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## PRESIDENT'S MESSAGE



Dear NASAP Family,

Happy New Year! I trust that each of you holds a special memory from the holidays in your heart. It is a very special time for me as I celebrate traditions shaped by my great-grandparents. Stories and tales of long ago are told, including this lovely one from my Irish grandmother. There were 7 in her family, including 4 sisters. Money was tight, so gift giving was at a minimal. However, she and her sisters

would find something special of theirs to give to the other. Gram also mentioned that she and her 4 sisters were always so delighted when they would find oranges in their stockings on Christmas morning. You might guess what my response was when hearing this story through a child's ears - "What?! Are you kidding me?!" However, in time, I came to treasure these stories. If our Christmas's were a bit more like hers, I trust our world would be a lot happier. I hope that the holidays brought a special sparkle to your soul!

In the last newsletters I mentioned my presidential goals including: (a) calling the entire membership to take part in Missionary Efforts; (b) evoking a sense of Personal Responsibility particularly among younger Adlerians; and (c) working towards Increasing Visibility of Individual Psychology within the current mental health system (i.e., counseling agencies) and schools. I want to gently remind the entire membership to recruit at least one new member (or previous) prior to our NASAP conference.

So many of us have been inspired and mentored by many wise and

- **MARGOT ADLER: A TRIBUTE**
- **JOURNALS AVAILABLE**
- **A CALL TO SUPPORT**
- **TRAINING OPPORTUNITY**

NASAP Newsletter

**November/December 2014**

Jamie Stone O'Brien,  
Editor

**Next submission due date is February 1st, 2015.**

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

lovely Adlerians. These Adlerians have taught us to be better clinicians, educators, teachers, parents and people. They have been our greatest advocates in the Adlerian work we do. And they have encouraged us to take a step out of their shadows (which I realize keeps us safe and comfortable). Young and Quiet Adlerians, where are you now? How have you begun to practice and experience Adlerian Psychology outside the shadows of your greatest mentors? NASAP needs to hear your voice. The community at large needs to feel and witness your presence.

I want to personally call younger (and quieter Adlerians) to begin and/or continue sharing their knowledge and experiences of Adlerian Psychology through the form of presentations (at NASAP, other professional conferences); in the community (providing brief workshops at your place of employment); and/or in publication format (NASAP newsletter, other professional newsletter). If you incorporated everything you learned from your Adlerian mentors and began to move from their shadow, what would your message of Adlerian Psychology be? And to whom would it be?

Warmly,

Jill Duba Sauerheber, Ph.D., LPCC, NASAP President  
Phone: 270/996.7396 Email: jillduba.sauerheber@wku.edu  
Be Socially Interested, Touch a Life this Week.

## EXECUTIVE DIRECTOR'S REPORT



December is upon us already and the end of the year is near. At the end of October we had a COR meeting in Fort Wayne and you will notice a few new articles in the newsletter as a result of our efforts. I have a column now called "Adlerians in Action" and hope to feature someone in each issue. I started with Wes Wingett this time as we had spoken on the phone about his trip to India and I thought it would be interesting to write about him and his work. We have so many

Adlerians who are doing neat things and I hope to be able to put some of your stories in the newsletter to share with others.

In addition, Richard Watts has agreed to take a look at Adlerian ideas that appear to be rediscovered and will be writing a column called, "Something Old is Something New" and I'm looking forward to reading it.

Something new is something new and we are moving along with an upgrade to our TapTalks venue. We will be using a new modality, Adobe Connect, starting in January to deliver our Taptalks. We will also be able to use it for meetings of committees and the Board. It will allow us to have not only the voice but also video and powerpoint or other media as we need for our presentations. I'm looking forward to learning how to use it effectively and being able to help you learn how to tap into it effectively as well.

One of the first uses will be some short presentations by me on how to use our website to the fullest. Some of you have wondered what ever happened to our Membership Directory – it is on the web and very easy to use once you find it. One of the first presentations will be on how to access it and use it. We used to print a directory but found that as soon as it was printed, it became outdated because of moves, etc. Having the directory online makes it easy to edit and update as necessary. In addition, you can sort the directory by state, by first or last names, by sections, by affiliate memberships, by zip code, etc. In addition, if you move, you can change it yourself so that it is immediately updated with your new address and phone number. It also will provide a link to your personal or professional webpage. We hope to launch a couple of short training presentations later this month or early in January.

Have a wonderful Holiday Season!

John F. Newbauer, Ed.D., DNASAP

## CONFERENCE CORNER



I would like to take this opportunity to wish everyone a wonderful holiday season. Hopefully you will be able to take a break from the “hustle and bustle” to read this newsletter. The other day, when preparing for the holidays, I began to smile when I became aware of how much the planning for the holidays reminded me of getting ready for the conference. Many of you may be able to relate to the

painstaking preparation of a holiday dinner, only to realize that it is consumed in less than an hour. That is how I feel about the conference. John Newbauer and I begin to plan for the next conference the minute the previous one is over, and then all those months of planning culminate in a three and a half day event that goes

much too fast!

The other day, I came across a copy of “Twas the Night Before Christmas” by Clement Clarke Moore. When I read the line, “The stockings were hung by the chimney with care, in hopes that Saint Nicholas soon would be there,” it made me think that, yes, we have hung the stockings. That is, all of the presentations have been selected, the presenters notified, and the schedule of the events has been arranged (with much thanks to the local committee).

The holidays are often full of traditions, events that family members can count on, as well as surprises. You will find both traditions and surprises at our annual conference to be held May 28-31, 2015 at the DoubleTree Hotel in Center City Philadelphia. Here I will list some of our traditional events, but the specifics (the surprises) will be revealed in the New Year through the newsletter and conference brochure.

On Thursday, May 28, preconference workshops will be held during the day. In the evening, we will have the Heinz L. and Rowena R. Ansbacher lecture, which will include responses by a distinguished panel, followed by the wonderful Willard and Marguerite Beecher Foundation Reception. At the reception, first timers will receive special attention. Friday will begin with a plenary, where a panel will discuss that Adler is for everyone. The annual business meeting will convene after the luncheon, and section meetings will be held Friday afternoon. We will have a plenary speaker following the Saturday luncheon. In the evening, poster sessions will be held prior to the closing dinner, and then the closing dinner for everyone who registers for the two-day conference will take place. Post-conference workshops will be held Sunday morning.

As previously mentioned, the specifics for this venue are like the holiday surprises that we eagerly await. Those will be revealed early in 2015. Happy Holidays and Happy New Year!

Becky LaFountain, Conference Coordinator  
rmlafo@comcast.net

## **CONFERENCE COMMITTEE**

The new year is here and it will soon be time to plan your trip to Philadelphia for NASAP 2015. The NASAP Conference is where we meet friends, learn from master teachers and be happy that we have Adlerian theory to help parents, educators, couples, and clients improve relationships and understand self and others. Please come and join workshops, visit historic sights, and get lots of hugs.

The NASAP 2015 Conference Committee

## SOMETHING OLD IS SOMETHING NEW



Most Adlerian Psychology constructs, tenets, and values are as old as Alfred Adler and as contemporary as current theory and practice in diverse venues of people helping (counseling and psychotherapy, education, business, etc.). The purpose of this new section of the NASAP Newsletter is to provide readers with information that demonstrates how Adlerian ideas reappear or are rediscovered (typically without recognition of Adler or Adlerians) in contemporary research, theory, and

practice. If you discover Adlerian ideas in something you read, hear, or view, please send a brief description along with the source (see example below) to me at [rew003@shsu.edu](mailto:rew003@shsu.edu).

### Our Memory Edits the Past with the Present

The February, 2014 issue of the Journal of Neuroscience includes an article providing some neuroscience support for Alfred Adler's notion of early recollections as constructive or projective memory. Researchers Donna J. Bridge and Joel L. Voss's findings suggest that memory rewrites the past and humans may well project their current feelings (or personality functioning) onto their earlier recollections.

To see a summary of the article with interview quotes from the primary investigator, go to

<http://www.northwestern.edu/newscenter/stories/2014/02/how-your-memory-rewrites-the-past.html>

For the research article, go to

<http://www.jneurosci.org/content/34/6/2203.full.pdf+html>

Richard E. Watts, Ph.D.

## ADLERIANS IN ACTION



Many of us know or have heard of Wes Wingett, Ph.D., LMHP. In fact, many of us have sat in on his training either at NASAP, or at a local Adlerian Society meeting in Florida, Idaho, Indiana, Pennsylvania, Minnesota, South Carolina, (19 different states in all) or perhaps Romania, Ireland, Germany, Hungary, Malta, the Netherlands, Turkey, Puerto Rico, Canada, Uruguay or El Salvador. In addition, while this edition of the newsletter

is going to press, Wes is in India giving a series of workshops there.

Wes has been a counselor in private practice in his community of Norfolk, Nebraska since 1978. Prior to that he worked in a mental health center, a university (as a program development specialist) and an elementary school administrator, as well as a junior high school and secondary school counselor and teacher. His doctorate is from the University of Wyoming and additional study was completed at the University of Vermont and the University of Northern Colorado.

Wes provides individual, couple and family counseling, consultation and training in a variety of venues. Like many Adlerians, he has his fingers in many pots doing a lot of different things, always using Adlerian psychology as a foundation for his work. Wes is a Diplomate in Adlerian Psychology and a contributing editor for the *Journal of Individual Psychology*. He has published four workbooks focusing on the application of Adlerian psychology to family structure, family strengths, family stressors and family social interest.

Since it was my understanding that Adlerian psychology was relatively new to Central and South America, I asked Wes how it was that he ended up going to El Salvador. Wes said he became aware of an Adlerian counselor and university professor in El Salvador through Dr. Yair Hazan. I have been familiar with the work of Dr. Hazan of Montevideo, Uruguay, who founded and continues to foster the Centro de Estudios Adlerianos. They have a three-year training program in Adlerian studies and are involved in the International Association of Individual Psychology.

In June, 2013, Wes became Facebook friends with Edgardo Rene

Chacon Andrade, an Adlerian counselor and university professor at Universidad Tecnologica de El Salvador in San Salvador. He said he began a conversation on Facebook and sent him several of the Adlerian-based workbooks that he had authored and co-authored. Eventually, Edgardo invited Wes and his wife, Karen, to visit El Salvador where he was invited to present his ideas to a large group of practicing psychologists, psychology students, university faculty and, on some occasions, the general public.

This past October 2014, Wes and Karen visited El Salvador where Wes conducted a series of workshops on Adlerian therapeutic strategies: prevention of substance abuse in adolescents, family counseling in a mental health setting, self-care and mental health, and an Adlerian approach to aging. Each workshop had 100 attendees or more. He and Karen got to visit a volcano that overlooks San Salvador and had a bit of time for relaxation and a drive to the Pacific Ocean before returning home at the end of the week.

Wes was very impressed with the work of Edgardo and his colleagues in El Salvador as well as the work of Yair Hazan in Uruguay. Adlerian ideas are beginning to make a large impact on our neighbors in Central and South America.

You can see one of Wes's lectures on YouTube and you can see him at the Florida Adlerian Society Conference this winter or in Idaho at their conference this winter as well. And for sure, he will be at NASAP in Philadelphia next May.

This is only a glimpse into the life and times of Wes Wingett. Let me know if you would like to share your work as an Adlerian in one of the upcoming "Adlerians in Action" articles.

John F. Newbauer, Ed.D., Dipl. NASAP

## **SECTION NEWS: TRT**

The COR meeting in Fort Wayne, Indiana was a wonderful meeting filled with warm-spirited Adlerians. The COR meeting agenda was filled with exciting discussions about moving the theory and practice of Adlerian Psychology to the next level. The event was definitely a meeting of the minds mixed with a new excitement about spreading Adlerian Psychology to new populations, such as social workers. Some overall highlights of the weekend were getting to know some of the new COR members, and also several walks to the pub across the street from the hotel. The COR meeting was instrumental in assisting the TRT section through useful feedback and new ideas to enhance the mission of the section. In addition, we were able to formulate a clear goal for the future, as well as potential avenues that would enable us to accomplish such an endeavor.

One of the main goals of the TRT section is to increase the number of

Adlerian-based research publications. First and foremost, Jon and I are setting out to increase our soliciting efforts. These efforts are going to come in the form of mass emails not only to the NASAP membership, but also to other professional organizations that are open to lending us their listservs. We are looking to target unpublished studies, those with data archives who are willing to publish and/or share their data, as well as other research projects that can easily incorporate an Adlerian component. Further, we are looking to find potential mentors who are willing to be paired with a younger professional for collaboration on research and publication(s).

In addition to soliciting new research, the TRT section is also in the process of developing an incentive-based program designed to increase interest in a particular area. Though the development of this program is in the initial planning stage, we look forward to identifying an area of interest and advancing the theory and practice of Adlerian Psychology. Though the monetary value of the incentive is unlikely to allow for an early enticement, we are thrilled to have an opportunity to give back to those who dedicate their time and energy to the TRT mission.

As always, Jon and I look forward to hearing your thoughts and feedback on other ways to increase the number of Adlerian-based research publications. In fact, we plan to present a poster at the NASAP Conference being held this May in Philadelphia. This poster will expand further on how we hope to accomplish our goal. Please feel free to stop by and say hello, or to share any thoughts and ideas you might have.

Jon Sperry & Korey Watkins

## **SECTION NEWS: TLC**

### **The Task of Work**

According to Alfred Adler, every person must face the challenge of work, which is one of three life tasks (intimacy and social relations are the other two). Given the amount of time we spend at work, it is an important area of focus to ensure we maximize our potential happiness, effectiveness, and contribution.

The Transformational Leadership and Change section of NASAP delves deeply into this life task through sharing real life situations and challenges and discussing ways to transform work environments for improved communication, team effectiveness, collaboration, mutual respect, high engagement, and a strong sense of belonging. Together, we also review ways in which individuals can make significant changes in their organizations, be more effective, and strive towards achieving their goals in their current roles and beyond.

Mostly everyone is part of an organization as an employee or a



volunteer. We welcome an opportunity to have a healthy dialogue with anyone desiring to be a change agent, to add more value, or to contribute more at work. Our membership consists of students, those interested in organizational development (OD) and change management consulting, as well as seasoned OD professionals. One major approach we are using is to host monthly live dialogue calls where we discuss work challenges and best practices for leaders and for employees. These discussions are open to both NASAP and non-NASAP members. Our goals are to help maximize effectiveness and teach the application of Adlerian ideals at work.

If you know of people who would benefit from our free monthly LIVE DIALOG discussions including yourself, please forward our below contact information to request being on our mailing list. Leaders at all levels and front line employees are welcome.

Maya V. Carter, mayavcarter@gmail.com

Jay Colker, jaycolker@gmail.com

## WELLNESS FOR LIFE: WIRED



Some of you, especially the ‘newbees’ reading this column for the first time, may have had to take a second glance at the title. It’s not uncommon. [Hopefully, you will discover some connection to the contents.]

In doing so, certain split second thoughts may have crossed/fleeted through your mind. For instance, “Say what?” or how about, “Where were you when my child was bouncing off the walls after eating all that Halloween Candy?” At this point in time, things for the most part are back to ‘abi-normal’ – based on sugar levels returning to normal. As to ‘abi-normal’, this could be a topic in and of itself to explore another time.

Now, that triggered my memory cells in revealing a routine from the old, or should I say, original, Saturday Night Live TV show when a particular skit called for the use of, “Puppy Uppers or Doggie Downers”. I’d venture to say at this point that there is some additional ‘sparking’ of memory cells from others envisioning these frolicking show segments. For those of you unfamiliar with the show, yet familiar with puppies verses dogs, behavior, ding – ding – ding. Yes, you got it!

All in all - WIRED - has an eclectic ring to it. Let’s see what we uncover by taking a quick glance: electronic - devices bound by wires to assist our daily lives to physiology - what makes living things tick. Then, outside the box, is a Philadelphia radio station - Wired

96.5 and the nondescript emotion felt/adrenaline rush - holding wired aces while playing Texas Hold 'em (refers to paired cards in the hole).

Each of these things demonstrates its Latin origin (viere) 'plait, weave' to Old English (wīr). The word 'weave' opens an array of possibilities that establishes a connection of some kind. As Adlerians, we spring from this wiring/connection as the heart of our philosophy of life.

I'd like to leave you with something that has the potential of becoming an everyday tradition, not just recognized at this time of year. The dividend is boundlessly far reaching, smoothing the kinks in our wiring, like stress, revealing what can be seen as the "5 Crucial C's" (Marecek. (2012). NASAP Newsletter.)

This is my wish for you.

"The joy of brightening other lives, bearing each others' burdens, easing other's loads and supplanting empty hearts and lives with generous gifts becomes for us the magic of Christmas. " -- W. C. Jones

"May your walls know joy, may every room hold laughter, and every window open to great possibility." -- Mary Anne Radmacher

This column was inspired by my adopted granddaughter, Edna, whose compassion and energy is a gift to all. Stay well and hydrated.

HAPPY AND HEALTHY HOLIDAYS

Warm Fuzzies

## **BOOK REVIEW: THE SIX ESSENTIAL PIECES OF THE PARENTING PUZZLE, by BETTY LOU BETTNER**

*A review by Jim Bitter:*

By way of full disclosure, I should note that Betty Lou Bettner and I go back a long way now. We were introduced to each other by our mentor, Manfred A. Sonstegard, and "Sonste" took me with him to workshops we presented in both Pennsylvania and Delaware when I was still in my twenties. Both Betty Lou and I were challenged and changed by the models for life proposed by Alfred Adler and Rudolf Dreikurs, especially as they were represented in the way that Sonste lived his life.

Over the years, Adlerian ideas that seemed so fully associated with our founders a mere 50 years ago have slipped into everyday life and professional literature without much mention of their origins. This is especially true in the area of parenting, which is one of Betty Lou Bettner's most recognized skills. To be sure, there are Adlerian

parenting programs that recognize the contributions of Adler and Dreikurs, including STEP (Dinkmeyer, McKay, & Dinkmeyer, 2007), Active Parenting (Popkin, 2014), and Positive Discipline (2006). Even these programs, however, are known more by their titles than by the origins of the concepts these models promote. Then, there is the research of Diane Baumrind (1968, 1971, 1991, 1995), which confirms everything Dreikurs said without mention of his work, and the currently popular Total Transformation (Lehman, 2004), which makes extensive use of the Dreikurs' interventions of natural and logical consequences, again without reference to anything Adlerian.

Betty Lou Bettner's new book seeks to rectify this problem, and it does so with the clarity and functionality that have characterized her earlier works on parenting (see Bettner, Bettner & Lew, 1989/1996). Indeed, for those who would like to have relatively short, synthesized, and integrated model of the works of Adler and Dreikurs applied to parenting, *The Six Essential Pieces of the Parenting Puzzle* could not be better. In less than fifty pages, with very nice illustrations by Jon White, Betty Lou brings the Adlerian concepts of belonging, personality development, courage, the goals of misbehavior, problem solving, and responsibility to life. She quotes the originators of these ideas liberally, but she also brings her own perspective on the usefulness of these ideas in parenting to the forefront. The second half of the book is loaded with the actual sayings and wisdom of Adler and Dreikurs for easy reference as well as book lists and references for further study.

For those who still conduct parent study groups the "old fashioned" way with a book and plenty of discussion, this is a perfect starting manual for parents. It is also a book every counselor and therapist should have handy to provide clients with a tested and true method for resolving problems in parent-child relations. *The Six Essential Pieces of the Parenting Puzzle* can be purchased for \$10.00 (plus 6% sales tax for Pennsylvania residents; plus U.S. shipping and handling \$3.50, additional books \$2.00) by sending a check to Betty Lou Bettner, 1 Old State Road, Media, PA 19063. You can also contact Betty by email at [blbettner@verizon.net](mailto:blbettner@verizon.net) or through her web page at [www.bettyloubettner.com](http://www.bettyloubettner.com).

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*A review by Linda Jessup:*

Well, she's done it again! Betty Lou Bettner has written another nifty little book. This time a handy toolkit of Alfred Adler and Rudolph Dreikurs' teachings for raising mentally and emotionally healthy children. And much more.

In her spare, cut-to-the-chase style, Betty Lou highlights the four theoretical cornerstones Adler laid as the blueprint for achieving mental health. Then she deftly applies the Crucial C's, which she and Amy Lew devised to aid the average Joe and/or JoAnn with the ongoing retention and application of these concepts.

The six essential pieces Dreikurs contributed, which form the walls and the roof of this inviting and sturdy structure, are designed to provide an organizational framework to help any group of people function better and feel more "at home" with each other. Betty Lou furnishes each concept with carefully selected quotes and examples and tucks in a few delightful surprises as well.

I would recommend this book for study groups, a quick refresher, a relationship repair manual or simply an interesting and inspiring read.

*The Six Essential Pieces of the Parenting Puzzle by Betty Lou Bettner (2014, Media, PA: Creative Press).*

## **STUDENT SUBMISSION: WHY ADLERIAN PSYCHOLOGY MAKES SENSE TO ME**

My interest in Adlerian Psychology began when I first read about the theory. Adlerian Psychology was briefly addressed in my Counseling Theories course and then again with more attention in my Family Systems Course. I also have been mentored by faculty who are

Adlerians throughout my clinical training. I was immediately drawn to this approach because of its emphasis on family of origin, birth order, sibling position, and early recollections. Given my beliefs about the importance of understanding one's family of origin in order to gain insight into one's current challenges, I appreciate Adler's emphasis on self-exploration and self-awareness. I also tend to believe that an individual's issues should be reframed and understood through a systemic perspective.

As I learn more about Adlerian Theory, I notice that I agree with many of its tenets and concepts. For example, the Adlerian concept of social interest strongly resonates with my worldview. Although there are many ways one can conceptualize social interest, I find that it generally refers to a feeling of empathy towards others and connectedness with the world. People with little social interest have no foundation as to why they should care about others, as they tend to perceive others as being obstacles to overcome instead of companions to understand. Therefore, developing clients' social interest is a crucial step in the healing process.

I also appreciate Adler's teleological approach. I consistently believe that all behavior is purposeful and that understanding the usefulness of a behavior will often lead to insight and growth. From my perspective, people engage in certain behaviors because, in some way, they are meeting their needs. While this may appear counterintuitive when considering some actions, a closer look often reveals a rationale for the behaviors.

For Adler, there must always be a sense of hope throughout the counseling process. Not only should counselors have a fundamental belief that change is possible and attainable, but they should also impart this belief to their clients. It is vitally important for clients to believe that they are capable of change. The importance of hope was emphasized through Adler's explanation of a positive therapeutic relationship, which should be full of respect, trust, and cooperation. Adler noted that encouragement should be a continual part of the counseling process, given that a healthy individual is an encouraged individual. I completely agree with this perspective and aim to provide this type of warmth and caring to my clients.

### **Putting Adlerian Psychology into Practice**

I have incorporated Adlerian therapy with the clients that I see at my internship site. For example, I am currently working with a client from an Adlerian perspective. This client is a married woman in her forties from a religiously conservative background. Originally, she came to counseling in order to improve her self-confidence and to manage her emotions more effectively. The client noted significant difficulties in her interpersonal relationships, given that she was easily manipulated and controlled by others. From an Adlerian perspective, I viewed this client as being discouraged and experiencing perpetual feelings of

inferiority. Shaming and humiliation were prominent in her family of origin, leaving her with a sense of inferiority. Discouragement was obvious, as the client was doubtful that her situation could improve. I also noted the client's basic mistakes. For example, she believed that, in order to be loved, she must be perfect and must consistently seek others' approval and acceptance.

I began treating this client by working to create a supportive, respectful relationship. In order to find out more about her lifestyle and early recollections, I used a brief version of the Adlerian Lifestyle Assessment. Through this assessment, I learned that my client viewed herself as unworthy and insignificant, while her early recollections revealed issues with dependency and powerlessness. My client's goals included receiving love and validation. I often use empathic statements and reflective listening to strengthen the therapeutic relationship. I consistently offer encouragement by demonstrating faith in my client's ability to improve and to choose healthier behaviors. I also recognize her continued efforts and focus on her strengths.

My experiences incorporating Adlerian therapy have certainly been positively impacted by the guidance I have received from Dr. Jill Sauerheber. Through her extensive explanation of Adlerian psychology and dedication to mentoring students, I have grown to fully appreciate this perspective. Specifically, she has helped me conceptualize clients, as well as determine the most appropriate course of action for future counseling sessions. I am certain that my work with clients, as well as my professional growth in counseling, has been enhanced by her knowledge and insight.

Chelsey Jenkins, Graduate Student  
Marriage, Couple, & Family Counseling Program  
Western Kentucky University

## **STUDENT SUBMISSION: THE PURPOSE OF SCHOOL SHOOTINGS THROUGH THE EYES OF ADLERIAN THEORY**

Asked by their professor, Marina Bluvshstein, to consider how Adler would view and respond to the tragedy of the Washington state school shooting, several students submitted thoughtful theories. Presented here are selected statements from their responses.

### **Paulette Henderson**

A modern Alfred Adler, asked about the school shooting in Washington state, might say:

"It is my belief that generally the young people who carry out such attacks are acting to safeguard their feelings of self-esteem, feelings that have grown too fragile because the young people were either

spoiled or neglected since childhood.” (Adler, 1936).

“Earlier school shootings often revealed that the person with the gun was neglected at school, shunned and bullied. A student who suffers in this way may choose to reject and despise his classmates, and even though he feels desperately lonely, he also may feel morally superior to the classmates whom he rejects. The rejected student does not know how to cope; in rare cases he picks up a gun and strikes at those he blames.”

"A spoiled child in some ways is similar to a neglected child. Unfortunately, the spoiled young person is catered to and has every difficulty smoothed over by someone else. A spoiled child learns to expect others to do things for him--this gives him a feeling of power and superiority (Stein & Edwards 1998). He is unprepared for the normal challenges of life, and when failure or rejection does come, he doesn't know how to cope. In rare cases, he might act violently against those he blames for his misery.”

“Beyond the home, schools are especially well positioned to spot students who feel they are not part of the community. We must remember that this means not only the young people who suffer bullying and shunning, but also those who are elevated for their “specialness” in sports. This is something we may not have considered; but these young people can be suffering too.”

It is a matter of social justice that schools and mental health professionals unite to prevent these tragedies. Vasquez (2012) pointed out, “various subgroups in psychology, such as social and community psychology researchers, and most mental health professions, ... have proclaimed a commitment to social responsibility and social justice, that is, to decrease human suffering.”

Schools that implement a successful outreach to alienated kids and dismantle their athletic/cheerleader hierarchy will be safer, happier places. Schools could set aside a weekly time to talk about what is going on in the school. To think about ways in which they can reach out to students who are on their own, or who are angry, or who act as though they are superior. To talk about ways to express anger without violence. The mental health professionals in your community can provide facilitators for these meetings. It is useful to remember that schools are true communities, like little cities, with serious problems that its citizen students must tackle.

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## **Richelle Mullen**

I imagine that, if Adler were alive today, he might be interviewed on a news program. In that light, I have constructed a mock interview with Adler.

Question #1: The police are still struggling to find a motive behind the shooting, can you give any insight to a possible motive?

As we all know, this situation is still under investigation and not all of the evidence in this case has been released to the public. It is natural for us to question the reasoning behind a tragedy and a number of missing variables that could have played a role in the motive. However, with the information that we do have there were some significant events that happen in the life of Jaylen Fryberg in the weeks leading up to this incident.

Incident #1: Jaylen has been reported as being a popular student and recently had been crowned Homecoming King. In the short video that was released of Jaylen alongside the Homecoming Queen, Jaylen is seen with a straight face showing with no emotion, where most people in that situation would be smiling. A possible reason behind the lack of enthusiasm is that Jaylen could be a person that has chosen a lifestyle of a “getter”. “Getters are more preoccupied with the act of acquisition than with the actual hoarding itself”. (Mosak H. H., 1959)

Incident #2: It has been reported that Jaylen was involved in an altercation with a fellow teammate on the football field during practice a week prior to the incident over a disparaging remark. A high school environment is full of young adults who are in the process of learning to adapt to the 5 individual life tasks or challenges of life that include work, social, sexual, self and spiritual. “If we cling too tightly to our demands to, beliefs, and convictions, we have trouble meeting the requirements of the situation. These tasks become potential stressors and potentially distressful if we are not flexible, open and ready to meet them head on.” (Mosak & Maniacci, 1999)

Incident #3: The last incident that was reported, which I believe to have some significance is the fact that Jaylen also got into another altercation recently with his cousin over a female love interest. Jaylen asked the girl to go out with him and she in turn expressed she was interested in his cousin. The sexual life task is the most difficult to master. It is possible that this rejection Jaylen experienced from his love interest emphasized the process of “masculine protest”. “Individuals who display a masculine protest are attesting to the fact that they are overvaluing the issue of masculinity and are trying to appear superior.” (Mosak & Maniacci, 1999)



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### **Helene Douville**

“Children want desperately to belong, if all goes well the child maintains his courage, he presents few problems. He does what the situation requires and gets a sense of belonging through his usefulness and participation. But if he has become discouraged, his sense of belonging is restricted. His interest turns from participation in the group to a desperate attempt at self-realization through others.”(Dreikurs, 1964. p.58)

I think the above quote encapsulates the overarching sentiment Adler might give in response to the tragedy of the school shooting in Washington. When people feel a sense of belonging, that sense of belonging is reflected in their actions, which move toward community feeling and social interest. When people do not feel a sense of belonging, that lack is expressed in actions against community feeling and social interest. Jaylen Fryberg in his discouragement, “proceeded to seek revenge as his only means of feeling significant and important.”(p.62) By the time he resorted to such extreme and deadly actions, he was “convinced that he can’t be liked and he doesn’t have any power; that he counts only if he can hurt others as he feels hurt by them. And so his mistaken goal becomes one of retaliation and revenge. “(p.62)

Dreikurs, R. (1964). *Children: The Challenge*. New York, New York: Penguin Publishing. (p.58-66)

### **Laura Weber**

We all find ourselves asking questions. How is it possible for that individual to commit the crime? What was he or she thinking in the end? Let’s take a moment to reference back to Alfred Adler: “It will appear that in the end we have no problems in our lives but social problems; and these problems can only be solved if we are interested in others”. So do you think Jaylen Fryberg was interested in the reasoning behind others’ actions that led to the event? We know that in Fryberg’s past he was Homecoming King, a football player and a member of the Tulalip Tribe. So now let’s revisit the moment of the crime. Was he feeling the same respect and prestige during the shooting? Evidence proves that there were tweets showing conflict in a relationship with a girl and we also know that Fryberg had just returned to school after being suspended from a fight. Could it be that, at the time of the shooting, he felt threatened in all of his social

communities and to him it felt like the slope was too steep to climb back up? Perhaps Jaylen Fryberg felt cheated in life and this was his imitation of heroism at that present day.

Let's rise up together as a nation and SUPPORT our children in the times of greatest danger to their SOCIAL, LOVE and WORK life. We need to reinforce the fact that as humans we learn the most from our MISTAKES and we are all IMPERFECT. Let's GUIDE our children to communal existence and protect them against insecurity and strife. When I say "let's," I'm speaking to all of our children's leaders, including teachers, parents, peers, siblings, friends and superiors.

We can show our children the light of SOCIAL EQUALITY and show them what it means to be ACCOUNTABLE and provide the resources to help them do so. Let our children 'feel belonging' so that they can become the new, stronger and smarter leaders of the future that have been educated by their own mistakes.

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## MARGOT ADLER: A TRIBUTE



(The following was written by Ellen Mendel of the Alfred Adler Institute of New York after the memorial service for Margo on 10-31-14).

Bigger than life and full of life!

She graced the Memorial chapel in which hundreds had

come to express their love.

In the words of the those who expressed their tributes to the hundreds who had come to say adieu - not goodbye - for Margot's spirit was palpable in that chapel as we sat listening and experiencing her essence:

*We learned about Margot from her first school days, with her friend Sarah creating and acting out imaginative scenarios, climbing rocks in Central Park, finding hidden stairwells in her building enabling them to slide all the way from the 11th to the first floor. Adventurer, risk taker, daring, caring friend and so much more from day one to the last day of her life.*

*Embracing us with her warmth, we listened and were moved.*

*Margot was with us - as we listened to the ethereal music which enveloped us, and were deeply touched by ...*

*Margot whom we held as we sang, 'Hold me, hold me, never let me go .....And when I die, let me fly, let me fly.' Connecting to her soul - and feeling her presence within our hearts.*

*Margot who fought for social justice and stood up for the rights of those she empowered by her passion.*

*Margot the high priestess who led the pagan rites as she chanted for a new day, a new time of healing and joy in nature.*

*Loving water, the waves at Martha's Vineyard, the ocean, rivers, lakes, water in its many forms plunging into its depths drinking it in and freely flowing with it.*

*Fun loving and life loving in all its forms and vagaries.*

As I sat in that huge sanctuary, inspired, in awe of Margot who touched so many lives with passion and commitment to her art - the art of living her truth freely and with compassion.

Until the last day of her life - surrounded by all those who loved and wanted to care for her in that special way they had felt her care and caring... and beyond.

(Margot's website, [www.margotadler.com](http://www.margotadler.com) is still active and you can see some of her books and links to information about her life there.)

## **JOURNALS AVAILABLE**

### **SET OF JOURNALS AVAILBLE – 1959 to Present**

Dayton Salisbury has a complete set of the Journal of Individual Psychology going back to 1959. He's moved a number of times, since he's a religious and gets reassigned fairly often. Keeping them with him along with a small library of Adlerian material has been a challenge. He is at the point where he lacks the room for them and seldom uses them. YES, it is a large collection and is complete. He is looking for some University/college/ library/ member who would be interested in his collection. His set goes back to 1959 and includes all

issues. About 7 issues were missing, but he had them copied and bound hardback by the Library of Congress.

He is offering this collection to anyone who may be in need of it.

If interested, contact W. Dayton Salisbury at  
wsalisbury@roadrunner.com Enter your description

## **A CALL TO SUPPORT**

Dear Members of the North American Society of Adlerian Psychology,

One of the groups to whom I am most attached is The Idaho Society of Individual Psychology (ISIP) which has been in existence since 1977. One of my mentors and professors from Idaho State University, Dr. Tom Edgar, got this group going in an effort to encourage the use of Alfred Adler's Individual Psychology, at work, in personal relationships, and in intimate relationships. ISIP's method of achieving this purpose is by providing effective training opportunities through a series of courses, an annual conference, and various advanced courses. Each of these venues offer training in Adlerian theory, Adlerian psychotherapy, and Adlerian family therapy.

ISIP funds its yearly training activities with the income generated from its annual conference and workshops. In the past, their workshops and training have reached more than 500 people per year. Unfortunately, during the economic downturn we all experienced, attendance was insufficient to adequately fund their annual training costs.

To comply with accessibility for the hearing impaired, ISIP provides interpreters for hearing-impaired attendees. Interpreters cost approximately \$2,000 for each training session. They have increased registration tuition as well as conducted a vacation raffle and silent auction to raise funds; however, sustaining this new cost has proven untenable with their current budget shortfall.

As 2014 comes to an end, many of you might be considering charitable donations to a really worthy cause. ISIP is in need of your immediate support! In honor of all that Dr. Tom Edgar did for so many young Adlerians over the last three and a half decades, I am asking our members to consider a monetary contribution to ISIP. A donation of \$30 will do so much to help ISIP continue. Perhaps some of you could give slightly more, but any amount you can give will make a difference. ISIP is a non-profit entity and your contributions are tax deductible. If you are willing to donate, please make your checks payable to ISIP and mail to Tom McIntyre, 828 E. Pennsylvania Drive, Boise, ID 83706. Any contribution will be welcomed and appreciated. Thank you so much for your time and consideration.

James Robert Bitter, Diplomat, Adlerian Psychology

# TRAINING OPPORTUNITY

## **The Experience of Distance-Training in Classical Adlerian Depth Psychotherapy from the Perspective of a Training Analyst and Certified CADP Therapist**

Dyanne Pienkowski, CADP Training Analyst

Erik Mansager, CADP Therapist

### Dates & Locale:

- 24-25 April – Adler Graduate School, Richfield MN (contact Marina Bluvshstein: 612-767-7051)
- 26-27 April – 6406 N. Kilbourn Ave, Lincolnwood IL (contact Marni Rosen Saltzman: 646-831-9165)

### Format:

- First hour : Dyanne's and Erik's personal stories about professional training
- Second hour: Discussion of a case presented by one of the participating student's, using electronic process notes to illustrate how we use Adler's constructs in case analysis;
- Third hour: Q and A, and possible Skype with Henry Stein.

### Topics Covered:

1. Variety of course work
2. Impact of the mentor relationship
3. Value of a study analysis
4. Case consultation and supervision
5. Using all of Adler's theoretical constructs in computer-assisted case analysis
6. Monthly group case study (via international telephone conferencing)
7. Annual 3-day experiential workshop
8. Published resources:
  - a. CADP: Theory & Practice: Volume I: A Socratic Approach to Democratic Living, by Henry Stein, Ph.D.
  - b. The Collected Clinical Works of Alfred Adler (CCWAA), edited by Henry Stein, Ph.D.
  - c. A Clinician's Guide to the CCWAA, edited by Henry Stein, Ph.D. & Laurie Stein, M.A., M.S.
9. Introduction to the website: [www.Adlerian.us](http://www.Adlerian.us) for information about the complete distance-training program leading to certification, as well as books and other available material

### Participants will:

1. Have the opportunity to question two Certified Classical Adlerian Depth Psychotherapists who are continuing their advanced training and case consulting

2. Learn about all aspects of Classical Adlerian distance-training
3. Examine desk copies/samples of CADP: Theory & Practice, Vol. I & A Clinician's Guide to The CCWAA
4. Engage in a Q & A session with Henry Stein via Skype (video) connection.

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