



TABLE OF CONTENTS

- **PRESIDENT'S MESSAGE**
- **EXECUTIVE DIRECTOR'S REPORT**
- **CONFERENCE CORNER**
- **PRESIDENTIAL AWARDS PRESENTED BY PRESIDENT JILL DUBA SAUERHEBER**
- **WELLNESS FOR LIFE: FOR ALL THE MUMS, DADS AND CHILDREN**
- **AFFILIATE LINKS**

NASAP Newsletter

May/June, 2016

Jamie Stone O'Brien,
Editor

Next submission due date is August 1st, 2016.

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

PRESIDENT'S MESSAGE



Dear NASAP Friends and Colleagues,

The Minnesota Convention was an outstanding success: our largest attendance in recent years was treated to a spectacular array of Adlerian thoughts, principles in action, and processes. The hotel was very nice, reasonably priced, and the rooms for the conference itself were larger than normal with plenty of room for activities and demonstrations. I want to thank those of you who made it possible: John Newbauer, our Executive Director; Becky

LaFountain, our Conference Director; and our hosts at the Adler Graduate School, especially Dan Haugen and Marina Bluvshstein. It was a superb event, and my thanks to all who made it possible. Now, on to Vancouver, British Columbia, which promises, as always, to be another wonderful experience in one of the most beautiful parts of North America. I hope to see all of you there in May of 2017.

I also want to thank Dr. Jill Duba Sauerheber, now our immediate Past President, for more than two years of highly productive leadership. Jill and the people who served with her on the Board of Directors initiated activities that increased membership by more than 15%; reinstated a Long Range Planning Committee that is currently doing the first thorough review of our organization in more than a decade; jump-started a completely new affiliate, the Kentucky-Tennessee Society of Adlerian Psychology with Marion Balla as its first conference presenter; and began the development of a Parenting Webinar that will become a reality in the not too distant future. Jill's leadership has

been dynamic, warm, welcoming, caring, connecting, and simply inspirational. I am very thankful to have her still on the Board of Directors for the next two years, and I can only hope to continue the amazing work she started.

So what now!?! Here are a few things I would like to see going forward:

- The Development of a NASAP task force on Adlerian Research that will (a) seek to define those practices that are essential to and characteristic of Adlerian counseling and clinical practice; (b) sponsor the development of assessments that will lead to our clinical work being listed as evidence-based best practices; and (c) promote scholarship in our journal and - most importantly - beyond.
- Development of a NASAP task force on diversity that will seek to broaden membership in NASAP from those communities and cultures that are often marginalized in North America; further, this task force will also seek to develop avenues to and the practice of social justice that fits with and enhances Adlerian principles.
- The creation of an Adlerian Professional Genogram with as many of us as possible listed on our own family tree; if you have not responded yet to the data collection email for the genogram that John Newbauer sent out, please do: Send a list of your teachers to me at Bitterj@etsu.edu .
- The creation of a digital presentation of the “Humans of NASAP”; not fully envisioned yet, I hope that our website will, in the next two years, have a space for you to upload representations of yourselves and what Adlerian Psychology means to you.

Finally, please help me fully fund a program that will allow NASAP to buy rooms that students, especially those that present at our convention, can stay in for free. We need a fund of \$30,000.00 to make this an ongoing program. You don't have to wait for me to call you—and you know me, I will call. Just send a check for the student housing fund to John Newbauer at our NASAP headquarters in Fort Wayne, IN. Your contributions will help to keep Adlerian Psychology alive in spirit and process by bringing more and more young Adlerians to our conventions.

It is my honor to serve as the President of NASAP for the next two years. We can do a lot of exciting things together. I will need and ask for your help on many of the tasks before us. And most of all, I want to hear from any and all of you whenever you have an idea that will help NASAP move forward. You can reach me at Bitterj@etsu.edu . Be well, and my warmest wishes for all of you,

Jim Bitter

EXECUTIVE DIRECTOR'S REPORT



NASAP 2016 Conference was a success. We had almost 400 people in attendance if we include the 40+ wonderful volunteers from Adler Graduate School who helped so diligently with the behind the scenes chores, the monitoring of sessions and assistance in the NASHOP and with registration and other tasks that needed to be done. Thank you sincerely to the staff and students at the Adler Graduate School without whom the conference would not have been a success.

We are now accepting proposals for workshops, presentations and posters at our 2017 Conference in Vancouver, BC next May 18-21. You can find proposal forms on our website at this location: <http://www.alfredadler.org/annual-conference>. Proposals for Workshops and Presentations are due October 1, 2016 and the proposals for Posters are due March 1, 2017.

Lots of Adlerian training is going on this summer. The Milwaukee Affiliate for Social Living is hosting The Heart of Child Guidance June 9 and 10 in cooperation with Positive Discipline. They also have issued a call for programs for their fall conference September 23 and 24, Community and Healing. Check your past email or contact Ben Rader (benrader@yahoo.com) for more information. The Positive Discipline Conference is coming up in San Diego in July, Encouragement Consultant Training is happening in June in Fort Wayne, Active Parenting leader training is happening in July. The Georgia Society is hosting its annual conference, Adlerians in Action, August 12-14 complete with zip line and obstacle course, wild animals and a butterfly garden. Their all-demonstration program topics include: Addiction, Eating Disorders, Organ Inferiority, Techniques, Autism and Social Interest.

For those looking for more in-depth training and perhaps some world travel, ICASSI 2016 will be held in Slovakia from July 24 to August 6. This is a chance to get in-depth training in Adlerian Psychology and meet other Adlerians from around the globe.

Check these and other training opportunities out on our [website Calendar!](#)

Have a great summer!

John F. Newbauer, Ed.D., DNASAP

CONFERENCE CORNER



I think the photos that you see in this newsletter speak for themselves. NASAP 2016 was a true success! Thanks to the efforts of the local planners: Marina Bluvstein, Evelyn Haas, Heidi Johnson, Sydney Ruedy and Dan Haugen and their more than 40 volunteers! So many people commented that they loved the layout of the DoubleTree Hotel in Bloomington, MN where all of our presentations were

contained in one part of the building, allowing for much interaction between sessions. We had the highest number of proposals ever, which spoke to the high quality of the presentations. Likewise, we had record attendance compared to recent years.

For a month or two we can take a breather before gearing up for NASAP 2017. It will be held in the beautiful Marriott Pinnacle in Vancouver May 18-21. What a theme they have chosen: Adler on the West Coast: Mind, Body, Heart and Soul. So while lying on the beach, hiking, boating, traveling...or whatever else you might do for leisure this summer, hopefully proposal ideas will be percolating in the back of your minds. Look for the proposal online soon!

Becky LaFountain, Conference Coordinator





PRESIDENTIAL AWARDS PRESENTED BY PRESIDENT JILL DUBA SAUERHEBER

To Marion Balla, presented at the 2015 NASAP Conference. I met Marion a few years back on the eve of the beginning of a NASAP conference. I don't recall what she was saying, but I remember her laughter, her joy, her warmth, her genuineness and her accent. She has since walked beside me, with encouragement, advocacy and love. I fulfilled the presidency due in part to her interest and belief in me.

To Jane Myers, in her memory, presented at the 2015 NASAP Conference. In 2001 I had the pleasure of meeting and working under Dr. Jane Myers' leadership as executive director of Chi Sigma Iota. I also had the opportunity to conduct various presentations with her at several ACA conferences on wellness. Her energy, excitement and enthusiasm were contagious. While Jane did not actively present herself as an Adlerian, she has been a longstanding NASAP member, conference presenter, and a true partner, both professionally and personally, to her husband Tom Sweeny. Jane was highly interested in wellness for persons of all ages and cultural backgrounds, as well as mid-life and aging issues, assessment, and counselor education. Her

husband, Tom, then incorporated much of Jane's work and scholarship on aging into his recent Adlerian-based counseling book. Jane lived by her favorite Gandhi quote: "Be the change you wish to see in the world" – which to me captures much of what it is to be an Adlerian. NOT PICTURED.

To Bill Premo, presented at the 2016 NASAP Conference. In the fall of 2013, I attended the COR meeting as a newly elected member of the board. I was the president-elect. I had ideas about what I wanted to focus on come the beginning of my presidential term. However, at this point, my vision was expansive and broad. Bill Premo took me aside during one of the breaks and asked me if I had put together a strategic plan for my presidency. I recall looking back at him sheepishly. No, I had not. Throughout the COR weekend and thereafter, Bill checked in with me and helped me create a presidential strategic plan with specific goals and objectives. I am certain that the achievements of my presidency occurred due in much part to Bill Premo's ongoing support.

To Jon Carlson, presented at the 2016 NASAP Conference. Shortly after presenting my master's thesis, one member of the review committee, Jon Carlson said to me, "Have you thought about pursuing your doctorate?" After putting me in contact with at least 5 department chairs across the country, I began my doctoral degree in Counselor Education and Supervision at Kent State University in 2000. Shortly after beginning at Kent State, I was sitting next to Jon at an International Association of Marriage and Family Counselors luncheon at ACA. He whispered in my ear, "I have a job for you." I started out as the Interview Column Editor for The Family Journal and thereafter began serving in several roles on the IAMFC board. He has extended opportunities and encouraged me in so many other ways since then. There is a long list of reasons why I am grateful to Jon. Above all, I so much appreciate his belief in me and his ongoing support throughout my professional career.

To Jim Bitter, presented at the 2016 NASAP Conference. In 2002 my doctoral advisor put me in contact "with someone" from ETSU. At the time, I really had no idea who this person was or why I was supposed to be meeting with him. It was probably really simple; my advisor had my future in mind. Since that time, *this someone* has been not only my mentor, but also good friend. Jim Bitter brought me to my first Adlerian conference. He is the one who gently said, "Go to a sections meeting while you are there." A year or so later, he announced, "You will be president of NASAP one day." I hold the list of ways in which he has mentored, cared for me, and cheered for me close to my heart. He has been a blessing.



Jill Duba Sauerheber, Bill Premo



Jim Bitter, Marion Balla, Jon Carlson

WELLNESS FOR LIFE: FOR ALL THE MUMS, DADS AND CHILDREN



It's that time of year where the eyes are upon Mums and Dads. The calendar acts as a tool, to help remind us, in recognizing them for who they are.

You may be wondering why I mentioned children. The heart of this acknowledgement comes from the children. For without them, this wouldn't be possible. The children make this possible.

What approach to take? There are so many possibilities. Needless to say, it does begin biologically. Then there is the 'child-rearing' chapter accompanied with the challenges, successes and the ones, let's say, were 'tried and yet not so true'. Each have their place in 'memories' of both parents and children.

Then there is the psychological - the emotional, mental and physical well-being of children focusing on different stages of parent involvement, then classified, and based on research. Your own birth order can have an effect. That's another story. Common sense tells us positive interrelationships can become strong connections across time. If this is what you are seeking, this is not the place. I would suggest checking out articles from psychology sources.

Life today may be viewed as fast paced. Some occurrences that touch our lives are here and gone, moving at 'a blink of an eye', before we take note and respond, intentionally or unintentionally.

Having said this, for our purposes, we will take time out in order to set things straight to all the mums and dads by means of 'getting to the heart of things'. Time to reveal those instances that have meaning to us.

Much can be said from lessons to learn to pearls of wisdom. You should never take anyone or anything for granted. One's character can be based on the nature of respect that is both given and received, especially with loved ones and elders. How about that concept of 'winning'. It's the education from failure that teaches and remains with us, not the medal or trophy. Your ability to reattempt until you figure it out is life's teacher. Laugh often.

The relationship between a mother and daughter, mother and son, father and daughter, and father and son can be intriguingly unique and special through time depending on your perspective.

Take for instance what is referred to as a happy meal. Back in the 1900's, a father would share funny stories at the dinner table. Today, we associate a happy meal as what Dad buys at McDonalds.

Speaking of fathers...

Dad changed my diapers and read me bedtime stories.

Dad makes anything scary go away.

Dad taught me how to ride my bike and, if I got a scrape while riding - that it is a badge of courage.

Dad says lunch can be combining this leftover with that leftover.

Dad - number one fan and encourager - how to throw a football and play softball no matter if you are a boy or girl.

Dad showed me the world as he took my hand.

The teachings of mothers...

In terms of humor, "When that lawn mower cuts off your toes, don't come running to me." In terms of genetics, "You are just like your father." In terms of anticipation, "Just wait until your father gets home."

Mom - always there in good or bad times, caring, loving, giving guidance and support. Mom's love is eternal, lives constantly through the days and longest of nights.

From the mouths of babes...

For weeks, a six-year old kept telling his first grade teacher about the baby brother or sister that was expected at his house. One day the mother allowed the boy to feel the movements of the unborn child. The boy wasn't impressed and said nothing. At this point, he stopped talking to his teacher about the impending event. After awhile, the teacher, not hearing anything more, got curious. She sat the boy down and said, "Tommy, whatever has become of that baby brother or sister you were expecting at home?" He burst into tears and blurted out, "I think Mommy ate it!"

A little girl to a friend, "I'm never having kids. I hear they take nine

months to download.”

This story may jog a familiar memory. A Dad took his 3-year old daughter with him to pick up some milk and bread at the store. Since it was just a couple of things, he decided to save time by quickly grabbing them without a cart. At this point, his daughter said, “That’s not the way Mommy does it.” For which he replied, “I know, dear, but Daddy’s way is okay, too.” It happened to rain as they were leaving the store, so he carried his daughter, bag of groceries and milk to the car. Not wanting to place anything on the wet ground, he set the jug of milk on the roof of the car. Now having a free hand, opened the car door, scooting groceries in and placing his daughter in a car seat in one speedy motion. He then jumps in himself, buckling up as his daughter informs him, “That’s not the way Mommy does it,” to which he calmly tells her, “Honey, there’s more than one way to do things. Daddy’s way is okay, too.” Dad, feeling good at this point, pulls out of the parking lot and heads down the street while becoming aware of a scraping sound coming from the roof as the jug of milk slides down the length of the rooftop, bounces off the trunk of the car and splatters to the ground, sending a froth of white milk everywhere. Within the millisecond he took to process his mistake, his perky young daughter looked at him, and in a serious voice said, “That’s NOT the way Mommy does it.”

As children, there are times that we emulate or aspire to be like you. You’ve helped us take our first steps and guided us through difficult ones, too. You showed how to turn those frowns upside down. In our eyes, there wasn’t anything you couldn’t do.

Before I close, I’d like to share one last story. I happened to come across this story of a mom who places a unique spin on Mother’s Day. When her daughter was old enough to understand what the day was about, she began receiving a present on Mother’s Day. She learned it is a day to show appreciation for all that a mom does. Typically, family members give cards, presents or do something special for mom. Her daughter was quite confused by her Mom’s actions. She asked as to why she was getting a present when it should be the other way around. Her mother simply replied, ‘because without you, I would not have the joy of being a mother’ - Karen Paquette.

That pretty well sums it up. Thanks Mum and Dad!

Stay well and hydrated. Until next time!

Warm Fuzzies

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.psasadler.org>.

Please send your affiliate links to NASAPnews@gmail.com

[Edit your subscription](#) | [Unsubscribe instantly](#)