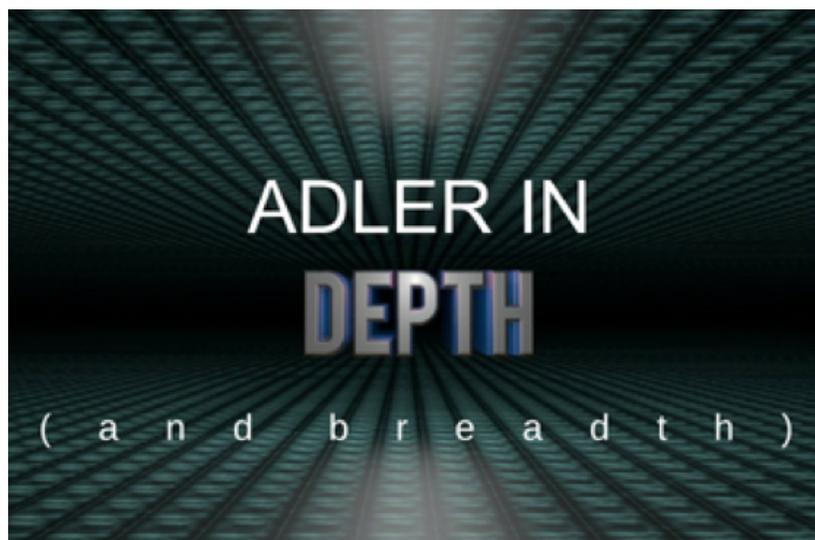
Please send submissions, questions, and/or comments to  
NASAPnews@gmail.com

this year and to share Adlerian psychology with this active community. Educators, school counselors, administrators, and other school personnel from Pima County will join us on Thursday and Friday. In addition to the usual NASAP half-day and full-day pre-conference sessions on Thursday, conference registrants will have the opportunity to sign up for a half-day or a full day of speakers from the Pima County Schools group. These will relate to the conference theme of trauma-informed practice and will incorporate elements of Adlerian psychology. In turn, those from the Pima County Schools group can choose to sign up for NASAP pre-conference sessions. On Friday, there will be more sessions offered by this group alongside our typical NASAP presentations. When you register, you will see the pre-conference options to choose from so consider this your sneak peek!

Finally, I wanted to share that there are many projects happening behind the scenes that will increase benefits for members. Some of these projects will be announced and possibly even premiered at the conference in Tucson. So please plan to join me for a fabulous time May 30-June 2 at the 67th Annual NASAP Conference!

Susan Belangee  
NASAP President

## **ADLER - IN DEPTH (and breadth)**



Many thanks to those who sent comments about the last column. I think these observations are representative:

I might quibble with your term "clinical constructs." I would call the subject of your article "dynamics" or "psychodynamics." I have said to my students for a long time that IP has a unique and exciting set of psychodynamics, starting, in my mind, with teleological movement.

I really like what you have done here. You provide a model for a case conceptualization. In my practice I try to share a case

conceptualization with the client and work together with them as therapy progresses.

I certainly agree that ours is “a unique and exciting set of psychodynamics”! For now, let me use that as a segue to the subject of “depth” in Adlerian psychology.

Adler seems to have had a somewhat ambivalent attitude toward the term “depth psychology.” Ansbacher & Ansbacher (1964, p. 3) say he rejected the term even as he was credited, along with Freud and Jung, as one of its founders. Adler’s objection wasn’t so much the image of depth, but that it had already been usurped and applied to Freud’s metaphors of sexuality – which Freud insisted were the deepest layer of human motivation. Adler contended that sexual expression was important, indeed, primarily because it so well-represented the deeper, yet fundamental, struggle from “below to above” and did so in the graphic manner of masculine domination – a cultural blight that persists until today. He wrote: Individual Psychology sees these things much more clearly; I would say much more deeply, if this term had not already been claimed prematurely and unessentially by a psychology which seeks superficial and strict rules (ibid, p. 297).

The depth that Classical Adlerian Depth Psychotherapy (CADP) emphasizes within Adlerian traditions has many facets. For one, it is an appreciation for the non-conscious psychodynamics that were addressed in the last column – what CADP considers the core constructs of discerning life style. For another, it addresses the mystery – or creativity – of the individual client’s expression of these dynamics. A third aspect is the therapist’s own creative application of Adler’s theory in the therapy session – something that defies standardizing techniques.

Whether or not we like to think of it this way: we English-speaking Adlerians face several challenges in deeply understanding Adler’s comprehensive psychotherapeutic theory. Only within the last dozen years (the Collected Clinical Works of Alfred Adler have only been with us since 2006), have we had available to us the full range of his writings and information from a devoted group of clinicians that studied with him. But ask yourself whether the CCWAA is accessible in a library near you?

We have certainly not been altogether short of resources, and have done pretty well with the gift of Heinz and Rowena Ansbacher’s three edited versions of Adler’s work – their overview of his theory (1956), their compilation of his later writings (1964), and their collection of his works on gender and sexual issues (1979). And, within NASAP, we have had Rudolf Dreikurs’s presentation of Adlerian theory and therapy. Of course there were other contributors as well – including Adler’s children, Alexandra and Kurt, among others who wrote for the Journal of Individual Psychology (JIP) or presented at our national conventions. Conspicuously, both these basic organizational efforts (professional journal and conference) were contributions by Dreikurs.

He has had an enormous effect on the North American expression of Adlerian counselling, child guidance and elementary education, leading the charge for an accessible, systematized cognitive application of Adler's theory. Dreikurs's approach is also the dominant expression in Israel where he developed a faithful group of followers, inspired by Achi Yotam, to continue his work. And ICASSI (The Rudolf Dreikurs Summer Institute), yet another Dreikursian effort, has influenced the counselling and coaching scene in many European pockets.

Each of these entities – NASAP, the JIP and ICASSI – still carry a strong Dreikursian stamp. Given this North American-Israeli-European connection, it is generally unclear that Dreikurs's systematized, cognitive approach is not identical with Adler's. There are, it would seem, many other ways of understanding Adler – thus the discussion of depth.

Living abroad for the last many years has acquainted me with many of the roots of the global Adlerian movement. Over here, interestingly, the European Individual Psychologists (they shy from personality designated descriptors such as “Adlerians” and “Dreikursians”) by and large do not warm to the Dreikursian version of Adlerian psychology. I believe it is fair to say that outside of the ICASSI-inspired associations, the European Individual Psychologists find Dreikurs altogether too cognitive and without enough attention to analysis.

Let me explain.

Europeans generally stop attending to Adler's theory development after he left Freud or soon thereafter. Individual Psychologists in Europe usually follow his writings up until the conclusion of World War I – when he returned convinced of the importance of Gemeinschaftsgefühl. Imagine our theory without the dynamic/construct of social interest – something many Europeans consider a “cognitive moralistic turn” (Witte, 1994). Europeans tend to respect Adler as an original psychoanalyst and a variation of psychodynamic psychotherapy. That is quite the opposite of going “on beyond Adler” as the late Jon Carlson (JIP, 45/4, 1989) suggested it.

European Individual Psychologists also find their professional-financial identity in a psychodynamic conceptualization of their therapy since most European insurance companies are strictly geared to reimburse psychoanalysis or behavioral therapies. This is not unlike the current emphasis in our NASAP journal (JIP, 74/3, 2018) on demonstrating the evidence-basis of North American Adlerian counseling primarily along the example of Cognitive Behavioral Therapy.

I hope it is clear that these observations are not a criticism of Dreikurs or his approach any more than the observations of my colleagues in Europe are praise for Psychoanalytic Individual Psychology.

The overall impression one is left with is that in Europe they didn't go “all the way,” and in the States they went “on beyond.” Perhaps in some ways there is a cultural-fit in such movement – if one accepts

the basis of stereotypical Europeans being proud of their traditions and of stereotypical North Americans being proud of their innovations.

All well and good; yet, surely it is legitimate nowadays to ask: Where in all this is there room to study the full range and depth of Adler's thinking – its origins, development and still untapped innovations? Is it too crazy to suggest that we who call ourselves Adlerian challenge ourselves to study Adler's writings (all of them) rather than contemporary summaries of his work?

What if Adler's theory and therapy is the synthesis-component of human healing? Lewis Way (1948/1962), regarding child guidance, believed "Individual Psychology is not so much an educational system as the basis on which any such system should rest" (p. 234). Henri Ellenberger (1970, p. 645) speaks likewise of Adler regarding psychotherapy. They suggest that Adler is not so much to be woven into other theories, therapies and educational methods, but – in his completeness and complexity – better serves as the ground out of which other expressions are grown. By deeply rooting oneself in Adler's solid logic and humane focus, these thinkers anticipate an effective growth in the healing professions that could well chart a healthful course for our whole careworn world.

There is still room for moving ahead to Adler.

[Please send your comments to The NASAP Newsletter and they'll forward them to me.]

By Erik Mansager

## **NOMINATIONS FOR PRESIDENT-ELECT OF NASAP**

The nominating committee is seeking candidates for the position of President-Elect of NASAP. The next NASAP Newsletter and the election will take place during April with the winner taking office after the conference in 2020. The President-Elect serves for one year on the board of directors (starting summer 2019) and then assumes the position of President of NASAP for two years following next year's annual conference and then another two years as Past-President

The constitution allows for nominees other than those presented by the Nominating Committee, i.e. "Other candidates may be nominated by any member through the submission of nomination forms with the supporting signatures of at least 10 Professional Members of NASAP. Nomination forms must be received by the central office by the date indicated on the notice of nominees."

Consider this the official notification of nominees. Any nominations submitted must be received in our office by March 31, 2019. The nomination form is a simple statement "We nominate \_\_\_\_\_ for President- Elect of NASAP" followed by the original signatures of at least 10 professional members of NASAP. It can be submitted

electronically by email to [info@alfredadler.org](mailto:info@alfredadler.org). Email Jon Sperry at [jsperry@lynn.edu](mailto:jsperry@lynn.edu) if you have any questions about this.

## UPCOMING TAP TALKS

### February's TAP talk (February 28th at 8pm cst/ 9pm est)

Marina Bluvshstein

Director, Center for Adlerian Practice and Scholarship, Adler University

Adlerian Understanding of Depression: Asking the Right Questions

This presentation will review teleological perspective on depression, focusing on purposefulness of symptoms and on the role that depressive symptoms often play in arranging Lifestyle strategies. The presentation will review core treatment approaches that are consistent with Adler's theory.

### March's TAP talk (March 14th at 8pm cst/ 9pm est)

Kim Allen

Associate Professor and Director of Graduate Programs

Enhancing resilience through family life coaching

### April's TAP talk will feature (April 25th at 8pm cst/ 9pm est)

Sonia Nicolucci

Psychotherapist & Parent Educator

Adler; In The Heart of Every Athlete

## REGISTER FOR SUMMIT BY MARCH 4TH

### Adlerian Summit Belongingness, Personality Development, and Social Evolution

FRIDAY, MARCH 8, 2019

ADLERIAN SUMMIT 9AM-5:30PM

RECEPTION AND AWARDS 5:30-7PM

ALSO...there will be a raffle and participants on campus will have a chance to win a one week tuition to ICASSI or a two day full registration to NASAP conference.

Adler University, Chicago and remote participation

Adlerian theory regards feelings of belongingness as the heart of human personality, the logic of its development toward the common ideal, and the core prerequisite of social evolution. This full

day of training will introduce participants to Alfred Adler's and Rudolf Dreikurs' understanding of belongingness, its connection to other fundamental ideas, its role in individual and communal health, and its use in organizational and human relations.

The workshops have been approved for Continuing Education (CE) credits by Adler University who is an approved continuing education sponsor by the American Psychological Association.

Participants can earn up to 6.25 APA CE credits.

REGISTER NOW at [adler.edu/summit](http://adler.edu/summit)  
Sponsored by the Center for Adlerian Practice and Scholarship and the Office for Institutional Advancement

#### PROGRAM

9:00–9:05AM Marina Bluvshstein, Ph.D. –  
Statement of Summit Goals  
9:05–9:15AM Raymond E. Crossman, Ph.D. – Welcome  
9:15–10:15AM Morning Plenary  
Marina Bluvshstein, Ph.D. – Belongingness, Personality  
Development, and Social Evolution  
10:30AM–12:30PM Concurrent Sessions  
1A) Richard Watts, Ph.D. – Acting As If and Reflecting  
As Is: A Brief, Encouragement-Focused Process for  
Helping Clients  
2A) Julia Yang, Ph.D. – Yes, We Can! Parenting with  
Children Who Misbehave  
11:30–1:00PM Lunch  
1:00–2:45PM Concurrent Experiential Sessions  
1B) Claudette Brown, Ph.D. – Beach Sand Tray: A Caribbean  
Model of Play Therapy  
2B) Mel Markowski, Ph.D. – Common Sense Short-Term  
Stress Reduction and Problem Solving with Clients:  
An Adlerian Perspective  
3B) Leigh Johnson-Migalski, Psy.D. – Rewriting ERs:  
Empowering Clients to Find New Ways to Belong in  
the Present and Future Through the Past  
4B) Living Adlerian: Application of Adlerian Principles in  
Everyday Work and Life for Non-Clinicians and Everyone Else.  
A Virtual Round Table, Facilitators: Leslie Staroneck, M.A.  
and Dr. Francesca Giordano  
3:00–4:30PM Afternoon Plenary



## UPDATE FROM INDIANA

Dr. Wayman and Dr. Seiss hoping to do an afternoon of Adlerian training in Spring in either Ft Wayne or Noblesville. We most likely will be training on Adlerian Case Conceptualization, Adlerian Clinical Supervision, and/or Adlerian Professional Development Groups. We have a relationship with the Indiana Counseling Association (the state affiliate of the American Counseling Association) that we hope we can tap into to gain extra participants.

Please check out our social media:

- 1) We have a facebook page:  
<https://www.facebook.com/INAdlerianProfessionals/>
- 2) We have a twitter feed: <https://twitter.com/alladler>

## UPDATE FROM ADLER ACADEMY OF MN

Adler Academy of MN invites you to come to a celebration of Alfred Adler's and Rudolf Dreikurs' birthdays. Please join us for the 4th Adler Kaffee – an evening of fun, food, Adlerian themed mingling, seeing old friends and hearing new stories.

The Kaffee will be held on February 15th, from 5:30 to 8:00 PM at the Adler Graduate School at 10225 Yellow Circle Drive Minnetonka, MN 55343.

Please bring yourself, your friends and significant others, and if you want some finger food to share.

Questions? Please write at [info@adleracademy.org](mailto:info@adleracademy.org)

Details and registration are at <https://events.eventzilla.net/e/adler-academy-kaffee-2019-2138731062>

## TLC: UPDATED NAME AND DESCRIPTION

Great news, Transformative Leadership & Coaching (TLC) section blends many Adlerian practices in supporting individuals, groups, communities, businesses, and organizations for creating positive social change.

## WELLNESS FOR LIFE: WHAT IS LOVE?



Here we are, the beginning of a new year. What better way to start the year with a topic such as this, like a warm ray of sunshine glistening, as it guides our path.

Some of you may be associating the timing of this with Valentine's Day. It is true that Valentine's Day may be around the corner accompanied by natural thoughts of LOVE.

Realistically speaking, delving a bit deeper, LOVE should not be considered merely a once a year time responding to birthdays, anniversaries or commercialism. It is much broader.

I happened to catch a TV commercial about this when the proverbial 'lightbulb' activated. It inspired me to bring it to our level of awareness. LOVE comes in a variety of forms and should be duly noted as its existence through out the year. And should not be seen like some people view themselves as truly religious by going to church just twice a year at Christmas and Easter.

LOVE encompasses much more. By definition to put it simply, "It is a mix of feelings and actions that shows deep liking for someone or something." WIKIPEDIA

According to the Bible, "1 Corinthians 13:4-5: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs."

Other words related to LOVE → tenderness, fondness, predilection, warmth, passion, adoration, emotion, appreciation, taste, lust, yearning, affection, respect, friendship, devotion, infatuation, lover, prize, treasure, prefer, admire, choose, cherish Dictionary.com

Yet these words may be narrow minded or tunnel visioned when it comes to what LOVE is in its simplistic form. For it goes far beyond these descriptive words, in ways we may not be cognizant at the time, taking it for granted.

Usually it is associated with another person or 4 legged family member. It can reflect a few sayings from Rudolf Dreikurs in regard to relationships, "Today a husband and a wife cannot live peacefully with each other if they do not treat each other as equals. A parent should emphasize The correct procedure instead of forbidding

the incorrect.” One of my favorites, “LOVE is not an emotion. It is a relationship.”

There are times it is viewed in terms of engaging in an activity which is enjoyable like dancing, rock climbing or sports. It can also include food we are passionate about like chocolate. It can also be viewed in terms of demonstrating the ability to walk, talk, smile, hug and be independent.

“The greatest happiness of life is the conviction that we are loved; loved for ourselves, or rather, loved in spite of ourselves.” Unknown

“Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.” – Lao Tzu.

LOVE means that everything is right with the world. ... LOVE means that you are content within your own heart and in the presence of the person that you LOVE, who fills your day and makes you stronger and wiser, and gives you the confidence to go out into the world. - Pierce Brosnan

Yes, it is viewed as a matter of perspective. LOVE comes in many forms. Let's not lose sight of all the possibilities of LOVE.

If you recall, I happened to glide over Valentine's Day. I would be remiss if I didn't include something for all the valentine romantics.

May this Valentine's Day be filled with LOVE, understanding, and contentment as you journey through life with those you hold dear. - Darly Henerson

If you LOVE each other every day with all your heart and all that you've got, then there is no point in celebrating Valentine's Day because for you, every day is Valentine's Day.

kisstopher707

Now a gander at the lighter side.

It takes one eye opened to meet your true LOVE, but both eyes closed to keep them. - Unknown

LOVE is pulling together against all odds. - Unknown

The impact or power of LOVE can be the greatest force of life itself. From the Native American, we view it in terms of balance and harmony For example, plants and trees → seed and fertile dirt from Mother Earth, sun and rain from Father Sky. There may be some merit to this from the Bible and the ancient Greeks .

According to the Bible, there are 4 types of LOVE → Eros - sensual, erotic, romantic bond based physically; Storge - family, empathy bond that grows naturally between parents & children and between siblings; Philia - compelling / forceful / vigorous emotional bond noted in immeasurable friendships; Agape - unconditional bond that is pure, infinite and sacrificial, a LOVE for everyone. In case you are wondering how to say these words from the Greek, I thought I'd include the

pronunciation for them: Eros [AIR-ohs], Storge [STOR-jay], Philia [FILL-ee-uh] and Agape [Uh-GAH-pay]. thoughtco.com

The ancient Greeks went a step further adding opposite ends of the spectrum → Ludus or playful, uncommitted LOVE and Philautia. Philautia LOVE is the key or true essence of what LOVE is. Philautia LOVE refers to the LOVE that is intrinsic of oneself focussing on the healthy aspects. It begins here, within, radiating outward with people and living entities around us, resulting in promoting qualities such as caring, compassion and respect. This may very well be the 'heart and soul' of LOVE.

There it is from this person's perspective. So on this note I will close. Before I do, Happy Valentine's Day to all the romantics out there!

Until next time, stay well and hydrated.

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

## **2019 UK ADLERIAN SOCIETY YEAR BOOK**

The Editorial Board has pleasure in announcing the publication of the 2019 UK Adlerian Year Book. It is its 24th consecutive year of publication and presents an assortment of original papers written by contributors from Canada, Ireland, Israel, Lithuania, Slovakia, the United Kingdom and the United States.

Contents:

Editorial

The Conceptualisation of Neurosis: Past, Present and Future  
Anabella Shaked

Gemeinschaftsgefühl and the Use of Social Feeling  
Michael Fitzgerald

Alfred Adler and the Cognitive Revolution  
Peter Manning

Gained in Translation: On Living Metaphors in Supervision and Beyond  
Anne Moellers

The Law of Movement and a Metaphor of Gemeinschaftsgefühl:  
What is the Essence of the Law of Movement?  
Marina Bluvshstein

Counselling Two-Spirit Clients: A Decolonised, Holistic and Integrative Practice  
Jocelyn E. Coburn

Social Interest Within an Organisational Context  
Daniela Poláková and Daniela Čechová

A Systematic Procedure for Assessing Early Recollections  
Within the Career Construction Counselling

Kestutis Pukelis and Rasa Tamulienė

An Editor's Reflections: Adlerian Psychodynamic Psychotherapy (APP): A Psychopathology-Based Treatment by Prof. Andrea Ferrero  
Paola Prina

PRICE: £15.00 plus postage

You can download the contents lists for all back issues (1996-2018) and read an extract of the Editorial describing the contents, and purchase them.

Please contact: prinapp@gmail.com

## **AFFILIATE LINKS**

### **Adler Academy of MN**

[www.adleracademy.org](http://www.adleracademy.org)

### **Adler Graduate School**

<http://alfredadler.edu>

### **Idaho Society of Individual Psychology**

<https://www.adleridaho.org>

### **Mid Atlantic Adlerian Psychology Society (MAPS)**

<https://www.mapsadler.org>

### **Parent Encouragement Program**

[www.PEPparent.org](http://www.PEPparent.org)

### **Penn-Del Affiliate**

[innarosenfeld@gmail.com](mailto:innarosenfeld@gmail.com)

### **Positive Discipline Association**

<https://www.positivediscipline.org>

### **Puget Sound Adlerian Society**

<https://www.pasadler.org>

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