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NASAP Newsletter

July/August, 2016

Jamie Stone O'Brien,
Editor

Next submission due date is October 1st, 2016.

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

PRESIDENT'S MESSAGE



Dear NASAP friends and colleagues,

It is amazing to me how fast the summer is going. This past May, shortly after our convention, my youngest daughter, Nora, graduated from Science Hill High School here in Johnson City, TN. Just during her last semester, she completed four years of band; an online calculus course; a dual enrollment Intro to Psychology course at the university; AP English; and an online personal finance course: Not the easiest last semester. And

now, in just two weeks, she will be heading to Guilford College, a Quaker institution in Greensboro, NC, to start her pre-med coursework.

In June, we had a highly successful Adlerian training seminar here in Tennessee, and we hope to do another one in the coming year. In the meantime, the KTSAP affiliate is busy planning an all-day workshop, headlined by Jerry Mozdierz, to be held in Bowling Green, KY, at Western Kentucky University on October 1. We would love to see as many of you there as can make it.

My oldest daughter, Alison, is at ICASSI as I write this, taking courses from Paul Rasmussen on Adaptive Reorientation Therapy and Pari Pelonis on change processes. Jon Sperry, the Vice President of NASAP, is also presenting there. All of them are in Slovakia where our friend Daniela Cechova has a large Adlerian training program she has developed and maintained for years.

At NASAP, we have initiated and launched a task force on Adlerian Research. We had so many people volunteer to be part of this effort that we have had to hold some of them off as later additions down the line. The first meeting of this task force will be hosted by Bill Curlette at Georgia State University on September 10-11. The goals of this task force include the creation of multi-institution efforts that will lead to the addition of Adlerian therapy as Evidence-Based Practice. This will be a long-term effort that will extend way beyond my presidency, but I am pleased that it is up and running—and so thankful that some of the best minds in NASAP are part of this group.

Our friend Steve Sais has taken up pottery, and he sent me a couple of his creations. Here is what they look like:

I am not very good at picture taking, but one of them says, “My Psychology Belongs to Everyone,” and the other says “Gemeinschaftsgefühl Fuel.” He has a bunch of other Adlerian sayings, too. Steve thinks he can make about 60 of these by the next NASAP meeting and if you will send a \$25.00 or more donation to the NASAP fund that will go to fund housing for students coming to our NASAP convention—especially those who are presenting posters—Steve and I will arrange for you to get one of his great mugs: You know for your morning fuel or re-fueling, Send the donation to John Newbauer at the NASAP office in Fort Wayne, Indiana.

There are a lot of other Adlerian events happening this fall, including a COR meeting in Indiana. Watch the NASAP website for announcements and opportunities for connection, learning, and training.

And don't forget to vote this fall if you live in the United States.

That's it for now. I wish all of you a great end to the summer and a fall full of color and happiness.

Jim Bitter, Bitterj@etsu.edu



EXECUTIVE DIRECTOR'S REPORT



Well it's the end of July and ICASSI is in full swing in Slovakia at the time of my writing this report. From what I heard it was a very well attended Institute this year. On the sad side of things, I understand that the group of 18 participants from Turkey were not able to attend due to the turmoil in their country after the coup attempt. That is truly disappointing for them and also a big loss for the other attendees since one of the great learning experiences is the cross-national

dialogue that goes on during social times together. Hopefully this won't be the case next year when ICASSI comes to Indiana. Yes, there I said it, ICASSI will be in Indianapolis next year so it's a once in every 10 years opportunity for you to attend in North America.

People who attended ICASSI will be coming home with a copy of *Adlerian Ethics: Adlerian Application in Counseling and Psychotherapy* by Dagmar Markova and Daniela Cechova. Dagmar and Daniela are two professors from Slovakia who submitted a Clonick Publications Grant for the translation and publication of this work in English. It will be distributed free of charge to psychologists, teachers and to university libraries in Slovakia, Czech Republic and other European countries. I do have a few copies and as soon as I get a price I will let you know how you can obtain a copy.

We are now gearing up for the COR Meeting in October here in Fort Wayne. It will be held on October 21 to 22. Representatives should plan on arriving on October 20 and can leave Saturday evening, October 22 or on Sunday, October 23. Board members will have a meeting on Sunday morning, October 23 so don't plan on going home too early if you are on the board. I will be mailing out registration forms to the affiliate representatives that I have on file of those affiliates who have 5 or more general members (i.e., professional, retired, family or student members). Section representatives and board members will also be receiving a registration form. Please fill it out by the deadline indicated so we can make plans for the meeting.

You should have received by email a proposal form for the conference. These will be due on October 1 so that we have time to review them at the COR meeting October 21 and 22. The theme this year is: Mind, Body, Heart & Soul. Our 2017 Conference will also feature a Substance Abuse Track in loving memory of Ola Bailey.

Since the loss of her daughter, Deb Bailey, the Adlerian therapist and Adler University faculty member has been working tirelessly with all levels of government, doctors, law enforcement, coroners, media and community groups to highlight this issue. Bear in mind that substance abuse is a community issue and any effective response must be a community response. We learned this years ago with sexual abuse – silence is the enemy, especially when the pain is unspeakable. We are especially looking for programs on substance abuse and ways of intervening in this social epidemic.

The proposal forms are all available for download from our website (i.e., workshop, presentation and poster session forms). Proposals are due October 1 for the workshops and presentations. The poster proposals are not due until March 1 but the proposal form is also available now on our website.

Next year in Vancouver, May 18 to 21! Put it on your calendar – now!

John F. Newbauer, Ed.D., DNASAP

CONFERENCE CORNER



I am writing this piece from Trenčianske Teplice, Slovakia while attending ICASSI. I am very appreciative of how my involvement with Adlerian organizations has allowed me to travel and make friends in many countries. For those of you who have never been to Canada, you will have this opportunity May 18-21, 2017 for NASAP's annual conference which will be held in beautiful Vancouver.

Vancouver is such a beautiful city and is said to be among Canada's densest, most ethnically diverse cities. While you are imaging the beautiful North Shore Mountains that dominate the cityscape and the scenic vistas, including the snow-capped volcano Mount Baker that can be seen on a clear day, please also consider submitting a proposal that is due October 1, 2016. You will find the call for proposals at alfredadler.org where you will also see the attractive logo for the conference theme "Adler on the West Coast: Mind Body Heart & Soul. So put on your "thinking caps" and get out your passports!

by Becky LaFountain, Conference Coordinator

WELLNESS FOR LIFE: 'SUM SUM SUMMERTIME'



Here we are, in the midst of that time of year referred to as summer.

It is a time of year that can be most revealing. Now, before your mind may wander or wonder, the focus is global.

Now that we have that cleared up

Have you ever noticed how people react to the word, 'summertime'? There are many contributing variables including one's own experiences, demographics and so forth.

For some, there are positive thoughts and references which contributed to a titillating escape physically, mentally, or both. These can stem from or be influenced by music or written word. There is also a flip side.

We are about to journey on a closer look. Now comes the revealing part!

Music has been a very strong influence toward one's mood or even life's outlook. This can be attributed partly to its vast genre in addition to melody and lyrics. The imagery it can create can be extremely vivid, capturing, and possibly stimulating, the essence of our senses.

One of my favorites, "Summertime Summertime," a song by The Jamies, you may have deduced this from the title of the column. I guess you can say it is one of my favorites, being around the 'young generation' as a school counselor. Their affect is like being hormonally influenced.

This is a time for shifting gears from work and study to fun and relaxation. Some of us adults sometimes need to be reminded of this.

Then there's "Feelin It," a song by Scott McCreery. He can surely activate those senses, from "pop tops poppin' flip-flops floppin', Ray-Bans rayin' waves are waving, diggin' in the sand, gettin' tan, sip, sippin' somethin' on ice, jump into paradise (feelin' it) to ain't nothin' like feelin' that summertime feelin', kicked back, relaxed, just chillin'."

Speaking of 'chillin', there's that tune, "Summer Breeze" by Seals & Croft creating something uniquely your own. It can be the image and feel of that gentle flutter as it resonates through the wind chimes on the porch or the intoxicating sweet scent of roses or jasmine.

To bring it full circle, "A Summer Song" is sung by Chad & Jeremy. It is a time of capturing the twinkling starlit nights, as gentle breezes

guide summer lovers walk with laughter that overwhelms them without a care in the world. Although they have to go their separate ways, there will always be those warm memories once shared.

Before getting too 'sappy', let's shift the focus a bit to the written word where the imagery of summer comes to life.

Sonnet by John Clare

I love to see the summer beaming forth
And white wool sack clouds sailing to the north
I love to see the wild flowers come again
And mare blobs stain with gold the meadow drain
And water lillies whiten on the floods
Where reed clumps rustle like a wind shook wood
Where from her hiding place the Moor Hen pushes
And seeks her flag nest floating in bull rushes
I like the willow leaning half way o'er
The clear deep lake to stand upon its shore
I love the hay grass when the flower head swings
To summer winds and insects happy wings
That sport about the meadow the bright day
And see bright beetles in the clear lake play

Keep in mind how colors have an affect on how we see and do things. In other words, it impacts our minds. Summertime is rich for instance, in greens and blues. Although they have two sides to them, like anything else, they are most effective during summer. They create and promote a sense of 'harmony and balance' from within and from things around us, as attributed to Native American culture.

Green is viewed in terms of the color spectrum in the center as a color of balance and harmony, where the eyes interpret it as restful and gentle. For example, when there is an abundance of nature, there is also water, 2 elements that sustain life. [colour-affects.co.uk] This is referred to as 'Mother Earth' in Native American culture.

As for blue, when softened, it has a soothing, calm affect. It can be associated with the sky and ocean as vast open space related to inspiration, vastness, tranquility and sense of restfulness.

So take a dip in that cool ocean or pool to wash away those stresses. Then cool off and refresh with some sweet fruity iced tea with a hint of mint or lemonade. If you are in a tropical mood, coconut water, plain or fruit flavored: peach, mango or pineapple can be a changing treat while keeping you refreshed and hydrated.

Let's not forget those licks of ice cream/frozen yogurt that are invitingly cool, creamy, and sometimes crunchy or colorful like a rainbow.

How about those summer fruits like watermelon and honeydew? Besides being sweet and juicy, they are good for the body as the

water keeps you cool and hydrated. If you are more into the 'seedy' side of fruit, have some pomegranate.

Now I leave summertime up to you. Until next time. Stay well and hydrated.

Warm Fuzzies

CHICAGO ADLERIAN SOCIETY EVENTS

"The Lesson of the Holocaust"

presented by Alexander B. White, M.D.

Monday, August 15, 2016, 5:30 - 7:30 p.m. (doors open 5:00 p.m.)

Great Books Foundation

35 East Wacker Boulevard, 4th Floor/Suite 400

(Wacker and Wabash, just south of the Chicago River)

Chicago, IL 60601

Dr. White, who was born in eastern Poland, will discuss his experiences as a teenager and young adult living under Nazi occupation and how after labor and concentration camps (and being on the famous "Schindler's List"), he became a medical doctor. His talk touches upon many of the important concepts of Adlerian psychology, including goal-orientation, choice and the social field, and Social Interest."

Registration Prices: Free; however if you desire (two) Continuing Education Credits (APA – NBCC – NASW):

Chicago Adlerian Society members: \$20 Non-members: \$25

Specific objectives for the workshop include:

1. A review of the basic concepts of Adlerian psychology, especially as they relate to human adaptation and survival;
2. Learning how goal orientation and a positive attitude can affect behavior;
3. Learning how choices are made, even in a world that does not appear to offer choice;
4. Learning how the Social Field and culture affects perception and behavior and change;
5. Learning how Social Interest was reflected in a world seemingly without hope and how it can be developed in individuals today

Adlerian Psychology — in Five Minutes! (and more)

presented by Les White, Psy.D.

Sunday, September 11, 2016, 1 - 4 p.m. (registration opens 12:30 p.m.)

333 North Michigan Avenue, Suite 602

(Michigan and Wacker, just south of the Chicago River)

Chicago, IL 60601

Learn Adlerian Psychology – in a fun and fast five minutes! Afterward, via game playing and the expressive arts, this experiential workshop will review in more depth how some of the key concepts of Adlerian psychology – such as holism, goal-orientation and the purpose of behavior, influences of the social field, choice, and perceived ordinal position – can be used for personality and Lifestyle assessment.

3.0 hours Continuing Education Credits (APA - NBCC - NASW)
Registration Prices: Chicago Adlerian Society members — \$30; Non-members — \$35; Students — \$25

Specific objectives for the workshop include:

1. Reviewing the basic concepts of Adlerian psychology, especially as they relate to personality development;
2. How to use the concepts to collect Lifestyle data for personality assessment and counseling purposes;
3. Assessing Lifestyle data for a better understanding of personality, whether one's own or a client's;
4. Using the Adlerian concepts and Lifestyle data to engender behavioral change;
5. Using Adlerian psychology, the collecting of Lifestyle data, and Lifestyle/personality assessment as a group therapy technique.

Contact Karen Drescher at drescherkaren@hotmail.com or Les White at lesw@rcn.com to be put on our mailing list and/or to register for one or both of our upcoming events!

AFFILIATE LINKS

Idaho Society of Individual Psychology

<https://www.adleridaho.com>

Mid Atlantic Adlerian Psychology Society (MAPS):

<https://www.mapsadler.org>

Puget Sound Adlerian Society:

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

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