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## NASAP Newsletter

**January/February, 2018**

Jamie Stone O'Brien,  
Editor

**Next submission due date is April 1st, 2018.**

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

## PRESIDENT'S MESSAGE



Dear NASAP Friends and Colleagues,

As we move past the holidays and through the winter season I would like to inform you about a few updates since the last newsletter. As you may have recently discovered, I've officially transitioned into the role of NASAP president since Jim Bitter stepped down as President in December. I am excited to be able to contribute to the organization in as many ways as possible while in this capacity for a rather short duration. Facilitating and

planning the conference are at the top of my list at the moment, so I'll start there.

The preparations for the NASAP Conference in Toronto are well underway. I want to thank Becky La Fountain, Charmaine McIntosh, Dan Dalton, and all others involved for their efforts in organizing the conference in Toronto. As recently announced, Monica McGoldrick will be our Ansbacher Lecturer on Thursday evening. We are also very excited to announce that Margaret Trudeau will be our Saturday luncheon keynote. Margaret Trudeau is a mental health advocate, author, photographer, former television talk show hostess, and actress. She is the mother of Justin Trudeau, the 23rd Prime Minister of Canada and former wife of Pierre Trudeau, the 15th Prime Minister of Canada. In 2003 she was awarded an honorary Doctorate from the University of Western Ontario in recognition of her work as a mental health advocate. We are very excited to host these phenomenal individuals at the NASAP conference! Please visit [AlfredAdler.org](http://AlfredAdler.org) for updates on the conference and be sure to mark June 7 – 10, 2018 in your calendars!

Jim Bitter and Steve Saiz raised several thousand dollars by selling and auctioning off handcrafted Adlerian coffee mugs at the Vancouver NASAP conference. The fundraising effort was a success and the money will be allocated for student accommodations at upcoming conferences. If you are a current student (masters level or doctoral level) in need of financial assistance towards the Toronto conference, send a one-page statement about your financial need and desire to

attend the conference to Abigail Rinard at ARinardGA@Lynn.edu by March 24th.

Besides the annual NASAP conference, there are some fantastic Adlerian trainings occurring all around North America and the world over the next few months! For example, check out these annual conferences put on by our various affiliates: the Florida Adlerian Society will have their conference in Safety Harbor, FL on March 2-3, the Idaho Society of Individual Psychology conference will be in Garden City, ID on March 2-3; the International Adlerian Summer School Institute (ICASSI) will meet in Bonn, Germany from July 29-August 11; and the South Carolina Society of Adlerian Psychology annual conference will be in Myrtle Beach, SC on September 28-30. Check out what your nearby affiliate is doing on the NASAP webpage and respective websites and social media platforms for further information.

Make sure to stop by our NASAP booth at the American Counseling Association (ACA) annual conference in Atlanta, Georgia during April 26-29. We (the NASAP board) originally intended to organize an intensive pre-conference Adlerian training before the conference in Atlanta, but scheduling challenges prevented the event from working out. We plan to organize an ACA pre-conference event in the future.

Lastly, it is with great appreciation that I inform you that John Newbauer will be stepping down from his Executive Director position. John has helped NASAP grow and thrive by creating various efficiencies and digitizing many of the inner workings of the organization. We thank John for his years of service to the organization and we welcome Renee Devine as the Interim Executive Director. John and Renee clearly exemplify social interest in their daily lives and they are wonderful human beings and leaders. Renee can be reached at renee.nasap@gmail.com.

I look forward to seeing you all in June!

With gratitude,

Jon Sperry, Ph.D.  
President, NASAP, 2017-2018  
Email: jsperry@lynn.edu

## CONFERENCE CORNER



**NASAP 2018 - Chelsea  
Hotel, Toronto, Canada  
June 7-10, 2018**

I am happy to announce that hotel registration is open for NASAP 2018, which will be held at the Chelsea Hotel in beautiful Toronto, Canada. Hotel room registration is separate from registering for the actual conference and you are responsible for registering for your own rooms. Room rates are given

in Canadian dollars and are \$179 per night for singles or doubles, \$209 for triples, and \$239 for quads. There is an additional tax of 13%.

Participants can book reservations using the following options:

- By calling the Reservations Department at 1-800-CHELSEA (243-5732), and stating this specific Room Block Name: **North American Society of Adlerian Psychology-Annual Meeting** or this Room Block Code: **NAS060518** for our special rates.
- By sending an email to [cstor.reservation@chelseatoronto.com](mailto:cstor.reservation@chelseatoronto.com) and stating our specific Room Block Name (**North American Society of Adlerian Psychology-Annual Meeting**) or our Room Block Code (**NAS060518**) for our special rates.

### CALL FOR NASAP CONFERENCE SITE 2020

As you know, NASAP 2018 will be in Toronto. We will be traveling to Tuscan, AZ for NASAP 2019. Soon we will be planning NASAP 2020. We are calling for affiliates or other interested, involved Adlerian groups to submit an application to host the conference in 2020. You will find the application and more information on the website, [alfredadler.org](http://alfredadler.org). The deadline is April 15, 2018.

by Becky LaFountain, Conference Coordinator

## NASAP COMES TO TORONTO



My first NASAP conference was San Diego in 2013, and I remember feeling so welcomed and embraced by many individuals I met throughout the four days. Since then, at every conference I have attended, I always feel a sense of

connection and belonging. On behalf of the Ontario Society of Adlerian Psychology, we would like to personally invite each of you to our beautiful city of Toronto, one of the most multicultural cities in the world, for the 2018 NASAP Conference. The venue is the Chelsea Hotel in the heart of downtown Toronto. The title is **Community, Connections, and Social Interest in Challenging Times**. The local conference committee has been working hard to make sure that what we do highlights and embodies this theme and Alfred Adler's Individual Psychology.

The NASAP Annual Conference is a premier event where you will learn from master Adlerians, feel that you are part of a community, and make new friendships that will last a lifetime. The workshops and presentations will leave you asking for more. We have three wonderful keynote speakers. Jim Bitter introduced **Monica McGoldrick** in the November/December newsletter, and I would like to tell you a bit about the other two speakers. **Dr. Edward Connors** is a First Nation psychologist who has worked with First Nations communities across Canada since 1982 in both urban and rural centres. He will speak on Friday, June 8th on the topic of Social Equality and The Great Law of Peace. **Margaret Trudeau** is an advocate for mental health in Canada, and the mother of our Prime Minister, Justin Trudeau. She will speak on Saturday, June 9th sharing her personal stories and reminding us of the importance of nurturing mind, body, and spirit. We are very excited to have all three speakers at this year's conference. Parenting continues to be an important aspect of Adlerian Psychology. This year we will have a "**Parent Track**" which will be open to the public, so invite parents to attend. The Adler Graduate Professional School is graciously hosting a reception on Friday evening and we hope you will attend this gathering.

As you look for opportunities to enjoy yourself and unwind, think about attending any of the number of events and sightseeing attractions throughout the city. Here are some to consider! Toronto Blue Jays play the Baltimore Orioles on June 7th; Toronto FC soccer team, winner of the 2017 Major League Soccer Cup, play the Philadelphia Union team on June 8th. The NBA finals will take place during the conference, and who knows, you may get a chance to catch the Toronto Raptors in action. Hockey, probably the most popular sport played in Canada, will unfortunately be in its off season; and although not the same as going to a game, you can visit the Hockey Hall of Fame ([www.hhof.com](http://www.hhof.com)) to enjoy the exhibits and

memorabilia about the history of ice hockey. Here are some additional attractions:

The **CN Tower** is a 553.3m-high (1,815.3ft.) concrete communications and observation tower in downtown Toronto that was completed in 1976. It is now the third tallest tower in the world and remains the tallest free-standing structure in the Western Hemisphere, a signature icon of Toronto's skyline, and a symbol of Canada. You can experience EdgeWalk, an outdoor walk on the tower and dine at the 350-metre high revolving restaurant ([www.cntower](http://www.cntower)).

**Ripley's Aquarium of Canada** is a 135,000 square-foot incredible family attraction with more than 1.5 million gallons of water with marine and freshwater habitats from around the world. The exhibits have approximately 13, 500 specimens from over 450 species ([www.ripleyacquariums](http://www.ripleyacquariums)).

The **Art Gallery of Ontario** (AGO) is an art museum that includes a collection of over 80,000 works from the first century to the present. It is one of the largest galleries in North America with collections including Canadian (works from the Renaissance and Baroque eras), European, African, and Oceanic art. The gallery also has photography, drawing and print collections, sculptures, miniature frames, books, film and video art, architecture, and ship models ([www.ago](http://www.ago)).

The **Royal Ontario Museum** (ROM) presents art, culture of the world, and history in Toronto. It is the largest in Canada and one of the largest museums in North America. It has more than six million items with forty galleries; including diverse collections of world culture and natural history such as collections of dinosaurs, African art, Art of eastern Asia, fossils from the Burgess Shale, and Canadian history ([www.rom](http://www.rom)).

**Casa Loma**, Canada's Majestic Castle, is a place to step back in time to a period of European elegance and splendour completed with decorated suites, secret passages, an 800-foot tunnel, towers, stables, and beautiful 5-acre estate gardens. It is a popular venue for weddings and filming movies and television shows ([www.casaloma](http://www.casaloma)).

**Toronto Eaton Centre** opened in 1977 and is one of the most visited attractions and North America's busiest mall. With a striking glass galleria and iconic "Flight Stop" geese; it is a celebrated Canadian landmark. Home to over 250+ best-in-class retailers, restaurants and services in the heart of downtown, and the city's premier urban shopping location ([www.eatoncentre](http://www.eatoncentre)).

**Distillery Historic District** opened in 2003 and today it is widely regarded as Canada's premier arts, culture, and entertainment destination. A place brimming with creativity and creative people, inspiring dreams, and helping them come true. It is an internationally acclaimed village of one-of-a-kind stores, shops, galleries, studios, restaurants, cafes, theatres and more ([www.thedistillerydistrict](http://www.thedistillerydistrict)).

**Harbourfront Centre**, on Toronto's waterfront, is an innovative not-for-profit cultural organization that creates events and activities of

excellence that enliven, educate, and entertain a diverse public. Enjoy a boat tour where you can enjoy the waterfront and Toronto Islands ([www.harbourfrontcentre.com](http://www.harbourfrontcentre.com)).

**Bloor-Yorkville** is the ultimate fusion of historic charm and modern seduction as Toronto's most celebrated neighbourhood of style and culture offering a unique blend of designer boutiques, fashionable restaurants, and world class galleries ([www.bloor-yorkville.com](http://www.bloor-yorkville.com)).

**Niagara Falls** is the waterfalls between the Canada (Ontario) and the United States (New York). It was formed when glaciers receded, at the end of the last ice age, and water from the newly formed Great Lakes carved a path through the Niagara Escarpment on route to the Atlantic Ocean. The Falls span 17 miles (27km) northwest of Buffalo and 75 miles (121km) southeast of Toronto between the two cities of Niagara Falls, Ontario and Niagara Falls, New York ([www.niagarafallstourism.com](http://www.niagarafallstourism.com)).

Getting around in Toronto is easy with the **Toronto Transit Commission** (TTC), the third largest transit system in North America after New York and Mexico City ([www.ttc.com](http://www.ttc.com)).

We hope you will make the decision to attend the NASAP 2018 Conference in Toronto; and while here, take every opportunity to explore the city and all it has to offer. We look forward to seeing and welcoming you to Toronto.

Ontario Society of Adlerian Psychology  
Local Conference Committee

## PRESENTATION OPPORTUNITY

Looking for persons engaged in or finished with Adlerian-based research to take part in a new research presentation platform at the 2018 NASAP convention. Applicants may be in the proposal, research, analysis, or completion stage of research as the purpose of this platform is to create a dialogue around Adlerian research topics. Presenters will be allotted 5 minutes to provide a brief overview of their research to an audience and will have 5 further minutes to answer questions or receive suggestions. Audience members will receive a brief overview of each study, along with contact information for the researchers in order to facilitate further dialogue outside of the convention. If you are interested in participating or want to nominate a participant, please contact either Jamie Stone O'Brien ([jamiestoneobrien@gmail.com](mailto:jamiestoneobrien@gmail.com)) or Susan Belangee ([susanbelangee@aol.com](mailto:susanbelangee@aol.com)) by April 1st.

## TRANSFORMATIVE EMPOWERMENT EVENT

### Mark Your Calendars for March 23!

Adler University's all-day "Transformative Empowerment" event will feature thought-provoking Adlerian training sessions on crucial clinical topics, hands-on learning opportunities and demonstrations.

**The event is FREE for all. 6.5 CE hours are approved for MFTs, counselors, and social workers (IL)**

### ONLINE REGISTRATION REQUIRED

Adler University's Chicago Campus  
17 N. Dearborn St.

#### Highlights:

- Friday, March 23, 2018, from 8:30 a.m. to 7 p.m.
- Choose your preferred attendance option (all day, morning, afternoon, evening)
- Meals included!

#### Training session topics include:

- Power and superiority
- Empowerment in professional and personal life
- Working with addiction: Adlerian and 12-steps approaches
- Substance use, early recollections and life themes
- Adlerian psychology and the criminal rehabilitative system
- Employing community-based art to foster connections, solve problems

Attendees can also enjoy an Adler University archives display, books sale, and an awards ceremony and reception honoring high-achieving Adlerians and alumni.

This event is open to the public. Please join us – and bring your colleagues, too!

A detailed agenda featuring presenters and session info can be found on our registration page at [adler.edu/empower](http://adler.edu/empower). Questions? E-mail Dr. Marina Bluvshstein at [mbluvshstein@adler.edu](mailto:mbluvshstein@adler.edu).

## CALL FOR GEORGIA PRESENTERS

GEORGIA SOCIETY OF ADLERIAN PSYCHOLOGY CONFERENCE  
August 24th, 25th and 26th, 2018  
Callaway Gardens, Pine Mountain, GA

2018 CONFERENCE PROPOSAL FORM CAN BE FOUND AT  
[www.adlergeorgia.org](http://www.adlergeorgia.org)

Proposal Deadline: Thursday, March 1st, 2018

## ICASSI 2018 BONN, GERMANY

**July 29-August 11**

Come take part in ICASSI's 51st year of offering courses in Adler/Dreikurs theory and practice for psychologists, therapists, counselors, social workers, educators, managers, parents, children and youth, and persons seeking professional and personal growth! This one or two-week learning experience will be held at Haus Venusberg in Bonn, Germany. Go to [icassi.net](http://icassi.net) to see the 50 page booklet and read about scholarship opportunities (the deadline is Feb. 15), early bird registration dates, etc. For questions or to request a hard copy of the booklet contact Becky LaFountain, ICASSI administrator at [info.icassi@gmail.com](mailto:info.icassi@gmail.com). See you in Bonn!

### ADLERIAN NETWORK ANNOUNCEMENTS

We are looking forward to a great year at the Adlerian Network. Our new officers are hard at work to make this an even better year than last year.

During our first year, we went from 8 to 15-28 participants at our meetings. All of the presenters were a great hit.

We also co-sponsored the first annual Minnesota Adlerian Conference in the fall and had 52 participants.

We have been building our Adlerian Directory where Adlerian therapists are listed for those who are looking for someone in their area. All Adlerian therapists are encouraged to go to the website at <https://adleriannetwork.wordpress.com> and fill out the form.

It has really been fun to get together with our Adlerian colleagues and those who are interested in Adlerian Psychology, not only to learn and improve our skills but also to network.

#### 2018 Schedule at the Adlerian Network

We already have some great speakers coming over the next several months. The February 3 meeting at 9:30 a.m. is at the Lunds & Byerlys Ridgedale in Minnetonka and will cover a Single-Session, Therapist-Focused Model of Supervision based on Adlerian Psychology, presented by Mary Jamin Maguire. Mary has a strong Adlerian background, is a former Adler Graduate School faculty member and former president of NASAP. She is the founder and executive director of the Adler Center in Minneapolis.

On Saturday, March 3, Leftheris Papageorgiou, M.A., L.M.F.T., will be our speaker.

#### SAVE THE DATE

Fall 2018: Second Annual Minnesota Adlerian Conference at the Landscape Arboretum. The second annual Minnesota Adlerian

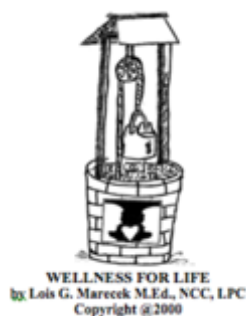


Conference will take place on September 28 and 29, 2018. The presenter will be internationally known speaker and author and longtime member of NASAP, Betty Lou Bettner. She is known for her outstanding presentations. The conference is co-sponsored by Adler Academy of Minnesota and the Adlerian Network. There was some early confusion over the dates, so be sure you are saving September 28 and 29.

Keep an eye out for updates coming soon.

facebook.com/Adlerian.Network/  
adleriannetwork.wordpress.com  
adlerian.network@gmail.com

## WELLNESS FOR LIFE: EVER AFTER



Now that the holiday decorations, trimming and hoopla have been stowed away, we are faced with the makings of a new year.

The question is, how to begin?

Before I get ahead of myself, I need to clarify **Ever After** and address those raised eyebrows at this point. Some of you may be focusing on the words **Ever After**, relating the nature of these words to fairytales or possibly the 1998 movie, **Ever After**, starring Drew Barrymore or even the inference of 'living happily **ever after**'.

Some of us are at the age of being comfortable and pretty much content in life with things of a material nature or otherwise. We seem to be no longer driven by wants. We are satisfied and fulfilled with the things at hand.

I have discovered that a relationship between two people for years, in the upper 2-digit range, let's say the forties, can be influenced mostly by the simple things in life as the motivating factors. It dawned on me at the same time, in long-term relationships, we may become complacent in life - lacking any spark.

It wasn't until modeling holiday pjs that I noticed a definite 'spark' response/reaction from my husband. It could be said that it was due to the fact that I was adorned by a jingle bell elf hat. [I've got to admit, it did make the outfit.] Yes, it had a definite effect on him with what appeared to be a gigantic smile along with the startling comment, "Only my wife would do this." Whatever that means!

It was his reaction that was so invigorating. The look on his face was priceless. It brought to mind an event that happened early in our marriage, which became known for posterity as the "elbow fudge incident." It began one fine day when I wanted to surprise him by making some fudge. There are a few things you need to be privy to: I

had never made it before, was not familiar with using evaporated milk nor what its color should be, and, lastly, had misunderstood the color of the chocolate chips, thinking the discoloration was a result of them being placed by the freezer in the convenience store. Getting the picture so far? I followed the directions to a T. Yet, for some reason, it wasn't solidifying. I even tried putting it in the fridge for a while. So I decided to pour the contents down the kitchen sink, thinking nothing of it. Well, you may have guessed what happened. A couple days later, I noticed the kitchen sink was clogged. Tried the plunger. Nothing happened. My husband then decided to take a look via under the sink by opening the pipe. Apparently, the fudge did harden to the point of having to replace the elbow section of the pipe. This, too, brought certain facial expressions. These are moments you remember or want to lovingly forget.

As counselors, we're always talking about doing "the unexpected" with young people. Well, how about putting some of that same unexpectedness to recharge our lives? Who knows? Life could possibly be shifted from the 'valley of humdrum'. It may help return some of that long lost zest back into our lives where we could rediscover each other, allowing us to revisit what brought us together in the early years of the relationship.

In a manner of speaking, it does relate to relationships. Adler wrote, **"Since true happiness is inseparable from the feeling of giving, it is clear that a social person is much closer to happiness than the isolated person striving for superiority.... This sense of belonging that cannot be denied anyone, against which there are no arguments, can only be won by being involved, by cooperating, and experiencing, and by being useful to others. Out of this emerges a lasting, genuine feeling of worthiness."** (From "Individual Psychology," 1926).

So, whether the relationship stems from one of friendship, marriage or whatever, it reflects some key factors in order for it to be meaningful and successful. It involves commitment - as partners whose intent is to learn, not control; patience; trust; respect and the acceptance of the other just the way she/he is; communication - being able to express one's feelings, needs, and expectations without judgement, utilizing encouragement in order to grow individually and together; caring and sharing of self physically and mentally - leads to a healthier connection and happiness expressed by affection, warmth, and laughter (for all those endorphins); and loyalty - being faithful.

This brings to mind a poem by J.C. Heck.

"Happily Ever After"

Sometimes you have to use  
a little mental floss.

Clear out the cobwebs  
and live happily ever after  
every now and then.

Watch the sun set in the water  
from a wooden swing on an empty beach.

Roll up your pants and skip barefoot  
through the waves and gather  
sand dollars in your shoes.

Hear a child's prayers at bedtime  
- and really listen.

Take on a dare  
just for the fun of it.

Don't grow up -  
grow down a little.  
Life doesn't have to be so serious.

Puddles are there for splashing  
and mud is for making mud pies.

We all need to live  
happily ever after  
every now and then.

Keeping a relationship actively healthy is quite a task and worthwhile.  
And don't forget adding that zing from time to time can enhance /  
spice up the relationship and possibly continue for another forty years  
or so. Taking these elements into account, only then will you have a  
relationship that is truly **Ever After**.

Until we meet again. Stay well and hydrated.

## **AFFILIATE LINKS**

### **Adler Academy of MN**

[www.adleracademy.org](http://www.adleracademy.org)

### **Idaho Society of Individual Psychology**

<https://www.adleridaho.com>

### **Mid Atlantic Adlerian Psychology Society (MAPS)**

<https://www.mapsadler.org>

### **Positive Discipline Association**

<https://www.positivediscipline.org>

### **Puget Sound Adlerian Society**

<https://www.pasadler.org>

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