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NASAP Newsletter

**November/December, 2013**

Jamie Stone O'Brien,  
Editor

## PRESIDENT'S MESSAGE



Dear NASAP Family,

I get reflective during the Thanksgiving season. I like the idea of a special day to reflect upon being thankful; however, being thankful is also a good daily practice. I think having an "attitude of gratitude" fits well within Adlerian Psychology. Let me provide a few brief examples (there are many more):

1. Adlerians seek to help clients focus on assets rather than liabilities so as to overcome their difficulties. Adlerians also talk about the dangers of "pampering" and the sense of entitlement it brings. However, many problems in life occur because we continually focus on what we don't have (often a perspective of entitlement), rather than being grateful for what we do have; that is, we focus on liabilities rather than assets.

2. An "attitude of gratitude" also resonates with gemeinschaftsgefühl (community feeling/social interest), the cardinal tenet of Adlerian Psychology. When we tend toward gratitude, we connect to others more readily. We are also more apt to look for ways to engage others in a horizontal manner ("contribution") rather than a vertical manner ("competition"). Therefore, as we continually develop a grateful attitude, we develop our capacity for happiness and, more importantly, contentment. And expressions of gratitude, no matter how simple, are encouraging to others. Genuine expressions of gratitude contribute to the well-being of both the giver and the receiver; the "sense of belonging" in both is enhanced. Heartfelt

**Next submission due date is February 1st, 2014.**

Please send submissions, questions, and/or comments to [NASAPnews@gmail.com](mailto:NASAPnews@gmail.com)

gratitude, genuinely expressed, is a powerful thing.

3. Gratitude is one of many basic constructs discussed in the Positive Psychology movement. Thus, it makes sense that it would resonate with Adlerian Psychology. As our 2014 NASAP Conference theme suggests, Adlerian Psychology is The Original Positive Psychology.

I hope you had a wonderful Thanksgiving and Hanukkah, will have a merry Christmas, and a very happy New Year.

Be encouraged and encouraging to others.

rew

Richard E. Watts, Ph.D., NASAP President

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## **EXECUTIVE DIRECTOR'S REPORT**



The COR (Council of Representatives) Meeting was held in Fort Wayne for the first time in October and it was a very good meeting. In various committees, proposals for the conference in May 22-25, 2014 were reviewed and notices of acceptance have been sent out. We are still waiting for some people to return their confirmations.

The Nominating Committee, headed by Steve Stein, our immediate Past-President, has recommended nominees for office to be elected next spring. You'll hear more about these nominations in another section of this newsletter. Any member can nominate someone other than those selected by the Nominating Committee by gathering the signatures of 10 General Members (Professional, Retired, Student, and Family Members). These nominations must be received in the central office by December 31, 2013. We have a great slate of members running for office, including our current incumbents.

"Tis the Season" – many of you will be spending some money online this year for your Christmas shopping. PLEASE, use your AchieveLinks for this. If you haven't enrolled yet, do so on the front page of our webpage. Download the AchieveLinks Links Reminder Toolbar for your Google Chrome, Internet Explorer, Safari, Opera and Firefox browsers and it will remind you to use AchieveLinks when you

shop. Now the good thing is that by using AchieveLinks you gain points and you can trade those in for merchandise or even pay for your membership in NASAP with them. You can also gain points when your family and friends shop by adding them to your AchieveLinks Group. Be sure to read more about them on the website.

A couple of major training events are coming up shortly – the Florida Society’s Annual Conference is the first weekend of March and the Idaho Society’s Annual Conference is about that same time. Check their websites or our events calendar for more information.

I’ll also be doing an Administrator’s TapTalk on Thursday evening, December 12 for anyone who wants to learn more about using our website as a member. This will help you navigate the features of our website. I know you will be receiving this newsletter AFTER that date but that’s okay because it will be saved and available for you to review online anytime after that date. Of course you’ll miss the opportunity to ask me questions, but then again we will have another one sometime in January – watch your email for notices.

Have a wonderful holiday season!

John F. Newbauer

## **CONFERENCE CORNER**

Somewhere along the line, my name got on the mailing list to receive a free publication each month called Connect. It is kind of intimidating because it is a magazine geared to full time professional meeting and conference planners (as opposed to people like myself in a volunteer role). I sometimes thumb through it. In the most recent edition, an article caught my interest. It was entitled, “Why Meetings Matter: Three Association Executives Share How They’re Keeping Conferences Relevant.” The first executive shared what he thinks the key to relevancy is by saying, “Modify. Every meeting should give attendees every chance they can to participate in the conversations. Attendees don’t want to just be talked to—they want to participate.” The second executive said, “Constantly change in order to meet members’ needs, wants and expectations.” The third executive offered the same advice about change and added “We conduct annual reviews and make changes based on the feedback.”

I smiled when I read these “keys” since the planning committee for the May 22-25, 2014 conference at the Intercontinental Chicago Magnificent Mile has been utilizing these means even before they came out in that publication! The planning committee consists of the local Chicago committee headed by co-chairs Robin Scrofani and Leigh Johnson-Migalski, along with input from the Board.

In reviewing the first suggestion, to involve participants as much as

possible, I think you will be happy with the changes the planning group will implement in 2014. A sneak preview of some of these changes (with all the details coming out in the conference brochure after the holidays) includes holding an open-family forum session lead by Jay Colker on Thursday evening. As many of you know, this format engages the audience and is participant-oriented. A plenary panel addressing the conference theme, “Positive Psychology Applications: Schools, Family, and the Military” will be held on Friday Morning. The panel, which will be moderated by Richard Watts, will be composed of Dina Emser, Barbara Fairfield and Grady Osten-Garner (respectively representing the areas in the theme). There will be plenty of time made available for audience questions. The Ansbacher lecture, being offered by Gerald Mozdierz, is being moved to Friday afternoon and will be referred to as the Ansbacher keynote. The thought behind that is that most people prefer to be “spoken with” as opposed to “lectured to.”

The recommendations from the other two interviewees involve meeting participants’ needs, and doing so through assessment. I am happy to say that we have annually gathered conference evaluations and implemented the ideas where feasible. Additionally, in the past couple of years, John Newbauer has elevated this component by handling the evaluations electronically. Those of us involved in planning the 2014 conference are excited to watch it unfold and we await your appraisal of the modifications being made!

by Becky LaFountain, Conference Coordinator

## **2014 NASAP CONFERENCE PROGRAM HIGHLIGHTS**

The 2014 NASAP Conference in Chicago, May 22-25, will have over 70 presentations on topics ranging from discussions of theory to clinical applications and from prevention to intervention within schools, family and the military. These presentations will include the return of some favored presenters and the introduction of some new presenters.

In addition to the conference selections, several pre- and post-conference programs are planned around the 2014 NASAP Conference.

### **Full day workshops include the following:**

Bea Mackay, “Wounds from the Past: How to Detect and Treat Unhealed Trauma from the Past”

Rob Guttenberg, “Adlerian Parent Study Group Leadership Training”

Frank Main, Steve Saiz and Jody Housker, “Adlerian Supervision and the Reflecting Team”

Monica Nicoll, James Bitter, Peggy Pelonis and William Nicoll, "Putting the Pieces Together: Resilience Based Strategies for Case Conceptualization"

Daniel and Jennifer Williamson, "Veteran-Family Reintegration: An Adlerian Dialogue"

Wes Wingett, "Utilizing Illustrations Created by Children and Adolescents to Understand their Lifestyles"

**Half-Day Workshops on Thursday (T) or Sunday (S) include:**

Hala Buck, "Integrating Art, Early Recollections and the Body to Promote Healthy Civilian and Military Mobile and Cross-Cultural Families" (S)

Jack Huber, "Ethics for Adlerians" (S)

Steve Maybell, "Lifespan Integration – Powerful Reorientation Tool" (S)

Marni Rosen Saltzman, Monique Matic and Emily Marsden, "Art, Creativity and Collaboration: The Hope for Positive Change with Trauma Survivors"

Judy Sutherland and Renee Dushman, "Group Dreamwork Using Art and Psychodrama"

John Taylor, "Living with ADD (With or Without Hyperactivity) Adlerian Style: The Parents' Survival Kit"

While the deadline for presentations and workshops has passed, we are still accepting proposals for poster session presentations. The proposal form for poster sessions is on our website and proposals are due by March 1, 2014. Poster sessions are held during the cocktail hour before the closing dinner on Saturday evening to make sure that everyone can attend. Poster presentations are a perfect opportunity to share research findings, models, etc. through graphics and handouts.

## **ELECTIONS 2014**

Dear Colleagues,

As chair of the nominating committee, along with committee members Leigh Johnson-Migalski and Marion Balla, I am deeply pleased to announce the nominees for the following offices: Vice-president, Treasurer and Secretary.

Vice-president: Susan Belangee (running for re-election) versus William Premo.

Treasurer: Susan Burak (running for re-election) versus Susan Brokaw

Secretary: Michelle Frey (running for re-election) versus Ben Rader

The elections will be conducted electronically early next year, and administrated by our Executive Director, John Newbauer. The newly elected officers will assume their duties with the passing of the gavel from President Richard Watts to President-elect Jill Duba-Sauerheber, at the annual meeting in Chicago.

If anyone else wants to nominate someone, please do so by submitting his/her name to the central office by December 31st, along with the names of ten members who endorse your nominee.

I further wish to encourage all to consider contributing to the governance of NASAP. Take part in NASAP's highly functional governance structure via leadership in your local affiliate, representing your affiliate on the Council of Representatives, engagement with your section, representing your section on the Council of Representatives and/or seeking a position on the Board of Directors. The fact that all current eligible office-holders are seeking re-election speaks loudly to the rewards in leadership, the amplification of the Adlerian experience, and the added value to NASAP's mission regarding the propagation of Adlerian Psychology.

Best wishes for a very rewarding holiday season.

Sincerely,  
Steven J. Stein, Past-president  
sjstein47@comcast.net

## **ICASSI 2014**

### **ICASSI 2014, CANTERBURY, ENGLAND (UK) FEATURES 3-DAY INTENSIVE LEADERSHIP WORKSHOP**

ICASSI 2014 will be held at the University of Kent in beautiful Canterbury in the southeast corner of England. This summertime event will feature some new classes in addition to some of the old favorites. For example, a 3-Day Intensive Leadership Workshop with Jay Colker of the Adler School of Professional Psychology will take place July 23-25 during the last three days of Week 1. This is a wonderful opportunity for leaders to enhance their performance and outcomes by learning how to apply Adlerian principles within organizations. Courses on business applications of Adlerian psychology will include Eva Dreikurs Ferguson's course on Individual Psychology in the Workplace, as well as two coaching courses from Jay Colker during week 2. Counseling and therapy courses, parenting courses, supervision courses, psychodrama courses and art therapy

courses are all offered in a one or two-week format during ICASSI. Join us in merry old England overlooking the village of Canterbury for this year's summer intensive training program. Details of the courses can be found online at [www.icassi.net](http://www.icassi.net) and you can download the booklet or link to the registration page there as well.

## **IN MEMORIAM, YEAR'S END**

Dear Colleagues,

As the year ends, no doubt we have much gratitude to share. Concurrently, we lament the losses of two Adlerian giants, Robert Powers and Daniel Eckstein. Each one leaves us a legacy of personal memories and a treasure chest of evidence of their influence via teachings, writings, demonstrations, videotapes and both personal and professional attributes that leave us with unending stories.

I add to their legacy, a man who was unlikely to know of Alfred Adler or Rudolf Driekurs. Nevertheless, he stands as a quintessential embodiment of "social interest." He was jailed by his oppressors in 1964 and released in 1990. No doubt, many of the minorities that dominated governance feared his release, thinking he would bring revenge and retaliation. Instead, they experienced "truth and reconciliation." There was no violent overthrow of the apartheid system but a democratic dismantle, for which Nelson Mandela and F.W. de Klerk were awarded the Nobel Peace Prize in 1993. One year later, Mr. Mandela was inaugurated as South Africa's president.

Why submit these highlights to an Adlerian newsletter? Social Interest is our north star. Madiba (his clan name) is a profound and outstanding example of where that compass can lead. Mandela's interest in the well-being of the entire country led to its conversion from a nation of superiors and inferiors to social equality, spawned by social justice and social interest. The deeds of social interest may affect one individual or an entire nation. We Adlerians understand it profoundly; our challenge is to deploy it daily. May Nelson Mandela rest in peace, 1918-2013.

Respectfully submitted,  
Steven J. Stein, Past President

## **EMPLOYMENT OPPORTUNITIES**

The Parent Encouragement Program, a 31-year old nonprofit Adlerian-based parenting education program in the Washington, DC area is seeking qualified applicants for the position of Executive Director. The position will be vacant as a result of the planned retirement of PEP's current E.D. of 14 years.

For more information about the Parent Encouragement Program,

please visit our website at [www.PEPparent.org](http://www.PEPparent.org).

To view the job description, go to  
<http://www.pepparent.org/pubs/PEPExecutiveDirectorJobDescription-Nov2013.pdf>.

Please direct any questions to [ED@pepparent.org](mailto:ED@pepparent.org).

In addition to seeking a new Executive Director, PEP is seeking a full-time Operations Manager, a new position at PEP. The Operations Manager will oversee day-to-day internal functions, while the new Executive Director will focus on external outreach, fundraising and partnerships. The addition of the Operations Manager position will support PEP's continuing growth and expansion.

For 30 years, PEP has offered the Washington, D.C. area's most highly-regarded, in-depth parenting classes. PEP currently serves 5,000 parents of toddlers through teens each year. PEP gives parents education, skills training and support to create stronger, more harmonious families.

## WELLNESS FOR LIFE: "HAVE YOU EVER...?"



English, like most languages, will convey thoughts or ideas by the way it combines groups of words into sentences or phrases. A phrase is especially unique in the sense of creating images in our minds triggered by prior experience, knowledge or its tapping into our curiosity of discovery.

As we take a gander at the phrase, "Have you ever", it could best be connected with a wide spectrum of topics presented in question format that can be thought provoking, entertaining or both. Yet whatever is contemplated, it will reveal some emotional response and appear to be infinite in nature.

Generally speaking, its query may focus on thought, light-hearted (.. imagined yourself as an animal?) or serious (.. wondered what friendship really means?). Or perhaps it zeros in on the '5 senses,' (.. found yourself singing in the shower?) or (.. laughed so hard that you cried?). What about (.. eaten a chocolate covered ant?) and (.. appreciated the little things like a sunset or given flowers to your significant other for no special occasion, just because?)? The list can go on!

This particular English phrase is quite versatile. It can be utilized within conversation as questions when learning about someone, as a language-teaching tool or as the basis of a game. You may flash back to those 'teen years', when hormones may (or may not) have come

into play. You find your teen self in one of those classes that, try as you might, is taking every fiber within you to keep an active focus of some kind. Low and behold, someone passes you a note. It is the infamous “ have you ever ..” survey. At this point, you may recollect some of the questions.

Keeping in mind word combinations and their power, I found myself going down a path of unusual, yet familiar sayings. This, in turn, guided me in a discovery - a deeper meaning of these phrases. So before I get too ahead of myself, let's peruse one.

The sheer combination led to a unique insight to that age old question, “Have you ever.. lost your marbles?” To begin with, this has kind of an odd ring to it as stated. That's because the actual words do not match the meaning. Thusly, the nuts and bolts of this phrase is referred to as an idiom. Sorry for the slight digression - back on track. The origin of this phrase is unknown. However, it does boast of some history. When thinking of marbles, there may be images of glass, clay, marble, porcelain or steel balls varying in size and color or design composition also referred to as ‘Peewees, Aggies, Boulders, Shooters, Cat's Eyes, Milkies, Clearies, Clouds or Corkscrews’ to name a few. Getting back to the story, marbles is connected to having fun, a game (playing marbles) which surfaced in the 1800's. Back then, like today, for a young person to own something creates an aura of being special and important. So, if lost, it became a big deal → ANGER/ SENSE OF LOSS. As time passed, its association became → PERSON'S MIND / WITS / COMMON SENSE.

Another relatable, “Have you ever..?” is connected to those unlucky, heart-tugging things that seem to come in “3s.” Proceed with caution; do your best to take deep breaths with a humungous grain of salt. Otherwise, you may end up staying in bed, under the covers, until it blows over!

How about being asked, “Have you ever.. had your ‘colors’ done?” This has more than one significance. I believe it was back in the 1970s that women were into presenting themselves - via wardrobe and makeup - harmoniously by finding out what their color/season was.

Another take on ‘colors’ is based on the fact that they are a natural part of our lives on a multitude of levels. They are able to connect to habits, which in turn reflect feelings as part of our value system. With this in mind - how about gaining insight about oneself in lieu of those threatening and often intimidating, multisyllabic words? And have fun in the process! I discovered some years ago in the profession, there is a way to become enlightened about ourselves in terms of how we learn through our personality and temperament. So, if you're inclined to new experiences, you'll want to check out “True Colors”.

Surprisingly or not, this phrase has gone musical. For one, songwriter David Rose created lyrics and music with this namesake and let's not

forget Tom Fogerty's, "Have You Ever.. Seen The Rain?" as performed by Creedence Clearwater Revival.

Before coming full circle, I'd like to leave you with ....

Wishing You and Your Family  
hot cocoa mornings and toasty fireside  
nights wrapped in  
JOY, PEACE and HAPPINESS !

And always - stay well and hydrated.

Warm Fuzzies

## **"DAWN OF MEMORIES: THE MEANING OF EARLY RECOLLECTIONS IN LIFE" (A REVIEW)**

Art Clark's new book, "Dawn of Memories: The Meaning of Early Recollections in Life," is a book written through the eye of inclusion. Careful to avoid restrictive or difficult jargon, Dr. Clark offers a book on early recollections that is accessible and interesting for Adlerians and non-Adlerians alike.

The book begins with a delineation of the history of memories, as analyzed and utilized by psychologists and philosophers across time. Dr. Clark explores the history of theory of memory and the various means used to analyze them. From this extensive history, Dr. Clark sculpts his own model of analysis and then proceeds to walk his reader through that model, connecting each aspect to the historical context from which it arose and to an actual early recollection of a client or famous figure.

Though each aspect of analysis is clearly laid out, this is not a "how to" book, it does not provide some simplified manual of analysis. Rather, it provides an historical, theoretical, and psychological framework that allows one to understand why recollections are used and why they are useful. This framework connects the components of recollections to the usual elements of basic beliefs, but also extends to elements of Adlerian Theory beyond basic beliefs, thus providing a great refresher for those already using ERs in clinical practice.

- Jamie Stone O'Brien, Newsletter Editor

### **PRAISE FOR THE BOOK**

"Dawn of Memories is a well written, insightful, and engaging book that focuses on the importance of early recollections in our lives and their continued power to influence us throughout the lifespan. Clark captures our attention and holds it throughout this text through the

use of fascinating illustrations and case histories while simultaneously helping us understand the potential of memories to foster awareness, understanding, and growth.”

—Samuel T. Gladding, Ph.D. chair and professor, Department of Counseling, Wake Forest University, Winston-Salem, North Carolina

“Dawn of Memories provides an easy to follow structure to unpack some key aspects of who we are, where we come from, and our strengths and challenge areas. With this knowledge, it is easier to make changes or understand success. Clinicians have known the power of early memories to help people change and now Arthur Clark has made it available to the masses.”

—Leigh Johnson-Migalski, PsyD, associate professor, Adler School of Professional Psychology

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## PUBLICATION ANNOUNCEMENT

There are several new publications available from Henry T. Stein:

In "Creative Power," Henry T. Stein, Ph.D. elaborates on Alfred Adler's belief in the central role of creative power as an essential catalyst for promoting cognitive, affective, and behavioral change in treatment. Go to [www.Adlerian.us/cadp-ch1.htm](http://www.Adlerian.us/cadp-ch1.htm) to read "Creative Power" online.

"Classical Adlerian Depth Psychotherapy, Volume I - Theory and Practice: A Socratic Approach to Democratic Living," presents a theory unlike other therapeutic approaches that attempt to establish standardized diagnostic and treatment protocols; rather, CADP relies on the fusion of client/therapist creative power to invent unique therapeutic solutions.

For more information, go to [www.Adlerian.us/cadp-v1.htm](http://www.Adlerian.us/cadp-v1.htm).

Note: In addition to volumes 1-6 of "The Collected Clinical Works of Alfred Adler," volumes 7-12, in addition to "The Clinician's Guide to the Collected Clinical Works of Alfred Adler" and "Classical Adlerian Brief Therapy: The Innovative Techniques of Anthony Bruck" are available at <http://www.adlerian.us/cwaa-all.htm>, <http://www.adlerian.us/cwaa-guide.htm>, and

<http://www.adlerian.us/cabt-book.htm>.

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