



The NASAP Newsletter

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Dear NASAP Member,

I hope your summer has been lovely, relaxing, and filled with adventures! As we gear up for another fall, I wanted to remind NASAP members to consider submitting a proposal for next year's conference in Atlanta in June. The proposals are due toward the end of September, so be sure to go to the [NASAP website](#) and download a proposal form. The theme for the 2012 conference is "Social Equality: Still the Challenge of Today." Maybe you have an idea about this, or perhaps think about turning what you do every day with Adlerian psychology into a workshop to help other practitioners, parents, teachers, and citizens.

I also wanted to inform NASAP members that there will be a change of editors for *The NASAP Newsletter*. **Jamie Stone O'Brien**, a doctoral candidate at the Adler School of Professional Psychology in Chicago, will be taking over as Editor with the January-February 2012 issue. This fall, she and I will be working together to create the last two issues for the year.

Serving NASAP as Editor for the last 8 years has been a wonderful opportunity and I am grateful for all of your submissions and support along the way. I hope that you will assist Jamie as she assumes this significant role for the organization.

Truly,

Susan Belangee

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Why Did You Join NASAP?

I joined NASAP because I like being connected to others that share a similar philosophy on life. On a practical note I like receiving the JIP. I feel

President's Message

Dear Members of NASAP,

I hope you find yourselves in the midst of a rewarding summer. This newsletter, on the heels of the 25th International Congress of Individual Psychology (IAIP) in Vienna, Austria and ICASSI in Switzerland, has an important international flavor. Do embrace the reports by Dan Dalton, Michelle Frey, and the beautiful NPR audio by Margot Adler. Not having joined them I am envious, but more importantly, humbled and enriched by the far reaching influence of Adlerian Psychology. Much closer to home, traveling by ferry from Seattle to Victoria in May en route to NASAP's 59th Conference, accentuated my awareness and appreciation of the splendor of our great northern neighbor and my Canadian friends and colleagues (thanks to NASAP), who couple with the voices in the USA to form the magnitude of Adlerian psychology in North America.

In the fall, our governance structure comes into full bloom. We will bring concrete focus to the initiatives of 1) membership expansion, 2) increased diversity, and 3) section evolvement at the COR/BOD meeting in Hershey, PA in October. Do consider what you can do to address these concerns. Keep us well informed directly, through your affiliate, or section representative.

Three other things to not only keep in mind, but actually make plans for: NASAP's 60th Conference in Atlanta GA promises to be splendid and rewarding. Second, the next IAIP is in Paris, France in 2014. Wow, let's meet there! Becky LaFountain was recently elected as the IAIP Vice President. She wants nothing more than to have a "cafe" on the Avenue des Champs-Elysees with all of us (personal communication). Think about it; better said-- plan for it! Plus, John Newbauer our executive director, who concurrently serves as ICASSI's administrator, wants to buy us all a drink in Lithuania, the site of ICASSI 2012 (personal communication). Again, closer to home, see you in Atlanta in June, if not before.

Regardfully,
Steve Stein
sjstein47@comcast.net

Executive Director's Reflections

ICASSI has just ended and I'm on the plane home after two full weeks of Adlerian living. It never ceases to amaze me how well

intellectually stimulated while having fun at the annual conference because everyone is so nice and encouraging.

Leigh Johnson-Migalski

Send in your reflections of membership today!

people from 23 different countries can learn and exchange ideas so easily despite challenges with language and customs. While we all have differences it is also clear that we have much more in common. Valuing of those differences is one of the common elements that we find among those attending ICASSI.

On my way to ICASSI, I visited Druskininkai, Lithuania with Theo Joosten and our hostess, Silva Marcuckiene, to plan ICASSI 2012 in Lithuania. The Lithuanian Individual Psychology Society has been working hard since the early 1990s when they were founded following the exit of the Soviets. Eva Dreikurs Ferguson and Bill Linden (USA), Edna Nash (Canada), Betty Lou Bettner (USA), Helmut Heuschen (Germany), Theo Joosten (Netherlands), Eric Mansanger (USA), Michael Popkin (USA), Yvonne Schuerer (Switzerland), Roy Kern and Frank Walton (USA) and some other Adlerian psychology experts had all contributed with visits to help the young association. Since 1992, the Lithuanians began taking part in ICASSI summer camps and began their own organized training programs. ICASSI was held there in 1998 and in August 2002 during the 22nd International conference in Munich, the LIPD became the 27th organization to join the International Association of Individual Psychology. The Lithuanian Society later hosted the Congress of the International Association of Individual Psychology in 2008. Like NASAP, they have an annual conference and they now provide training groups for therapy. It will be a real treat to be with them next year.

I think what impressed me the most is their very recent experiences with the Soviets, which only serve to highlight for them the importance of equality, freedom and respect, concepts that we seem to take for granted at times in our countries. It is still hard to believe that their experiences of being subjugated to an oppressive regime happened during our lifetime and yet seems to be glossed over in history books. Next year promises to be a good learning experience for us not only in Adlerian Psychology but also for history. For Adlerian Psychology is not just about individuals as some imagine, but really about society and its influence on the individual as well as the individual's influence on society. Truly, Adler was a community psychologist, focused on what was good for the mental health of all.

John F. Newbauer
Executive Director of NASAP

From Edinburgh to Vienna

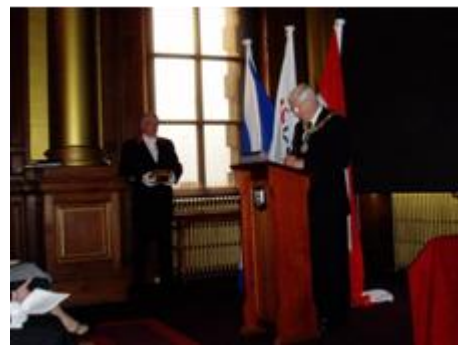
Margaret Wadsley
Chair, ASIIP

It has been an amazing year for me. When the New Year came in I never imagined that I would be connected to Adler's history in the way I have. It began in April in the city of Edinburgh Council Chambers. Those of you who have visited Edinburgh will most likely have passed it as it sits on the Royal Mile, up hill from St Giles Cathedral. On the 12th July I stood close to Adler's ashes again as my connection continued at his funeral in the Central Cemetery of Vienna.

Edinburgh:

On the 19th April 2011 the life of Alfred Adler was celebrated in Edinburgh attended by myself as UK representative of Adlerian Society UK/Institute of Individual Psychology (ASIIP) and Martyn Williams, Chair of the Adlerian Society of Wales. The ceremony that took place in the Council Chambers followed a dedicated search for Adler's remains. John Clifford Honorary Consul of Austria discovered the casket's location 4 years ago, 70 years after Adler's cremation. John's search began, following a request by the Austrian Society of Individual Psychology (ASIP), to engage in this quest. At the ceremony in the City Chambers, John said that Adler was "A very important figure in history. He's on a par with Sigmund Freud."

The host Lord Provost Grubb remarked "Adler was truly a giant of his field and we are honoured to be welcoming the Mayor of Vienna's representative and distinguished guests for this ceremony."



Lord Provost Grubb

As many of you may know Adler died on the corner of Union Street and Diamond Street in Aberdeen on the 28th May 1937. One of the headlines in the *Aberdeen Press and Journal* of the 29th May read: "Professor Alfred Adler Dies Suddenly: he will be buried in the City he admired - (an) Authority on Psycho-pathology whose views were world famous." I believe it was

Adler's value system, socialist views and optimism that combined with his sheer dedication and passion to capture the hearts and minds of his contemporaries in Scotland. Their respect for him was clear in the newspaper reports as well as the respect and compassion shown to him and his family on his sudden death.

At the invitation of Aberdeen University, Adler's funeral took place in King's College Chapel. For many years it was believed that he had been interred in the Springbank Cemetery, when in fact he was taken to Edinburgh and cremated at Warriston Crematorium where his casket had remained on a shelf until this spring.

The wooden casket bearing Adler's name acknowledged him as the "Founder of Individual Psychology". It took four years for provision to be made to have the casket returned to Vienna in accordance with the wishes of his granddaughter Margot, only daughter of Kurt Adler, and family.

It was so refreshing to hear John Clifford, Honorary Austrian Consul,

describe Adler as a pioneering figure in the quest to unlock "the genius in human nature" alongside Freud, Jung" and noted that Adler "made it (human nature) understandable to ordinary people." John also pointed out how Adler valued social democracy and socialism. His values led him to work with people who were the least advantaged in society; Freud's work having been with the "bourgeoisie." Furthermore he recognised that Adler brought awareness to the "most obvious things (yet) least well known".



John Clifford

Two members of the Austrian Society for Individual Psychology (ASIP) came to Edinburgh and were central to a discussion that followed the accolades during the handing over ceremony to

Margot Matschiner-Zollner, President of the Austrian Society for Individual Psychology (ASIP) who represented the Mayor of Vienna and received the casket. She also gave a biographical account of Adler's life. She was followed by Prof Willfried Datler who spoke of Adler's approach and key concepts. A discussion involving those present, followed.



Margot Matschiner-Zollner

Vienna:

Then at 3 pm on the 12th of July many of the Austrians who had been in Edinburgh gathered in Vienna with Adlerians from around the world, NASAP members among them. I was sorry that Guy Manaster had taken ill and was unable to attend, however Gianseco Mazoli, Vice President of IAIP spoke on his behalf. Adler's granddaughter, Margot Adler sat with John Clifford. It was a glorious day where tributes were shared about the great visionary he was. It was a moving occasion. A brass band played baroque music at intervals between greetings, tributes and accounts of history. This added to an atmosphere of deep respect and contemplation. Unfortunately most of the tributes were in German so I am unable to quote from them as I did from the event in Edinburgh, but in the absence of words, I sensed feelings of regard and belonging within an international community of Adlerians.

The 25th International Congress of Individual Psychology began on the 14th July, hosted by ASIP on behalf of the International Association of Individual Psychology. As well as being at the funeral, I attended a Pre-Congress day of the International Congress of Individual Psychology. On the day I joined a group of ten psychotherapists for case discussion based around the presentation of therapy sessions of two clients. The purpose of the day was to interchange perspectives from different IAIP societies and discover (i) how we engage collaboratively within the confines of ethical dialogue, (ii) what similarities and differences emerge in our approach and (iii) how we make sense of client material. The final part of the day was dedicated to considering those similarities and differences that are revealed in practice.

I left the day of discussion having discovered a view of Adler through a psychoanalyst's eyes. It was a rich and thought provoking experience that brought me an understanding of a European

perspective on therapy. I was able to appreciate this as an insider through my participation, however from a cultural perspective I felt an outsider perhaps because of my Scottish origins and values. It is my hope that IAIP will continue to develop this kind of dialogue to unite Adlerians and challenge cultural barriers which can arise from feelings of 'difference' evident from history.

In the evening I joined Anthea Millar at the Café Central to take up the atmosphere where Adler had debated with his colleagues so many years ago.

Adler has now taken his place on his 'native heath' among the good and great of the city that inspired him. Adlerians can now visit the place where he rests which has eluded them for the past 74 years. The music and sunshine on that glorious afternoon added to the atmosphere of warmth and respect, as expressed in Gemeinschaftsgefühl.

Margot Adler Article and Audio Clip

Cheryl Wieker, President of the McAbee Adlerian Psychology Society (MAPS) and Executive Director of the Parent Encouragement Program (PEP) wanted to share this audio link of Margot Adler speaking about her grandfather's ashes.

<http://www.npr.org/2011/07/24/138605312/on-life-and-ideas-a-relatives-ashes-reclaimed>

A Walk with Adler

Marni Rosen, MAT

Every three years, the Individual Psychology community meets for an international forum on the clinical practice and theory of Alfred Adler. This year marks the 100th year since the establishment of Individual Psychology in 1911. The 25th International Association of Individual Psychology (IAIP) congress was a unique blend between the present-day practice of Individual Psychology and examination of Individual Psychology's roots in the historic setting

of Vienna. Follow me on a journey through time.

Take a minute to adjust your view; imagine a late 19th century Vienna, Austria. Vienna, in 1870, was a city expanding and swelling with population growth. The city has become an industrial center of the Austrian-Hungarian territory. Imagine the rich architectural center of the first district lined with cafes and stores in Baroque style, surrounded by several districts of working class citizens and struggling artisans.

In a small neighborhood (in today's 15th district), primarily a Jewish neighborhood of lower income workers (ghetto), a small boy was born and named Alfred Adler. For the first several years of Adler's life he lived on Mariahilfer Straße in a modest apartment with his Hungarian parents and siblings.



Adler's birthplace

As Adler grew up, the city of Vienna reached its highest population of 2 million by 1910. Vienna had become a center for intellectual conversation and academia and the 6th largest city in the

world. The city had the second largest Czech population and the third largest Jewish population in Europe.

After Adler married Raissa Timofeyewna Epstein, they moved into their first apartment and opened Adler's first medical office. Their apartment in the 2nd district was blocks from the Prater (amusement park), where many of Adler's patients worked.



Entryway to Adler's first office



Street where Adler was born



Adler's first apartment; from left: Anabella Shaked, Anthea Millar, Eva Dreikurs Ferguson, Marni Rosen



Prater Amusement Park

Unlike where Freud practiced, in the first district, Adler's patients were primarily working class and low socioeconomic citizens. From 1899-1911, Adler's patients would walk to his office through a back entrance, under an archway and through an open courtyard,

that provided some privacy. It also happened to be in this neighborhood in 1905, across the street from Adler's apartment, Viktor Frankl was born.



Courtyard to first office



Plaque designating Frankl's birthplace

As Adler started to become more financially successful, he and his family moved into the 1st district. His second apartment and office on Dominikanerbastei street was in a more upper class community.

Adler practiced in this office from 1911-1935 before he immigrated to the United States. Due to the change in location, Adler's practice changed as well. He began seeing more upper class patients and was closer to the intellectual café meeting places. A few blocks from his office and apartment, on Schwedenplatz was Café Shiller and on Herrengasse was Café Central, frequent meeting places for Adler and his colleagues.



Apartment near Adler's 2nd office



Doorway to Adler's 2nd office



Street View from 2nd office; from left Bill Linden, Eva Dreikurs Ferguson, Stefan Decuadro, Marni Rosen



Where Cafe Shiller used to be



Cafe Central; Rachel Shtern (left) and Marni Rosen

Adler's history and his theory were shaped by the communities in which he took part. Walking his path gives more meaning to the development of Individual Psychology and to the influences he experienced as a result of the growing intellectual capital of Vienna.

One hundred years later, in 2011, Individual Psychologists returned to Adler's roots to continue his legacy and discuss the history of Individual Psychology. The title of the congress was Separation, Trauma, and Development which was represented in both clinical applications and theory. The congress explored how Adler's separation from Freud and Adler's death (trauma) affected the development of Individual Psychology. The congress showcased Individual Psychologists' work from different countries to examine

how different practitioners understand, apply, and practice Individual Psychology.



NASAP members at IAIP; from left: Herb Laube, Michele Frey, Paul Rasmussen, Becky LaFountain, Marni Rosen, and Julia Yang

Very quickly, it became apparent, that Individual Psychology does not have a uniform practice; that each region or country has variations on the Adler's core principals. For the most part, the principals remained the same, with agreement on teleology, phenomenology, and holism. The places of contention arose most frequently around the terminology of the unconscious, the role of the therapist (democratic or analytic), and emphasis, meaning, and application of social interest.

In addition, the conference highlighted the history of Individual Psychology through the intimate interaction with Adler's family and the places he frequented. Margot Adler, the granddaughter of Alfred Adler and daughter of Kurt Adler, in a public interview, talked about her private memories of her father Kurt and how her life has been influenced by Adlerian philosophy. A follow up conference event took place at VHS Ottaking, a community college where Adler lectured, where Eva Dreikurs Ferguson and Johannes Gstach discussed the development of Individual Psychology in the United States and Vienna.



Margot Adler speaking during an interview

The history of Adler and the city of Vienna only went to deepen the meaningful goal of community and purpose. About 400 individuals set out to share, learn and grow in their understanding and practice of Individual Psychology and even when disagreement arose; it was like a family with competitive siblings who fight to uphold the family values. We are a global family.

The Best Traveling Package Ever

Michele Frey

Beautiful scenery, wonderful people, amazing cultural opportunities, visiting with old friends, meeting new friends, and educational experiences unlike anything else. How to describe the wonder that is ICASSI, coupled with the IAIP Congress this year? I really am at a loss for words.

Each year I wonder why I put myself through so much pre-trip anxiety - making arrangements for my clients, seeing that my home things are in order, finishing up paperwork, etc. - but then I arrive in whichever country and city is hosting the events. This year was even better with the IAIP Congress occurring shortly before ICASSI. As an international delegate to IAIP, I was privy to some of the inner workings of the organization and found the process very interesting and enlightening. One thing that really stands out for me was the difference in therapeutic styles and practices among members of the Congress. While we were all linked through the teachings of Alfred Adler, it was quite clear that we did not all interpret nor apply his theory in the same way. The clear and distinguishable differences made for exciting and passionate

"discussions" among the members and, for me, provided a rare opportunity to be a part of an international and philosophical debate. Such a great learning experience it was. I have a much greater understanding of the very different concepts in Freud's theoretical application and Adler's theoretical application. Then there was the graciousness and hospitality of the Viennese people - from the wonderful reception given by the mayor of the city in a beautiful, historical building to the individual Viennese people who joined us for drinks at the outdoor cafés and helped us find our way through the city. No tour agency could have put together such a grouping of adventures.

So, four days for the Congress and then six days to visit Vienna and work my way to Hitzkirch in Switzerland for ICASSI. In those six days, I and my traveling companions were able to visit the homes and offices of many of the icons in psychotherapy: Adler (of course), Freud (how could we not?), Frankl, and Jung. We were also able to attend a concert at the Schoenbrunn and visit a famous amusement park. My friends and I also enjoyed a leisurely boat ride to Slokokia. Through new friends met at the IAIP, I and my friends were invited to eastern Austria to visit Payerback in the mountains and then to Innsbruck to spend a couple of days touring that city. It was such a wonderful time. There is no way a scheduled tour could ever have been so wonderful and enriching.

ICASSI proved to once again be a rare experience. It was so good to see old friends from so many countries and to catch up on professional adventures and family news. There were a number of first-timers, one of whom was a student of mine, and I always find it so exhilarating to see ICASSI through their eyes. They are full of wonder and excitement - an experience that cannot be replicated. The classes are of the highest quality and taught by those invested and passionate about Individual Psychology. The international flavor only adds to the uniqueness. I have been attending for 11 years now and have never failed to learn even more at every session - and I usually have the same instructor. So much to know, so much to experience, ICASSI has never failed me. To be able to increase my self-understanding and professional skills while at the same time having so much fun with old friends, new friends, and amazing cultural exchanges is like a dream come true.

I am already planning the trip to ICASSI for next year in Vilnius, Lithuania. You will be missing a wonderful and unique adventure if you cannot come. I can assure you, it is well worth the time and expense. I hope to see all of you there.

A Newcomer's First Experience at ICASSI

Breanna Brown

I have learned a great many things from participating in the International Committee of Adlerian Summer School and Institutes in Hitzkirch, Switzerland. It has changed my entire outlook on and attitude towards Adlerian Theory. During the time I attended the international summer school, it consisted of approximately 200 people from over 25 different countries. Most individuals were aware that Adlerian psychology is holistic, social, and purposive. This means that each of us is a whole unique person, we relate to communal living, and our actions can be understood as self-set goals. Adlerian theory and practices offer concrete steps for improved human relationships in the family, school, the workplace, and in multi-national interactions. By attending ICASSI, I was able to better understand the theory and practical techniques that could be used while completing my internship.

Every year ICASSI offers classes in which individuals from many nations are able to learn and share experiences to increase their understanding of themselves and others. The classes deal with contemporary problem areas in parenting, couple relationships, the workplace, and multi-cultural relationships. Methods are taught that help individuals and groups learn to live healthier and strength-based lives in a society in which many persons are discouraged and feel defeated. I had the unique opportunity to attend a Group Dynamics and Facilitating and Substance Abuse courses. In my Group Dynamics and Facilitation course, I witnessed different styles of Adlerian therapy techniques shown by participants from across the globe. I learned how easy Early Recollections could be used for substance abusers to better understand the creation of their lifestyle in my Substance Abuse course.

Each block of educational lectures allowed me to learn more about reaching out to others through education, training, dialogue and experience. My favorite lecture was given by Eva Dreikurs, which helped me to understand Adlerian theory from past to present in a simple, straightforward manner. Last, my spirit of social interest and leadership skills were enhanced by the experiences I had at ICASSI. As a participant, I gained an understanding of self and

others and learned to understand that healthy living involves concern for group welfare as well as for personal well-being.

Before attending ICASSI, I was unsure as to what would be expected. I was also nervous about traveling to a different country without having the comfort of a peer; however, all of those feelings disappeared once I got to know the many people who also attended ICASSI. What was most interesting was that regardless of the profession an individual was in, we were all equal and willing to learn. Without question, the single week in Switzerland changed my life in countless ways. Keeping with ICASSI's tradition of providing high quality continuing education experiences for professionals in an encouraging, multi-cultural environment, I was fortunate to not only learn Adlerian theory but see it in practice among countless individuals. I can honestly say I have learned a great deal, made lifelong friends, and have become addicted to ICASSI. I will gladly attend next year in Lithuania and recommend this experience to anyone who wishes to use the theory and practice of Individual Psychology as learned through the teachings of Alfred Adler and Rudolf Dreikurs.

Report from Vienna

Dan Dalton

The 25th meeting of the International Association of Individual Psychology was held in Vienna, Austria from July 14 to July 17, 2011. Under the theme of Separation-Trauma-Development it celebrated 100 Years of Individual Psychology.

Hosted by the Austrian Society of Individual Psychology and held on the historic and beautiful campus of the University of Vienna, the congress, attended by hundreds of Adlerians from across Europe, North America and as far away as Uruguay and Japan, was a resounding success.

All papers presented were met with enthusiasm and followed by lively and, at times, controversial discussion and debate. In general, through the use of case studies and scientific papers, it became clear that Adlerian practice and theory has evolved and diversified over the past 100 years. This congress demonstrated that Adler's theory is dynamic and evolving with the capacity to adapt, in a purposeful and useful way, to different cultures and different social structures. It revealed that new interpretations and practices are

being created to help communities as they strive to develop more humane and cooperative social living experiences. It confirmed the need for intellectual discourse among the various Adlerian Societies in order to help the theory grow and in order to maintain its integrity in diverse and ever changing environments.

Three NASAP members were honored at the Congress:

Guy Manaster, who has served as President for the past 12 years, was unable to attend due to a sudden health condition and chose to decline the invitation to let his name stand for re-election. His strong and sound leadership, as well as his support and sense of humor were sadly missed by all. He will now assume the role of an Honorary President of IAIP. Congratulations Guy!

Eva Dreikurs-Ferguson was invited to present a seminal lecture in the same Hall where decades ago Adler used to lecture. She spoke of the contributions that Rudolf Dreikurs made to the development of Individual Psychology in Vienna, in North America and in the international community. It was well received by all as it eloquently provided a historical background that helped to illuminate the basis of our differences. In so doing it served to strengthen a bond of connectedness and a universal feeling of unity among international Adlerians. Congratulations Eva!

Becky LaFountain was elected Vice President of the International Association of Individual Psychology. This is a new position established with the adoption of a new Constitution. It will give Becky an opportunity to do for IAIP what she so capably did for NASAP. Congratulations Becky!

NASAP members made significant contributions at the Congress. We are permitted 8 Delegates to the IAIP Assembly and the following members represented NASAP at the governance meetings: Tim Hartshorne, Becky LaFountain, Herb Laube, Michele Frey, Heather Leigh, Erik Mansager, Marion Balla, and Dan Dalton.

The following NASAP members were invited to take a leadership role as presenters or discussants in Key Scientific Lectures during the plenary sessions: Herbert Laube, Erik Mansager, Christopher Shelley, Paul Rasmussen, Rebecca LaFountain, and Dan Dalton. Others who presented papers included: Mark Blagen, Marina Bluvstein, Timothy Hartshorne, Richard A Highland, and Marni Rosen.

Following the adoption of a new Constitution that is registered and has a home office in Austria, four Board Members were elected:

President: Wilfried Datler

Vice-President: Rebecca LaFountain

Secretary-General: Giansecondo Mazzoli

Treasurer: Horst Groner

Paris in 2014

It was decided that the next Congress will be in Paris in 2014. The Paris Delegates were present in full force. They are determined to host a Congress that will continue the success brought about by the outstanding efforts of their Austrian colleagues. It is my hope that the NASAP membership will continue its strong and faithful support for this international gathering of Adlerians.

I promise you, your attendance will challenge the way you understand and interpret Adler's beliefs and practices. It may also generate the mental and emotional stress brought about by cognitive dissonance.

But, such is the price one pays for growth and development. I promise you, your attendance will leave you feeling a bit unsettled but more alive in your Adlerian world - plus, spending a week in Paris, what could be better?

Adler's Ashes

On July 12 just prior to the Congress a very special event took place in the Central Cemetery of Vienna. Alfred Adler's remains were brought to Vienna from Edinburgh, Scotland. Family members, Vienna Dignitaries and dozens of faithful followers from across the globe gathered together in a joyful and historical Memorial Ceremony. After 74 years of neglect Alfred Adler's ashes were brought home to Vienna for his final resting place. Now, finally, a respectful and dignified monument stands, in a peaceful garden, in a beautiful Cemetery, in honor of a man who devoted his life and his work to the betterment of humankind. It was truly a celebration of a great man's life, but more than that, it was a celebration of his work and of his legacy. None present could help from feeling blessed for having knowledge of his work and none present could escape from a feeling of obligation to ensure that this man's teachings will continue to change lives.

May he rest in peace and never be forgotten.

New Video from Henry Stein

In a 10-minute video, Henry T. Stein demonstrates Classical Adlerian Brief Therapy with a colleague who role-plays one of her clients. The client begins by complaining about an indifferent husband who used to be nicer. Using a Socratic style of questioning, Dr. Stein diplomatically explores what the client has omitted in the relationship, eventually focusing on what she could do differently to engage her husband positively, even to surprise him, and to consider what else she might do to improve the situation.

In a follow-up 15-minute video, Dr. Stein explains his therapeutic strategies and responds to questions from a group. The therapist's optimism and faith in what the client could do, provides a persistent stream of encouragement, even if it only stimulates doubt in her current, limited beliefs. The benefits of group work and role-playing, as well as memories, dreams, and fantasies are also clarified.

These videos are available on our subscription site. A new, mid-year subscription rate of \$45 is available. Please get all the information at

www.Adlerian.us/subscription.htm

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Richard Watts Records Podcast and Serves on Ethics Revision Committee

Richard E. Watts recently did a podcast for the American Counseling Association. Entitled "Reflecting As If (RAI): Adler and Constructivists Unite," the podcast addresses the brief counseling process developed by Dr. Watts that is rooted in Adlerian theory and practice and integrates constructivist procedures. The following URL is a link to the actual podcast: <http://www.counseling.org/Sub/Podcasts/HT026.mp3>

Watts was also recently selected to the American Counseling Association Ethics Revision Task Force. Watts was one of 11 persons selected to revise the code that provides the basis for ethical behavior for ACA members and serves as an important resource for the counseling profession.

Eva Dreikurs Ferguson and Bill Linden Recognized in Local Paper

Click on this link to read the article:

http://www.theintelligencer.com/local_news/article_b07bc106-a0de-11e0-868a-001cc4c002e0.html

Call for Papers for Special Issue of JIP: Trauma or Self-Destructive Behavior and Individual Psychology

A future special issue of *The Journal of Individual Psychology* will feature articles concerning trauma and self-destructive behavior and Individual Psychology. The special issue editors, Leigh Johnson-Migalski, PsyD and Mike Maniaci, PsyD, encourage manuscripts to explore how Adlerians assess, research, treat, conceptualize, prevent trauma and/or self-destructive behavior. Articles demonstrating evidence-based practice are favored. Please include case studies and examples whenever possible. Self-destructive behaviors could be defined as self-injury, suicide, and substance abuse. The first draft of the article needs to be submitted by February 17, 2012 to allow for review and rewriting before the publication deadline. Contact Leigh Johnson-Migalski at lmigalski@adler.edu if you are interested in submitting your work.

ICASSI 2011 Switzerland: A Student's Experience

Joseph A. Cice

The ICASSI experience really changes the definition of an international study abroad program. This two-week Adlerian summer school brings professionals, educators, students, and anyone else who wishes to participate into a community of learning that brings both culture and perspective to the learning environment. Although the summer school was held in Switzerland, as many as 25 countries, if not more, were represented.

This year was especially exciting for me because I was attending for the second straight year. Last year in Romania the experience made such an impression that I had to take the opportunity to attend for a second year. The entire ICASSI experience allows you to learn about Adlerian Psychology, social interaction, and become more self-aware. I enjoyed several instances where all three of these areas meshed to really embrace the holistic approach of Adlerian Psychology. The experience really pulls you into a community that looks at human interaction and integrates the ideas of belonging, equality, mutual respect, and community, among other Adlerian ideas. It provides students with guidelines to improve relationships in their school, work, personal, and family environments.

The initial experience that stood out to me was the casual interaction between teachers, students, professionals, and people from all other walks of life. Titles are unimportant and sitting next to a person I recently cited in a paper was common. I found myself routinely engaged in wonderful conversations with professionals from all over the world while we shared coffee and breakfast. These conversations continued throughout the day and sometimes into the later hours of the evening after dinner.

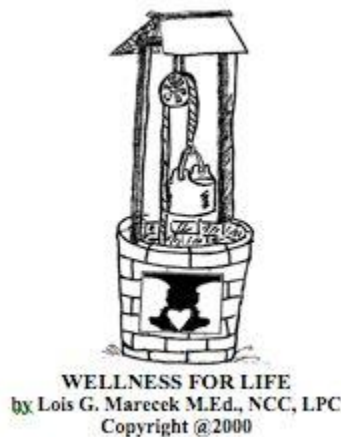
Not only were the interactions with professionals and well known educators important but also the relationships that were created with other students and professionals in many other areas other than psychology. These broad and cultured views only emphasized many of the Adlerian concepts I learned in the classroom. Gaining perspectives from all walks of life allowed me to understand the differences in the views of others as well as myself. This self-awareness, which is inevitable, is one of the major benefits for all who attend.

ICASSI was not only about the social interactions but also about the knowledge that was shared in the lectures and the classroom. During these two weeks I was able to listen to many lectures including topics such as social equality and democracy, emotions, and envy in relationships. I was also able to take smaller classes focusing on topics including gender and men's issues, emotions and private logic, encouragement, and spirituality in Adlerian Psychology. Every moment of these learning experiences allowed me to expand my knowledge of Adlerian Psychology and apply it to my own relationships, and also apply it to my future work.

I cannot even begin to explain the importance this experience has had on my life and the immeasurable value it has provided in my academic career. As a student of psychology I would place this experience among the most important of my academic growth and my life. It has allowed me to learn more about Adlerian Psychology, become more self-aware, and make strong relationships that will last a lifetime. I look forward to the next ICASSI that I am able experience and will actively work to attend many more in the future.

Wellness for Life

Lois Marecek



Prisms of Dignity and Respect

There were a number of things growing up in the 50's and 60's that kept you entertained as a child by mere use of one's creativity. This includes the never-ending possibilities of a box becoming a fort, pirate ship, clubhouse or whatever.

We could play for hours on end with little or no props simply based on

our imaginations. What freedom!

I was introduced to prisms early in my childhood. There was something fascinatingly, spectacularly colorful and energizing yet calming about them. They could take you beyond places outside the

backyard, as they danced and flowed in an array of colors as soft and or vibrant as the eye could see. Who knew that such a transparent body dispersing light into a spectrum or reflecting rays of light could be so powerful! They had the energy of taking you a million miles away yet were right in hand flawlessly working together spiritually and otherwise.

Dignity and respect are much like a prism. *Dignity* by definition: 'quality or condition of being esteemed or worthy' and *respect* 'denotes both a positive feeling for a person or other entity and specific actions and conduct representative of that esteem.'
(Wikipedia)

Today when we hear or see the words dignity and respect, we surmise "caregiver," our parents and those who may have difficulty caring for self. In this case, we utilize dignity and respect as guidelines to make sure that the person in our care receives the dignity and respect that is by entitlement, every person's basic human right inclusive of emotional, physical, privacy and to be able to make choices.

As the saying goes, "Take time and smell the roses." It's all around us! In all living things and noted....

"Remember this, - that there is a proper dignity and proportion to be observed in the performance of every act of life" (Marcus Aurelius, Roman Emperor, AD 121 - 180)

"I believe in human dignity as the source of national purpose, human liberty as the source of national action, the human heart as the source of national compassion, and in the human mind as the source of invention and our ideas." (John F. Kennedy, 35th US President, 1961 - 1963)

"The only kind of dignity which is genuine is that which is not diminished by the indifference of others."
(Dag Hammarskjold, United Nations official and Swedish Statesman, 1905 - 1961)

"If one doesn't respect oneself, one can have neither love nor respect for others." (Ayn Rand)

"Respect for ourselves guides our morals; respect for others guides our manners." (Laurence Sterne)

"If you have some respect for people as they are, you can be more effective in helping them to become better than they are." (John W. Gardner)

As I mentioned earlier, we can find facets of dignity and respect all around us. First and foremost, let's not forget those who have served and serve to care and protect these valued aspects of human life may come under attack or loss. They do this by giving of themselves first, unselfishly.

In general, we could probably note on a scale where people like to attend meetings. We all know how meetings can go awry even with the best intentions. The focus shifts to personal digs, being off topic or demonstrating society's "clickness". Well, I recently attended a meeting where one of the items on the agenda could have been described as "dicey", having the potential of tearing the whole meeting apart. As I sat in what can be best described as admiration, the soft-spoken president, both in aura and demonstration, set in motion the dignity and respect that is so innately valued, to both topic and members.

My last example is of a personal nature. Those who know me know I am a very private person handling whatever challenges are placed before me quietly. Could say heritage is kicking in or that's the way I'm wired! This time the cards dealt were where taking 2 aspirins or eating an apple a day would not resolve it. I just returned from a third post surgery check-up for breast cancer. I'd like to share how things unfolded. As I was being escorted to the examination room, I happened to notice the young lady removing what appeared to be a post-it from my file. As she handed me my gown, she asked for a favor. It's not every day a patient is asked for a favor. With curiosity I nodded and asked her what was on her mind. Her response, "Could you bring some more lips for the rest of the staff?" At this point, bringing you up to speed may be helpful before you call for a straight jacket or... A humorist and colleague some years ago, Linda Henley Smith, introduced me to the lips. As a school counselor, students who were referred for emotional concerns would draw lips on paper that were then used as props. You could say that I have taken them to another level. I believe we all need an extra set for whatever in life.

I had given a set to my surgeon and his office manager. Society has a way of imprinting to a degree how we look at things. Cancer is one of the major bell ringers. It impacts everyone. Think of people who deal with it on a daily basis. They need to be kept positively

focused keeping dignity and respect in the foreground. Oh yes, next week when I return, I will have their extra lips. As I look toward the next series of surgeries, I can proudly say, "I am a survivor of cancer!"

We see this in Adler's intuitiveness of his concept of Gemeinschaftsgefühl, which interweaves and embodies the natural desire to cooperate, to contribute and benefit all life via mutual respect and dignity. For this concept is 'an extension of the Enlightenment Era of inherent and inalienable rights'. (Wikipedia)

As portrayed by the description of a prism, dignity and respect emulate in essence, the transparent body for dispersing that light into an awesome, vibrant, and brilliant spectrum of life.

Warm Fuzzies,
Lois

Section News: Adlerian Counseling and Therapy (ACT)

Hello fellow Adlerians! The Representatives for the Adlerian Counseling and Therapy Section would like to update you regarding the LGBTQ Roundtable that was held at the 2011 NASAP Annual Conference in Victoria, BC in May. We would also like to share our ideas from the ACT section meeting that was held during the conference.

Moving NASAP Forward: The LGBTQ Roundtable

For anyone who has trouble recalling the exact words in acronyms, LGBTQ is an initialism used since the 1990s representing the group formerly known as the "gay community." It refers collectively to Lesbian, Gay, Bisexual, and Transgender individuals. The "Q" was added in the late 1990s to include those who identify as Queer or Questioning their sexual identity.

This roundtable discussion was facilitated by Susan Belangee and Mark Bilkey. They are both veteran NASAP members and have various reasons for the passion they bring to this important issue. In opening this discussion, Susan and Mark brought forth some very important questions.

- Where is the diversity in NASAP?
- How can we start moving forward toward a more diverse mindset and membership?

After those compelling questions, participants received a brief history lesson on the era in which Adler developed his theories as well as his published thoughts on homosexuality. These unpleasant realities included his considerations of homosexuals as neurotic individuals coming from negative families of origin. His thoughts also were that homosexuals lacked social interest and were avoiding their life tasks. In our responses to this, there were many thought-provoking considerations including the reality that these thoughts were shaped by a time when "perversion" was anything interfering with marriage and procreation. These interferences were considered criminal. The Victorian era was still revered and emulated. The presenters also discussed that it appeared Adler was shifting his perspective later in his career and remained consistent with encouragement as evidenced by not supporting prison time and recommending counseling interventions for individuals caught in homosexual acts. To consider this in a modern context, one must remember that homosexuality was diagnosable as a mental disorder until the 1974 printing of the DSM-II. In a very encouraging way, the transition into current practice was made by Dr. Bilkey, who reminded participants that, in the words of Dreikurs, "everything can be different."

There have been two Special Issues of *The Journal of Individual Psychology* dedicated to the topic of LGBTQ counseling. Drs. Belangee and Bilkey presented synopses of these dedications. In 1995, Issue 51(2) called for a revision of Adlerian theory in order to achieve social equality. There was a suggestion that as mental health providers, we must resolve our own homophobia and mistaken beliefs about our own sexuality before working with LGBTQ individuals. Within the issue, a common theme centered on Adlerians being ideally suited for work with the LGBTQ community due to our emphasis on social equality and belonging. The next issue dedicated to this topic, Issue 64(2), was published in 2008 and included a further call for theory revision in an attempt to be in accordance with a more contemporary understanding of LGBTQ issues. The contributors in the 2008 issue emphasized a need to own the past, apologize, amend, and assure that change in theory has occurred. They highlighted the additional relevant Life Tasks of self-acceptance and spirituality and pointed out the need for parenting information for non-heterosexual parents as it is not

commonly accessible. To me, the overarching theme of these Special Issues is that in order to heal, WE all need to admit that we have been a part of the felt minus for some groups and move forward in an effort toward reparation. It is crucial to acknowledge the individual efforts of those Adlerians, such as Drs. Bilkey and Belangee, who have been LGBTQ allies and supporters within the Adlerian community.

It would be foolish to assume that the thoughts and theories of Alfred Adler are the only ones that ever marginalized certain groups of people. In fact, I am not sure a group exists that has not done so. While organizing these thoughts, I recalled learning about conversion therapy and reparative therapy in my training program within the past several years. The APA did not have a definitive position against these attempts to change sexual orientation until 2009. The bottom line is that as mental health practitioners we have come a long way. However, there is still a long way to travel on this journey.

At the end of the roundtable discussion, Dr. Belangee posed the following questions:

- If Adler wrote about equality for all, why would that not, in this era, apply to LGBTQ?
- How can NASAP members bridge the gaps regarding LGBTQ issues in the Adlerian literature?
- How can we bring Adlerian ideas to non-Adlerians and have them "buy in" given Adler's era-specific writings?

These are definitely questions to ponder on this journey toward inclusion and reparation. My question to you is: what are YOU willing to do as an individual member to move NASAP forward? Let's continue this dialogue and forward movement in the newsletter, in our affiliate groups, with our classmates and co-workers, and at future NASAP conferences.

If you have any further thoughts or suggestions, please contact the Diversity Task Force Chairperson, April Hames (talentea@yahoo.com).

Thoughts about the ACT Section

ACT is the largest section in NASAP, and your co-chairs want to serve the best interest of this group. As socially interested counselors and therapists, it seems natural that we should strive to

help each other. My suggestion for this section is to somehow incorporate an online support/brainstorming stream in which members can post questions, concerns, answers, and support. Sometimes, we need to let off our own steam about our professional lives, and I feel this could be a way to support and encourage each other in a very Adlerian way.

While in Victoria, those in attendance at the annual ACT section meeting seemed very interested in this idea. Other wonderful suggestions included book reviews and regular contact and encouragement via a newsletter of tips and strategies for practice. If you would like more information about this section, please contact the representatives, **April Hames** (talentea@yahoo.com) or **Sherry Merriam** (sherry.merriam@gmail.com).

Submitted by,
April M. Hames, PhD, LMFT

Support and Encouragement Requested

Sarah Winger

Catherine Hedberg, a longtime NASAP member, has struggled with serious medical issues recently and I am requesting that any fellow Adlerians who want to know how to send support, well wishes, and other encouraging things to Catherine, please contact me via email at sarahwinger@gmail.com.



More Pictures from Vienna

courtesy of Margaret Wadsley



Margaret Wadsley by the monument



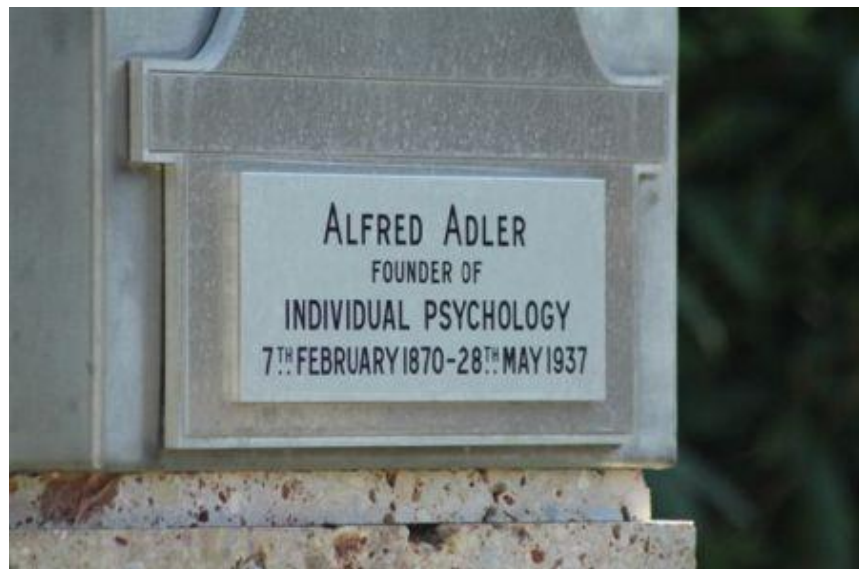
Marian Balla and others at the memorial service



Other Adlerians at the memorial service; Erik Mansager (wearing backpack)



**Giansecolo Mazzoli speaks at the
memorial service**



The memorial plaque



Margot Adler (seated on right) with John Clifford beside her



The casket with Adler's ashes

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