



## The NĀSAP Newsletter

September-October 2011

Volume 44, No. 5

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### **Dear NASAP Member,**

What a weird fall season it's been already – snow here on the east coast two days before Halloween and the forecast still has some 70-degree days in it (well, at least here in PA). I hope this edition of the newsletter comes as a warm reminder of all that is good in and about NASAP.

There are reasons why you joined NASAP and hopefully even more for why you renewed your membership. The Membership Committee would love to hear your thoughts about the value of NASAP membership as well as ways to improve what NASAP offers. The Chair of that committee is Dan Dalton ([drdandalton@drdandalton.com](mailto:drdandalton@drdandalton.com)) and he is serious about increasing the value of a NASAP membership, which he hopes will attract and retain more members.

In addition, the first of several conference-related articles is included in this issue; I can already feel the excitement building for a ground-breaking conference in Atlanta!

Happy Fall Y'all,

Susan Belangee



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

Leigh Johnson-Migalski

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**Send in your reflections of membership today!**

## President's Message

I began the recent meeting of the Council of Representatives (COR) and Board of Directors (BOD) in Hershey, PA, by asking all to write the following header above our agenda, ***Rejoice and Renew***. Why? Because after a long year of difficult change from one fall meeting to the current, we are stable, we are enthused and the positive energy is contagious, particularly in and around Atlanta, GA. Although the NASAP meeting seemed to flow through its business, it was not quite business as usual. NASAP's present and future were on the table. Among the major undertakings was the replenishing of the Membership committee, chaired by Dan Dalton.

Existing Members of the Membership Committee include:

- Dan Dalton, Chair
- Linda Jessup, Past Chair
- Patti Cancellier
- Marlene Goldstein
- Larry Anderson
- Robin Scrofani
- Kathy Cluff
- John McClure
- John Newbauer

Additional COR Members who volunteered at Hershey:

- Marion Balla
- Kathy Walton
- Leigh Johnson-Migalski
- Susan Belangee
- Bill Premo

Its principal charge is no less than the re-design of a membership model addressing dues, membership categories, membership benefits and contributions. This committee, with its vigorous challenges, will report in Atlanta. Also forthcoming, the nominations committee is posed to bring us wonderful choices to join the next administration of Richard Watts. After Atlanta, he will be joined by a new vice president, treasurer, and secretary.

Among my major goals has been to strengthen NASAP. Toward that end, the relationship between the national and local affiliates is paramount. Our increased collaboration is an uppermost concern.

NASAP's affiliate liaison to the board, Leigh Johnson-Migalski is extremely well suited to the task. John Newbauer, now firmly in place as executive director, is considering some innovative ways of providing support to affiliates, particularly regarding local conferences. Next up is the Florida Adlerian Society's conference, March 1-3, in Safety Harbor, Florida just outside of Tampa. Join us; FAS's annual conference has superb content and an enriching ambience.

Susan Belangee presented the board and COR with an "Emerging Leaders Program." Her thoughtful initiative was welcomed, applauded and endorsed. Imagine a designed pathway for leadership training and experience in our Adlerian communities and within our governance structure.

The diversity initiative, generated at last year's fall meeting, is embedded in the Atlanta conference. The team of Becky LaFountain (NASAP conference coordinator), Jody Housker, and Michelle Frey (the host committee chairs) are leading us to somewhere special. Save the dates—June 7-10, 2012.

Enthusiastically submitted,  
Steve Stein  
sjstein47@comcast.net

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## **Notes from the Executive Director**

John Newbauer

The COR and Board Meetings in Hershey were very productive and helpful from my point of view. Hearing from Section Reps and Affiliate Reps was helpful in knowing some of the ways we need to move NASAP. It seems to me the more we can cooperate with our local, grass-root-based Affiliates, the more successful we will be in bringing Adler's ideas to the public.

We do have a need for a site for our 2014 NASAP Conference. We will be in Atlanta this next summer and in San Diego in 2013. However, the 2014 Site has not yet been selected. I urge all of you Affiliates out there to give some thought to whether you would be willing and able to host the 2014 NASAP Conference. While many are willing, not all are able. While we have a routine for meeting in different parts of the continent with North (2014), Canada (2015) and East or South (2016). These are preferences only and we will consider offers from other regions if none come

from the suggested area. Some things to think over are included in the site application form that is available from our website at this address: <http://alfredadler.typepad.com/nasap/2011/11/conference-sites-sought-for-2014-2015-2016-etc.html> or you can email me and I'll be glad to send you a copy. My email is [info@alfredadler.org](mailto:info@alfredadler.org).

NASAP is working toward helping our members in every way we can. One thing that may be helpful to you is a member discount program designed to save you money on things you purchase every day. This is an exclusive member discount program that offers an easy way to cut costs without taking up much of your time. Simply use the discount codes that will be provided to you by participating vendors with your next purchase. As a NASAP member, you will be receiving these discount codes in your emails (or mail) in the near future. There is no cost to you and we have worked with many of our vendors to make sure they are doing something special. For example, one company donates 10% of their revenue to charity. Others are "green-based" companies and others actually make a donation to NASAP based on our members' use of their products or services.

Some of the vendors involved include: Avis, Budget, HP and Compaq, Office Max and UPS as well as a web design company, credit card and debit card processing company, postcard marketing services and a full service survey and analysis company. Not everyone will use all of these services but hopefully most of you can benefit from some of these services. Be on the lookout for announcements about these services and how you can save money yourself while making some money for NASAP.

Coming sometime soon this month will also be a new website that goes along with our new membership management services. Right now, I've got to get back to work on notifying those who submitted proposals for NASAP 2012, so I will tell you more in the near future.

John F. Newbauer, Ed.D., DNASAP  
Diplomate, North American Society of Adlerian Psychology  
Executive Director

## **NASAP 2012 – Atlanta, GA**

Jody Housker

Atlanta - home of the Braves, CNN, the GA Aquarium, Coca-Cola and NASAP's 60<sup>th</sup> Annual conference. We welcome you to join us at the Hyatt in downtown Atlanta, June 7-10, 2012 for a conference and city you won't forget.

In Atlanta and at the NASAP conference there is something for everyone, from child to adult, from parent to professional! Atlanta is a city filled with history, art, and fun!



After a day of conference activities there are sights to see and things to do. You may want to enjoy all the city has to offer as a family, group, couple, or on your own. We will be glad to help you find something that fits and leaves you with fond memories.

Some of the options include the Georgia Aquarium, Peachtree Center Mall, CNN Center, Fox Theater, Atlanta Civic Center, High Museum of Art, Turner Field and Philips Arena, Fernbank Museum of Natural History, Center for Puppetry Arts, Martin Luther King Jr. National Historic Site and Sweet Auburn.

Our conference within a conference for 2012 is "Social Equality: Still the Challenge of Today." We have well over 75 presentations and nearly 100 presenters. Join us for 4 days of inspiration, insight, encouragement, socializing and networking.

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## Spotlight on Diversity

April M. Hames, PhD, LMFT  
Diversity Task Force Chairperson

It has been one year since the Council of Representatives (COR) of NASAP formed a Diversity Task Force (DTF) to address issues of diversity in our organization. We have been working to highlight the variety of diversity that already exists in NASAP. In addition, we are hoping to grow the representation of age, different abilities, ethnicities, religions, and sexual orientations within NASAP.

This is the first in a series of interviews with individual members of NASAP who represent their diversity through a wide array of experiences, backgrounds, abilities, skills, and styles. Our hope is to give the readers a perspective through the eyes, ears, and hearts of many diverse members of NASAP. “A new perspective will be a roadmap to success. Put all of your options on the table. That’s diversity.”

Lois Marecek, from Tucson, AZ, is the first to be featured in this series. She is a regular contributor to *The NASAP Newsletter* so many of you will recognize her name. She describes her ancestry as “Scottish of the Wallace Clan, English and a bit Polish...on the paternal side, Russian and Navaho of the One Who Walks Alone Clan.” Lois has a Masters degree in Counseling and Guidance and Vocational Education (M Ed) with a focus on Special Education in the areas of learning disabilities and emotionally challenged students. She is a Licensed Professional Counselor in AZ. She has extensive training and experience in Critical Incident Stress Management (CISM) and has been deployed around the country providing disaster relief to those in need. Her personal interests are animals, storytelling (with or without puppets), and staying connected with the younger generation. Lois feels they keep her “balanced and focused in life.”

Here are some highlights from our interview.

**APRIL:** How do you consider yourself diverse and/or multicultural?

**LOIS:** Guess you might say that I have been fascinated with people all my life. My parents had foresight in raising us with awareness, respect, and the opportunity to be a part of various

cultures, religions, etc. I have been referred to, on occasion, as being “earthy” in having a way of connecting with individuals across age [groups], situations, and settings. This probably was reflected in my change from being a microbiology major – it was more challenging to have conversations with Petri dishes and test tubes.

**APRIL:** How were you introduced to Adlerian and/or Dreikursian principles?

**LOIS:** I attended undergraduate classes in open forum counseling with Oscar Christensen, had career/vocational counseling training with Dr. Betty Newlon, and elementary school guidance with Dr. Bill Hillman. They approached life with the perspectives of “a democracy;” and incorporating connectiveness, encouragement, respect, self-worth, contribution, support, etc.

**APRIL:** Do you work with diverse populations?

**LOIS:** Yes. My work is as diversified as my approach on a number of levels: culture, situation, setting, needs, etc. At times, I work in elementary school settings composed of diversified cultures and abilities including students with special needs. I work with middle and high school students as well as first responders, fire fighters, medical teams, law enforcement, logistics personnel, and victims representing all populations.

**APRIL:** How do you incorporate Adlerian principles with diverse populations?

**LOIS:** It appears that no matter the population, situation, or setting, the overall goal has commonality – assist individuals with the tools to obtain/return to a life of balance and harmony whether focusing on changing behavior via the Mistaken Goals of Behaviors with encouragement, respect, and support; to the encouragement of becoming “their own person” independent, willing to take risks, productive, as well as, acknowledging that they did their best in an abnormal situation under the umbrella of CISM. The thread that is constant overall is reflective of the Five C’s – establishing a connection whereby guiding them so they FEEL *connected*; are *capable*; *count*; *contribute* to family, community, self, and each other; and have the *courage* to be imperfect.

**APRIL:** What else would you like to share that I haven’t asked?

**LOIS:** As a side note, Adlerian psychology works with both two- and four-legged children!

If you have met Lois, you can feel her connect with you as you converse and often even when you are not. She lives the principles of Adler and Dreikurs in her daily life. I am looking forward to the next issue so we can look to yet another “new perspective” and put even more “options on the table.”

To quote Lois, “Warm fuzzies, stay hydrated, and catch you on the flip side.”

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## **Conference Corner**

Becky LaFountain  
NASAP Conference Coordinator

If the rate of conference proposals is any prediction of the success of a conference, the NASAP 2012 conference is bound to be a great one! We had a 50% increase in submissions over the recent years; specifically, we received 90 rather than the usual 60. At our recent Board and COR meeting, which was held in Hershey Oct. 21-23, the selections were made and the program arranged. It is going to be an exciting one with the theme, “Social Equality: Still the Challenge of Today?” Details will follow once presenters are notified. In the meantime, however, please save the dates of June 7-10, 2012. The location will be the Hyatt Regency Atlanta on Peachtree Street, where single and double occupancy for guest rooms have been contracted at a reasonable rate of \$135. A day of preconference workshops will culminate with the Ansbacher Lecture, which will feature Dr. Lynn Todman from the Adler School of Professional Psychology, Chicago. The conference will end with a joyous dinner that will be included in the price of the full two-day registration, where participants can enjoy fun and fellowship!

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## **Changes to Constitution and By-Laws Viewed Positively**

Leigh Johnson-Migalski  
[lmigalski@adler.edu](mailto:lmigalski@adler.edu)

I just came back last week from lovely, sweet Hershey PA participating in the Council of Representatives meeting feeling energized, hopeful, and excited for NASAP. In the last year or so,

NASAP made changes on how the COR meeting functions and this year we are seeing the results. At COR this year, we had extensive discussions on various ideas (i.e., membership initiatives, future conference speakers, and the dues structure) offered by affiliate representatives and section leaders, which lead to goals for the Board to investigate and carry out. We have created an organizational structure that follows a much more democratic process. With the bad economy, many people need to hear some good news, so I thought I would share my perspective. My role on the COR consists as the Affiliate Liaison Representative to the Board. I help the affiliates communicate their needs to the Board as well provide support regarding how NASAP can help affiliates flourish. Please feel free to contact me if you want to learn more or want help with your affiliate. I hope to see you all in Atlanta 2012!

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## **Western PA Society (WPSAP) Holds Workshop with Patricia Walton-Donalies**

On Saturday November 19, 2011, a free workshop, titled “Dealing with Issues of Anxiety, The Adlerian Way,” will be given from 10 AM to 12 PM at the Bethel Park Library, 5100 West Library Road, Bethel Park, PA 15102. CEUs are available. For more information, please visit the WPSAP website at <http://www.wpsap.org>.

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## **Gary D. McKay’s Latest Release**

Gary D. McKay just released a new book and it is on a different path from some of his previous works. His newest release is a novel, *A Shortage of Bodies*. In reading over the release, it’s obvious Gary has included a lot of things he knows about including counseling, Scotland Yard (from his friends in Scotland, obviously) and the old southwest. Here’s a quick synopsis of the book.

“When Dr. Dick Meyer, a 55-year-old counselor and author turned amateur criminal psychologist, becomes involved in an unusual

murder case with a disturbing lack of cadavers, the experience becomes unbearably personal. The victim is Mary Martinez, a personal friend and woman who seemed to have it all. She becomes angel number one in this crime novel, *A Shortage of Bodies*, set in Southern Arizona.

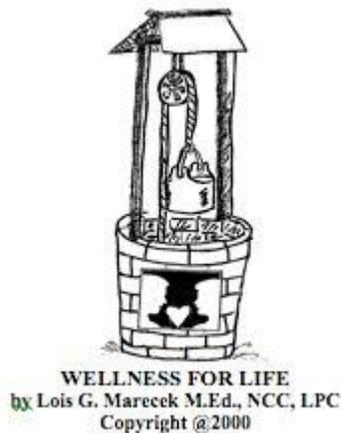
A mysterious box containing ominous souvenirs of the crime is left in the front yard of Desert County's Sheriff Jerry Morgan. Morgan quickly assembles an unlikely band of investigators including Dick Meyer and a newly immigrated, retired Scotland Yard detective, Ian MacLennan. They soon discover that Mary is not the only woman gone missing and presumed murdered. The search is on in the beautiful but deadly Desert Southwest."

The book is currently available in paperback from the publisher at [www.ampubbooks.com](http://www.ampubbooks.com) and from Amazon [www.amazon.com](http://www.amazon.com) and will soon be available in electronic version on Amazon and iTunes.

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## Wellness for Life

Lois Marecek



Two  s, No Waiting

Here I was in the midst of a counseling training when all of a sudden, that good old light bulb began flickering. The focus of my mind and body turned to '*listening*.'

As I continued to *listen* to the speaker with one ear and mind part, the other seemed to wonder toward the realm of *listening*.

Before I knew it, all kinds of things began popping in my head – a snippet here and a snippet there.

The realm of *listening* is as diverse as the word itself. To truly focus on *listening*, the physical aspect is but one domain. It goes beyond the mere function of the organ and its parts. It even extends beyond the central auditory system's role of functions including

the localization and lateralization of sound, and differentiating between the different sounds.

In other words, *listening* extends beyond the function of hearing sounds or words. It is intrinsically based – being not just open minded and non-judging but of open heart and spirit. Sometimes it may take the form of a sounding board.

As counselors, we discover there is much more. There is actually an ‘*art of listening*’ – the ability to establish rapport, to connect, reflect, embrace silence, encourage, personalize, and guide. It centers/touches on every aspect of our lives.

What about the person who talks to him or herself? What do we say about that? One view may be that someone is at least listening!

To truly *listen* is to learn, which in turn, demonstrates a sense of caring, respect, feeling of what is being conveyed in whole and value for both the speaker and the listener, whether adult or child.

“To listen fully means to pay close attention to what is being said beneath the words. You listen not only to the ‘music,’ but to the essence of the person speaking. You listen not only for what someone knows, but for what he or she is.” – Peter Senge

I’d like to share with you that writing about *listening* is equally as challenging as the ‘*art of listening*.’

So keep in mind, “Two ’s, No Waiting!” I’d like to leave you with a couple perspectives as your guide.

### On Listening

“WHEN I ask you to listen to me and you start by giving advice, you have not done what I’ve asked.

WHEN I ask you to listen to me and you begin to tell me why I shouldn’t feel that way, you are trampling on my feelings.

WHEN I ask you to listen to me and you feel you have to do something to solve my problem, you have failed me, strange as it may seem.

LISTEN! All I ask is that you listen, not talk or do . . . just hear me.

WHEN you do something for me that I can and need to do for myself, you contribute to my fear and inadequacy.

AND I CAN DO FOR MYSELF, I'm not helpless, maybe discouraged and faltering, but not helpless.

But when you accept as simple fact that I do feel what I feel, no matter how irrational, then I can stop trying to convince you and get about the business of understanding what's behind this irrational feeling. And when that's clear, the answers are obvious and I don't need advice.

Irrational feelings make sense when we understand what's behind them.

Perhaps that's why prayer works, sometimes, for some people . . . because God is mute, and he or She doesn't give advice or try to fix things. God just listens and lets you work it out yourself.

So please listen and just hear me. And, if you want to talk, wait a minute for your turn, and I'll listen to you." – Ralph Roughton, *American Friends Journal*, October 1984

Geared toward the young at heart.

"Listen to the mustn'ts, child.  
Listen to the don'ts.  
Listen to the shouldn'ts, the impossible, the won'ts.  
Listen to the never haves,  
Then listen close to me . . .  
Anything can happen, child.  
Anything can be." – Shel Silverstein

Warm fuzzies,  
Lois

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## **Section News: Professional Clinicians**

Marion Balla, Section Co-Chair

We have just returned from the COR meeting in Hershey, Pennsylvania, where we had good discussions and planning for the Atlanta conference.

The Professional Clinicians Section will be rich in demonstrations of theory and practice, a panel discussion of clinical case studies by seasoned practitioners, and open dialogue and debate regarding the purpose and goals of this section going forward.

There have been questions among members over the past years about the continuing existence of the Professional Clinicians Section and how it differentiates itself from the Adlerian Counseling and Therapy Section. These are good questions that require answers.

The Sections were created in the 1980s to align NASAP members' interests, knowledge and skills and to create opportunities for closer dialogue and learning together. It is time for the Clinicians Section to re-examine and re-engage its members and potential members to define our future directions.

Many of us, as NASAP members, had the opportunity/privilege of learning from Heinz Ansbacher, Kurt and Alexandra Adler, Rudolf Dreikurs, Bernard Schulman, Dorothy Peven, Harold Mosak, Oscar Christensen, Manford Sonstegard, and Bob Powers and Jane Griffith and many others.

It is now our responsibility to ensure that the next generations of clinicians have rich and in-depth learning where Adlerian theory and practice must be examined and enriched through live demonstrations, case discussions and shared research and publications.

It is time to review our bylaws and goals as a Professional Clinicians Section to ensure they remain relevant based on inclusion, mutual respect and social equality.

As representatives of the Section, we welcome your input, opinions and questions as we prepare to bring proposed changes to the Atlanta conference for approval.

Our contact information is:

Marion Balla: [mballa@adleriancentre.com](mailto:mballa@adleriancentre.com), 613-737-5553 ext. 323

Howard Garrell – 914-763-3767

Warm Regards,

Marion and Howard

## The NĀSAP Newsletter

Published six times each year by the  
North American Society of Adlerian Psychology  
a not-for-profit corporation.

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