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NASAP Newsletter

September/October, 2018

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Editor

Next submission due date is December 1st, 2018.

Please send submissions, questions, and/or comments to
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PRESIDENT'S MESSAGE



I hope this issue of The NASAP Newsletter finds you well and anticipating a fall season with changing leaves and cooler temperatures. Down here in Atlanta, summer temperatures still roast us during the day, but the early mornings and later evenings offer a much needed break from the heat. I love sitting on my front porch, taking a few moments to watch the hummingbirds fly around the feeder. They fascinate me as they pause just for a second or two to take a drink and then fly off,

carrying on with their daily routines. These moments allow me time to reconnect with nature, to breathe and slow down so I am able, like the hummingbirds, to have the energy to get through my own to-do list.

Over the last couple of months, my to-do list for NASAP has grown. It's that time of year when conference proposals are flowing in and we are ramping up for the October Council of Representatives (COR) meeting in Chicago. Since the conference in Toronto, the Board of Directors has been meeting virtually every month to attend to NASAP business and I am so grateful for the time and effort these folks have put in. For those who need a refresher here is your current Board of Directors:

Tim Hartshorne lives in Michigan and serves as your Vice President

Jon Sperry lives in Florida and serves as your Past President

Sterling Travis lives in Maryland and serves as your Secretary

Dan Williamson lives in Texas and serves as your Treasurer

Monica Nicoll lives in New Hampshire and serves as your Section Liaison to the Board

Charmaine McIntosh lives in Ontario, Canada and serves as your Affiliate Liaison to the Board

Marina Bluvshstein lives in Minnesota and serves as your Conference Coordinator

Renee Devine lives in Indiana and serves as your Interim Executive Director

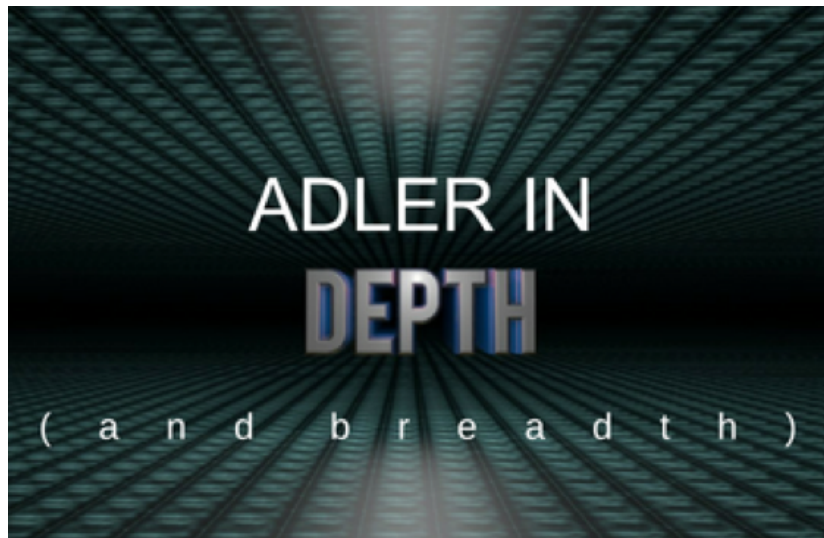
At the time this newsletter is published, our interim Executive Director, Renee Devine, will be close to having, if not already delivered, her fifth child. She will be taking a few weeks of maternity leave and I will be covering the phone and email during that time. So please bear with me if you send an email or call the office and it takes me a day or two to get back to you.

My next column will include details about the COR meeting, more about the upcoming Tucson conference, and other pertinent information about NASAP. As always, if you have questions, comments or suggestions for/about NASAP, I will be glad to listen and answer as best I can. I wish all of you a lovely September/October!

Until next time,

Susan Belangee, NASAP President

ADLER - IN DEPTH (and breadth)



Maybe in this third installment it's time to share a little of what classical Adlerian depth psychotherapy aims for in practice. What is the clinical focus of our work and how might that differ from the way others practice Adlerian counseling or therapy?

How about we start at the finish: the goal. The betterment of humanity was Adler's big target – and this made the wellbeing of the individual

and the welfare of the community equally important. You can't have one without the other. His grasp of democratic living was not a "representative" model where some are expendable while others represent the welfare of all. No, Adler understood the world could work optimally only when each individual felt safe and secure. Under such conditions, each individual could contribute to the whole – and the secure whole was the assurance that no individual would be left out. The welfare of the community is assured by the individuals' willingness to make the contribution they are capable of providing.

Ideally, such involvement aims at individual benefit as well as mutual benefit; what we can call a virtuous cycle. It assures that, potentially, one is for all and all are for one (to play on the Swiss national maxim adopted, by the way, over four centuries before Dumas made it his musketeers' motto).

So while we could focus on the whole or the individual, just now I have in mind the individual client; and it is fair to ask, "What is 'the wellbeing of the individual' that is our target for therapy?" Is it the same thing for everyone? Well, "Yes," if we mean that everyone has the potential to better him or herself continually (personal wellbeing). But, "No," if the road to such wellbeing is thought of as identical for each person. The potential of bettering oneself is a path that is so unique, only that individual can identify it for her or himself. It calls the clinician to create a unique therapeutic approach for each unique client.

But how can bettering oneself – reaching ones potential – be the focus when we deal with so many crippling traumas and hardships in our clients' lives? Look at all that gets in the way of their potential! Still, the size of the task doesn't discourage the prepared therapist. It's only a matter of "good (□ emphasis here) hard work." After all, for Adlerians counseling and therapy address the hard work of life style change; understanding and modifying the patterned responses that make up our personal style or personality.

Many clinicians reading this would agree that the life style, when rigid or chaotic, is at the heart of the psychological problem. Following Adler's dictum: it's not what happens to us but what we make of it that is the determinant, we target the life style to be softened or organized respectively. Clinicians would likely organize their interventions accordingly. But how many would say that the life style itself is the problem, needs to be seen as such – and dissolved altogether?!

From the CADP perspective, an intervention to tweak the life style as the primary goal of therapy leaves the fictional final goal (i.e., the personality ideal or the goal of the life style movement) – untouched, or worse, strengthened. Such effort from both the therapist and client would be aiming to make the client who is in misery, just a little less miserable. As a short term goal this is altogether humane and appropriate; but to think that this is the most we can do may be short-sighted and perhaps a little cynical.

Once therapy takes hold, the agreed-to therapeutic goal can be pursued. But that goal is a moving target and is assessed and updated regularly. Therapy's building on positives includes assessing

again and again what the potential of our client entails. This mutual assessment springs naturally from the deepening relationship during the 12 interlocking stages identified from the Classical Adlerian perspective.

It was Adler's original theorizing and Maslow's finishing touches that helped us understand that our potential is practically limitless, while understanding our limitations as springing from a self-sustained misunderstanding of life. From this misunderstanding come the polar mistakes made in conceptualizing the depth of our inferior feeling as well as the imagined height of a goal needed to compensate for it. Our movement between such fictional poles is our life style. And a willingness and ability to travel with our clients as far as they are willing and able to dismantle this arrangement is among our most serious responsibilities.

By Erik Mansager

WELLNESS FOR LIFE: FALL-ITUDE



Before a word is written pertaining to this column, there is a matter that needs to be brought to your attention. It is one of vindication, or referred to as “no, I am not going totally bonkers, yet.”

I'm referring to last May /June column called Feet. If you recall, I was basing it on a statement made by Hawkeye from one of the episodes of the TV show MASH.

Well, it was Labor Day Weekend. I happened to be skimming through the channels and discovered one of the stations was having a MASH marathon. Not only that, in amazement, I had tuned in to a Season 5 episode where Hawkeye has just returned to the Swamp, begins to take his boots off, drawing our attention to his foot and ... Yes, you got it. While looking at his foot, he comments how great it is! There you have it.

Now I ask you, “What are the odds of tuning in to that episode?” Whether I did or not, life would still go on. Although, I have to admit, it does give me a sense of peacefulness.

Moving right along. It's time to shift our mood to things of *Fall*. Apparently, *Fall* is a very eclectic time of the year. What does *Fall* spark?

People usually envision it as a time where the summer frolicking comes to a close, students begrudgingly (some) are returning to school, there is a slight chill in the air/the temperature begins to cool and foliage begins to lose their green intensity evolving to shade of yellows, oranges, reds and browns.

Although the changing of colors is associated in the United States, particularly in New England like Stowe, Vermont or the White Mountain

Region in New Hampshire or the Boston Commons in Maine, other parts of the US are noted for their colors. Here are a few that are worthy of leaf peeping: the Adirondacks in NY, Shenandoah National Park on Virginia, Great Smoky Mountains National Park in Tennessee, the Upper Peninsula in Michigan known for eye - popping colors Mono County, California and Aspen, Colorado [yellows and oranges].

Please keep in mind that a number of us do not live in these places. The word trees isn't generally associated with life in the desert. However, the palette of hues during our sunsets are spectacular. They can captivate the eye with their brilliance of colors as they bounce off a background of mountains. The spectrum can range from oranges, reds and yellows to blues, greens, pinks and violets. This is based on our 'Cliff Notes', where light is composed of a variety of colors and particulates, like dust and moisture in the air, which in turn, can filter out some of the colors. It is referred to as 'scattering'. Like a recipe, it is dependent on the composition of the molecules in the air at the time and as to how long light travels through the colored wavelengths. Keep in mind that the blues, greens, pinks and violets have short wavelengths in comparison to the oranges, reds and yellows of a longer wavelength.

To clarify for those of you who may not be familiar with the term leaf peeping, it refers to people who choose to travel in order to see firsthand and photograph their experience with Fall foliage.

So you see, we may not have the Fall, changing of the leaves that commences once a year; although, we can take comfort in the almost daily sunsets are vivid portrayals, reflecting those iridescent colors of the leaves.

Yet Fall is much more than that, especially the month of October. There are a number of notable events/activities which may or may not trigger your awareness. It includes the recognition of the International Frugal Fun Day observed the first Saturday of the month. It is believed to originate from the mind of Shel Horowitz, believed to promote his book, "The Penny-Pinching Hedonist: How to Live Like Royalty with a Peasant's Pocketbook". However, his idea took seed and rooted into a world event. It is celebrated worldwide as a fun-filled, enjoyable day doing fun things which are free or cost less than five dollars ranging from flying a kite to revisiting playing those youthful board games you played during your childhood while munching down on some popcorn for an evening of entertainment. There are hundreds of possibilities. You can check out the website www.frugalfun.com

Do not fret, if you missed it this year, you can save your pennies for next year!

Continuing from a weekly standpoint or in this case, believe it or not, the entire month of October, is dedicated to 'Squirrel Awareness Month'. Yes, those furry, nut-eating, lovable creatures we find so entertaining from your backyard to city parks. There is even an International Squirrel Lover's Club where you can follow their antics as well as being educated about squirrels while developing a better understanding and appreciation.

Although this may be a part of your life year round, it may spark those taste buds a bit more now that the weather is a bit cooler. This is the month that devotes itself to the “official” recognition of that ever so popular snack, popcorn, - ‘National Popcorn Poppin’ Month’. In fact, it has been in the limelight for the past 30 years when Dan Glickman, Secretary of Agriculture in 1999, accredited it. You can tap into all kinds of popcorn things from history to recipes including tips for ‘perfect popcorn poppin’ by visiting popcorn.org.

To take us to the end of our journey this month is ‘Peace, Friendship and Goodwill Week”, noted October 25th - October 31st - urbanministry.org. Although, it is something that is considered to be vital to a better life via daily implementation. It encourages emotional wellness. This in turn promotes more positive ways in thinking, acting and coping with life’s many challenges.

It’s all in the FALL - ITUDE! Until next time, stay well and hydrated.

WELLNESS FOR LIFE by Lois G. Marecek M.Ed., NBCC, LPC

ADDITION TO CLASSICAL ADLERIAN DEPTH PSYCHOTHERAPY TRAINING MANUALS

The series of training manuals for (CADP), authored by Henry T. Stein, Ph.D, now counts four volumes, with the addition of ***Classical Adlerian Child & Family Therapy*** (2018, www.Adlerian.us/cadp-v4.htm). The major aim of this volume is to demonstrate how Adler’s whole theory can be applied in a kind and effective manner to children within their familial setting. To this end, it also includes a number of the therapeutic insights and creative strategies Sophia deVries developed as a result of training with Alfred Adler, Alexander Mueller, Lydia Sicher, and Charlotte Buhler.

This volume follows ***Demonstrations of Therapeutic Techniques*** (2016, www.Adlerian.us/cadp-v3.htm), in the CADP series. The third volume illustrates how all of Alfred Adler’s original constructs may be used in treatment. Full of practical examples, Part One offers demonstrations of the Socratic Method, the missing experience, eidetic & guided imagery, and role-playing. Part Two provides demonstrations of the 12-stages of CADP and Part Three consists of a detailed transcript of work with a client using a specific, creative intervention.

The CADP series is written in an integrated fashion: absorbing the first two volumes is a prerequisite for understanding the next two volumes. The first volume, ***Theory & Practice: A Socratic Approach to Democratic Living*** (2013, www.Adlerian.us/cadp-v1.htm) describes the twelve stage therapeutic process in detail. Second in the series, ***Creative Case Analysis: Uncovering the Fictional Final Goal and the Counter-Fiction That Hides It*** (2014, www.Adlerian.us/cadp-v2.htm) clarifies the process of discovering the client’s style of life.

Dr. Stein's four books on Classical Adlerian theory and practice, as well as *The Collected Clinical Works of Alfred Adler*, may be accessed at the online bookstore of the Alfred Adler Institute of Northwestern Washington at www.Adlerian.us/bookstore.htm.

NOTICES FROM ADLERIAN NETWORK

November 3, John Reardon: Go Farther---Go Faster

This presentation is an experience that combines a grounding in "Primal Adler" with a use of basic human worries and complaints, and a flow of process to help clients achieve "Goals." It also uses the "Purpose" of the therapist/counselor to promote movement. It is meant to equip the practitioner to lead, guide, and assist clients to move into a state of "Normal" living-- where adapting, the use of courage and energy to overcome difficulties and struggles are acted on, and personal and mutual benefit results.

From birth, fear and threat are our most "primal" feelings. Participants will see how fear, our unique "internal dialogue", our self-created convictions, and operational conclusions can be elements to help clients "go farther---go faster" into "Normal" living. If you know John Reardon, MA, you know this will be active learning within a concentrated experience.

December 1: Adler's concept of Movement in Complex Family Systems

Join Lori Thibodeau, MA, LMFT and Joe Noble, MA, LMFT as they talk about how complex family systems which include divorce, high conflict, co-parenting and families navigating the legal system can be challenging for those who work in the mental health community. This presentation is intended to create dialogue regarding these complex systems and Adler's concept of movement, superiority, and significance in a family system. This presentation will also address barriers in working with these systems and practical approaches to establishing cooperation to begin clinical work.

January 5: Sue Pye Brokaw

Adlerian Network founder Sue Pye Brokaw, MA, will lead off the new year.

AFFILIATE LINKS

Adler Academy of MN

www.adleracademy.org

Adler Graduate School

<http://alfredadler.edu>

Idaho Society of Individual Psychology

<https://www.adleridaho.org>

Mid Atlantic Adlerian Psychology Society (MAPS)

<https://www.mapsadler.org>

Parent Encouragement Program

www.PEPparent.org

Positive Discipline Association

<https://www.positivediscipline.org>

Puget Sound Adlerian Society

<https://www.psasadler.org>

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