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## NASAP Newsletter

**JMarch/April, 2018**

Jamie Stone O'Brien,  
Editor

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

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

## PRESIDENT'S MESSAGE



Dear NASAP Friends,

Are you ready for our upcoming conference in Toronto? I am very excited to connect with Adlerians from around the world through conversation, workshops, demonstrations, presentations, and research posters. The theme for this year's conference is "Community, Connections, and Social Interest in Challenging Times." Many of you will agree that our communities need this more than ever.

If you have not already reviewed the fantastic conference presentation schedule you can review it by clicking here: [NASAP Schedule](#).

On a different note, this will be my last President's message. It has been a privilege to serve as your President since December 2017. This experience has truly sparked my interest in NASAP leadership, so I plan to run for a leadership position in the near future. Looking forward, I ask you to welcome Dr. Susan Belangee as the incoming President. She will do an outstanding job and she has extensive NASAP leadership experience.

Thank you to all members of the Board of Directors and the Council of Representatives for all of their efforts. The spirit of social interest is always part of each of our encounters and I am grateful to be around such caring and supportive colleagues and friends.

Lastly, please make sure to stop by our NASAP booth at the American Counseling Association (ACA) annual conference in Atlanta, Georgia, held April 26-29!

I look forward to seeing you all in June!

With gratitude,  
Jon Sperry, Ph.D.  
President, NASAP, 2017-2018  
Email: [jsperry@lynn.edu](mailto:jsperry@lynn.edu)

## CONFERENCE CORNER



There is still plenty of time to register for the exciting NASAP 2018 conference to be held in beautiful Toronto, June 7-10! Conference hotel rates are available up until May 10th or when our conference block is full (whichever comes first). Go to [www.alfredadler.org](http://www.alfredadler.org) for more information and to register.

This year the conference is being held later than recent years. Hopefully, this time frame will be more accessible for educators and others who traditionally have conflicts when the conference is held in May. There is never a good weekend this time of year for everyone, since it is the season of graduations, Mother's Day, Father's Day, Memorial Day, weddings, etc. In fact, we had originally identified an earlier weekend, but we revised dates when we learned that it was an important weekend for Canadians who typically open their cabins and welcome summer after a long winter. That is important, especially following this particular winter that just seems to never end. Here it is, Easter/Passover weekend, and many parts in the north are getting snow! In fact, I just called out to Alexa (Amazon Echo), "What is the temperature in Toronto right now?," and she responded, "36 degrees." Hopefully by June 7, an early summer will have sprung in Toronto and will allow for a gorgeous conference.

One last thing, if you are not a Canadian citizen, make sure your passport is up to date!

See you in Toronto!

by Becky LaFountain, Conference Coordinator

## **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) or Susan Belangee (susanbelangee@aol.com) by April 30th.

## **PROFESSIONAL TRAINING IN ADLERIAN PSYCHOLOGY RETURNS TO NEW ENGLAND**

The University of New Hampshire's Professional Development & Training Office has entered into a collaborative agreement with both NASAP and the Resilience Counseling & Training Center to organize a series of 2-1/2 day professional development training workshops in Adlerian Counseling & Therapy. These intensive Adlerian Counseling & Therapy Practice workshops will begin in March 2019 and be offered every fall and spring thereafter. Intended for all mental health professionals and graduate students, the workshop series will offer both NBCC and NASW CEU's for those needing licensure/certification renewal credits.

The northeast was formerly a major center for Adlerian training. Heinz Ansbacher held annual Adlerian workshops at the University of Vermont in the 1970s & 1980s, bringing in such noted Adlerian trainers as Rudolf Dreikurs, Oscar Christensen, Helena Papanek, Bob Powers and Manford Sonstegard, among others. The Alfred Adler Institute of NY, founded in 1948, also offered extensive Adlerian training in the northeast with such notable faculty as Kurt Adler, Alexandra Adler, Leo Gold, and Robert Sherman.

Now, Drs. Bill and Monica Nicoll, via their Resilience Counseling & Training Center in North Conway, NH, have arranged with the University of New Hampshire's Professional Development & Training Office and NASAP to bring Adler back to the New England area. The workshops will be offered in a Friday evening thru Sunday afternoon format (20 CE clock hours) with each addressing a specific topic such as: individual, couples, child & family, and group counseling, etc.. Particular emphasis will be placed on new strategies and techniques

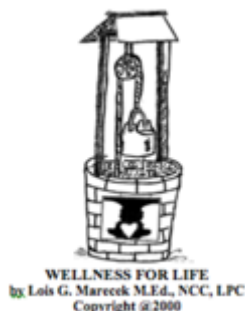
and the continuing evolution and development of Adler's Individual Psychology in addressing current clinical issues and research findings.

Drs. Bill and Monica Nicoll will host the initial workshop March 1-3, 2019 entitled, **Adlerian Counseling & Therapy: Moving from trauma to resilience**. As the program develops, other notable Adlerian trainers will be invited to teach at future Adlerian training workshops

**LOCATION:** UNH has arranged to host the workshops in downtown Portsmouth, New Hampshire. This historical seacoast city is strategically located at the intersection of Maine, Massachusetts, and New Hampshire allowing for easy access by highway as well as by direct bus service from Boston's Logan Airport or Boston's South Station for those traveling by train.

**For further information, or to be placed on our email list for the Adlerian Counseling & Therapy Training Series, Contact:**  
**Resilience Counseling & Training Center**  
**P.O. Box 1435 – 24 Reporter Court**  
**North Conway, New Hampshire 03860**  
**Email: [resiliencectc@aol.com](mailto:resiliencectc@aol.com)**  
**Website: [www.resiliencecounselingcenter.com](http://www.resiliencecounselingcenter.com)**

## WELLNESS FOR LIFE: YOU BE THE JUDGE



The subject matter of this column may be viewed as .... Well, I'll let you *be the judge of it*.

Most of us are familiar with the series of Farmers Insurance TV commercials. For those of you who aren't, let's take a look-see.

Not too long ago, "Swing Set Stand Off" aired, where a moose's antlers got entangled with a swing set. What's that? There may be a few of you unfamiliar with what a swing set is since it has pretty much disappeared today in the U.S. To put it briefly, by definition: "a wooden or metal structure that has swings hanging from it and that may have a slide or other things attached to it for children to play on." [merriam-webster.com/dictionary](http://merriam-webster.com/dictionary)

Nowadays, like a number of things, it comes under the heading of 'retro'. Getting back to some other examples ....

There's the one titled, "Hot Dog," which strikes a special chord with me, having a Jack Russell Terrier and the fact that they can be quite 'impish'. In this one, the dog attempts to get a slice of pizza that was left in the box sticking out over a gas stove. In his 'jumping-jack' attempts to get that luscious piece, he inadvertently turns on the stove, igniting the box and, thusly, creating a fire/explosion as he prances victoriously, leaving the house with slice in mouth.

How many of us have ever left our four-legged family member in our vehicles? More specifically, with the motor running as items are being removed from the vehicle. Well, then there's "Chauffeur Terrier." A couple seemingly have just taken their golf clubs out of the SUV, leaving their furry companion inside. He decides to move to the front seat, noticing a squirrel running across the hood. In his enthusiasm, sitting behind the wheel, he unintentionally puts it into gear, rolling its way across the golf course chasing the squirrel. It is witnessed by golfer, Rickie Fowler, who calmly yells out, 'FORE,' before the SUV hits a parked car.

As humans, we can be responsible for doing some weird things in our daily lives. For instance, there are times we experience what is commonly referred to as 'brain farts.' Some of you may instantly think these occurrences refer to or are associated with 'senior moments.' Au contraire! It can happen to any of us, at any time, no matter the age. It stems from the brain. The brain can experience glitches with memory, which can more commonly be termed as forgetful, or slipping through the cracks.

In fact, there are a number of things with which we come into contact daily that can trigger these glitches. What I'm about to share is based on Natalie Wolchover's account from Live Science, "10 Everyday Things that Cause Brain Farts." You may find it .... I'll *let you be the judge*.

Let's take an auditory look at sounds, for instance, beeps. There are different types that we come in contact with from day to day. It can range from the electric sit down shopping carts as the person attempts to back up; the infrequent yet constant beep of a smoke alarm saying it's due for a battery change; to our daily wake up by a digital alarm clock. They all have a helpful purpose yet can become annoying since "each one induces a tiny brain fart." They are not "natural sounds where energy is transferred from an object striking another while gradually slowing to a stop." These beeps don't change or dissipate, thus leaving our brains in the state of being puzzled.

Another example is one of open spaces. How many times have we seen a movie where someone has gotten lost in the woods or desert and found themselves going in circles? It's not just within the storyline to perk our interest or keep us 'looped' to the movie. It happens for real. In fact, scientifically speaking, our walk tends to curve rather than move in a straight line when there are no landmarks or outside points of reference. The result is brain confusion.

Other culprits can be a color called 'red-green,' the moon, bright lights or phones, to name a few.

Discovering more about this can be brain stimulating!

How about one of my favorites: hiccups! How many of us have experienced those involuntary spasms of the diaphragm muscle interrupting the airflow, thusly resulting in a strange cough-like sound? Hiccups can be summed up as 'sheer annoyance' as they have the tendency to disrupt our daily activities. How to rid yourself of this peskiness can come from the folk remedy variety: give yourself a

good scare or drinking water, plain or sugary, upright or upside down. It can be scientific in nature, taking into account breathing and posture: breathe in and hold your breath for about 10 seconds, then breathe out slowly. Repeat three or four times. Then repeat 20 minutes later, breathe into a paper bag - it is important to not cover your head with the bag, or bring the knees to the chest and hug them for 2 minutes. Again, *you be the judge!*

Next, what about parenting? We may have a particular concern and have to be 'creative' while addressing it. How many of us, as a parent, have found ourselves 'spelling' instead of saying the word/words or phrases with our 'children' present, hoping they won't catch on to what is being said? Now, keep in mind, it doesn't matter how many 'legs' our children have.

Before you ponder on the above, let's shift our attention to a lighter note. Please keep in mind that what I'm about to share is not fiction. It is based on days in April that are noteworthy.

The timing of this celebrated day is purely by coincidence. It is National Pet Day, April 16th. Colleen Paige, an Animal Welfare Advocate and Pet Lifestyle Expert in 2006 founded it. So, whether you take time out to do something nice for pets in shelters/rescues or something extra special for your own, keep in mind they bring tremendous comfort and delight to our lives. They do this unselfishly. As an Adlerian, one of our founding principles is one of mutual respect. Mutual respect is something that is utilized on a daily basis.

Before I bring things to a close, I'd like to point out Lima Bean Respect Day. Yes, it is a real, yet unofficial holiday that is observed on April 20th. As you may have guessed, it encourages people to eat more lima beans. If you recall, I used the word respect. It appears they don't get the recognition that they deserve. At this point you may be wondering how you can respect a lima bean or even how it became noteworthy. I'm not sure when celebrating it began or who is responsible for it. However, I did discover there are some healthy benefits in their consumption. They are an excellent source of iron, potassium, protein, magnesium, and zinc and are noted to increase your energy levels. All of that in this tiny bean! I guess, it does deserve some respect after all.

Again, *you be the judge!*

Until next time, stay well and hydrated.

Warm Fuzzies

## **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>

**Parent Encouragement Program**

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

**Positive Discipline Association**

<https://www.positivediscipline.org>

**Puget Sound Adlerian Society**

<https://www.pasasadler.org>

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