



TABLE OF CONTENTS

- **PRESIDENT'S MESSAGE**
-
-
- **SAVE THE DATE: MN CONFERENCE SEPT 13-14, 2019**
- **NASAP CONFERENCE 2019**
- **ADLER IN DEPTH (and breadth)**
- **CALL FOR PROPOSALS, IAIP**
- **LITERATURE REVIEW: A CLASSIC**
- **WELLNESS FOR LIFE: THE TIES THAT BIND**
- **AFFILIATE LINKS**

NASAP Newsletter

May/June, 2019

Jamie Stone O'Brien,
Editor

Next submission due date is August 1st, 2019.

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

PRESIDENT'S MESSAGE



There are several things to share in this newsletter. You will find pictures and highlights from our conference in Tucson and information on many things generally NASAP-related. Thank goodness the summer months are upon us offering, hopefully, some time to relax and unwind as you read this issue of The NASAP Newsletter.

Annual Conference 2019

Wow! What a conference! So many quality presentations and posters were presented, it was hard to choose what to see each session or where to start mingling during the poster session. For those who made the journey to NASAP 2019 in Tucson, whether as a presenter or a participant, first let me say thank you for coming and contributing your time and talents to the conference. It would not have been the same without each of you there!

Next, let me say a public thank you to **Marina Bluvshstein**, NASAP's conference coordinator. I could not believe that I left Marina off my thank you list when I was recognizing people. Marina – **YOU ARE AMAZING** and this conference would not have been successful without you, so from all of us who benefited from your tireless efforts this past year, **THANK YOU THANK YOU THANK YOU!**

For all of the volunteers and for the local committee, thank you for the hospitality and for helping to run the conference. A special shout out to Lisa Lenius and Susan Frank, the volunteer coordinators who came early and stayed late to ensure things went smoothly. Thanks Joyce DeVoss for finding us wonderful speakers who contributed to the spirit of the weekend. Thank you also to Jackie Orjada for helping in a variety of ways during the conference.

Change in Administrative Help

Announcements were made in Tucson about the upcoming Executive Director transition. Renee Devine, who has served as our Executive Director since November 2017, has decided to focus on raising her family (she had an adorable baby girl, Agnes, in October 2018, for a total of 5 beautiful kids) and growing her private practice. Thank you Renee for stepping into the role and working hard to keep NASAP going! Best wishes and much appreciation to you!

The Board of Directors, who is charged with the fiscal wellbeing of NASAP, has identified someone who will serve as NASAP's administrator starting this summer 2019. Katie Hilley has been around NASAP for many years, first as one of Tim Hartshorne's students and also as a presenter at the 2013 San Diego conference. She brings many strengths to the table to help keep NASAP running while the Board and Council of Representatives continue to discuss the role of the Executive Director and to decide how to identify the right person to take on this crucial position. During this time, COR and Board members will be filling in to complete tasks that surpass the part-time nature of this administrator position.

Katie Hilley



Beyond 2019 – Where are we headed?

Finally, I wanted to mention that the Georgia Society of Adlerian Psychology is hard at work planning for a great NASAP conference next year in Atlanta! NASAP 2020 will be held at the Atlanta Airport Marriott from May 28th to 31st and exciting things are in the works. The call for proposals will go out this summer so get thinking about what topic you would like to present.

NASAP 2021 and beyond are not yet finalized so if your affiliate group or a group of folks with ties to NASAP would like to plan and host the conference in the near future, please send an email to susanbelangee.nasap@gmail.com. In order to have a successful conference, you need a strong group of planners and a big group of volunteers to serve as room monitors, bookstore workers, etc. The

Council of Representatives determines where the conferences are held so the sooner we have site proposals the better able NASAP is to negotiate good prices with hotels and/or conference venues.

May you find time to relax and have fun this summer!

Susan Belangee
NASAP President

SAVE THE DATE: MN CONFERENCE SEPT 13-14, 2019



**ADLER ACADEMY
OF MINNESOTA**

**HELPING CLIENTS
CHANGE: CREATING A
MORE USEFUL STORY**

Mark your calendar and visit our website www.adleracademy.org in July for more information and to register

The 3rd Annual MN Adlerian Conference
September 13-14, 2019
MN Landscape Arboretum

EXPERIENCE, ONCE AGAIN, MINNESOTA LANDSCAPE
ARBORETUM

YOU DON'T WANT TO MISS RICHARD WATTS & JIM HOLDER

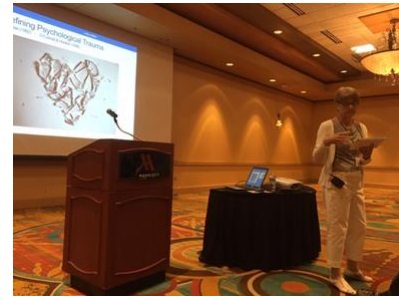
A WEEKEND SATURATED WITH EXPERIENTIAL ACTIVITIES AND
SKILLS TRAINING, GREAT FOOD, LOW COST, & CE CREDITS
(MN BOARDS OF PSYCHOLOGY, MFT, AND BHT APPROVED!)

Registration is at <http://www.adleracademy.org/third-annual-minnesota-adlerian-conference-9-13-9-14-2019/>

Questions at info@adleracademy.org

NASAP CONFERENCE 2019

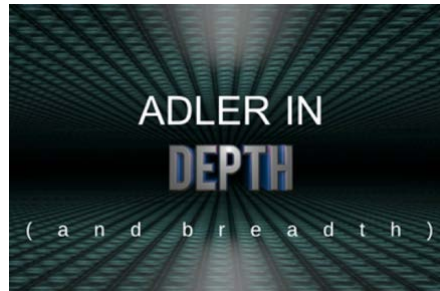








ADLER IN DEPTH (and breadth)



It was this same time last year that “Adler in-Depth (and breadth)” first appeared in The NASAP Newsletter. The column has intended (= aimed) to reawaken the spirit of Adler’s whole-theory and therapy among current Adlerian practitioners. At the

2018 NASAP conference in Toronto we re-introduced the idea of Classical Adlerian Depth Psychotherapy (CADP) to NASAP in little ways: a poster presentation, published articles were made available, and CADP books were distributed among several students and offered for the silent auction. Just this month in Tucson, at the 2019 NASAP conference, we were a little more present with three workshops being offered during the main-conference.

The attendance at each was heartening – even when the attendees didn’t agree with all that was presented, they were respectful, candid and interested in the dialogue. I’m happy to say the CADP discourse seems to be well-underway. The following are what I consider some highlights at each of the workshops.

The first presentation, “Theoretical Variance between Adler and Dreikurs” drew quite an interactive crowd. I don’t doubt that many came to see Jane Griffith again (I’ve passed on to her the many greetings entrusted to me). Nonetheless, they stayed to hear the larger context Jane and I have developed; we discussed the findings that she and her late husband, Bob Powers, first noted: the major change that Dreikurs introduced between the two thinkers’ theory.

Our discussion continued around what difference it makes that Dreikurs believed the fundamental motivator for humanity is to belong and Adler believed it was a striving to overcome. Not everyone was satisfied, being of the opinion that it makes little if any difference. One well-articulated question went like this: “Can you address what seems to be a hidden agenda item that is not clearly articulated in this argument? Is this an argument against Dreikurs or against Dreikurs-Ferguson?”

I was as clear as possible – as in this column and a forthcoming article (Mansager, E. & Griffith, J. S. [in press.]): There seems to be a

concerted effort to present Dreikurs' extensions of Adlerian theory as Adler's own. They are not the same, and the effort to differentiate them can be done respectfully and convincingly, to the benefit of both Adler's and Dreikurs's thought.

The issue of fundamental motivation is only one of a number of Adler's constructs that Dreikurs and his students have modified. CADP practitioners, I found at the conference, are not the only ones who find these modifications to be of questionable benefit. Others include the life tasks, the issue of creativity, the fictional final goal, and even the lifestyle. A fine list that assures there will be plenty to be discussed at future NASAP gatherings.

There was also a presentation on "Classical Adlerian Depth Psychotherapy – A web-based Conversation with Henry T. Stein." The attendees were able to address Henry directly with their questions and many sought clarification and understanding of CADP. One of the questions asked what specifically might be missing in current Adlerian training when compared to CADP. An attendee commented, "Bringing about change is really where the challenge is. Are there specific things that Henry could inform us as to what we are missing in regard to change?"

Henry replied, "One of the most important things is that in getting the training – whether theory, principles of practice or how to work with cases – one has to be absolutely congruent with what Adler's philosophy is all about. Not just what he said, but his feeling and his attitude which was warm and gentle, deep and creative. This is not easy for people to simply learn by reading a book – it is the quality of treatment that is important. The other thing is whether you have experienced ... how [to] overcome [your] life style. And [overcoming] it is not as a result of being faced with it in an interpretation. It is a long, gentle and gradual process of encouragement; of moving in another direction. If a therapist has not overcome his own or her own life style, they don't know it's possible. They don't know how to do it; they don't know what it feels like. For many it is sufficient that they 'know their life style' and they try to manage and control it. My point is, that's a nice beginning, but we can go further."

Our last presentation was " 'A' is for Adler. The A-B-s of Individual Psychology." This was an introduction to many of the original constructs that Adler developed to illuminate his philosophy and to apply it therapeutically. The discussion included a lot of interaction around the therapeutic constructs along with a brief case conceptualization and initial treatment plan. This prompted one of the participants to share how he differentiated between coaching, counseling and levels of therapy. The discussion of these differences seemed new – and helpful – to many there. It was clear such differences are not often discussed among practitioners.

Tucson was a great venue and delivered spectacular weather and a desert in full bloom! It was great to share with colleagues and to receive from them. At next year's Atlanta NASAP 2020 we'll be celebrating the 150th anniversary of Adler's birth. I look forward to growing the dialogue and interest in Adler and his vision of healing.

By Erik Mansager

CALL FOR PROPOSALS, IAIP



The 28th Congress of International Association of Individual Psychology will provide an opportunity to learn everlasting wisdom of Alfred Adler's Individual Psychology and its approach to understanding human nature, and to discuss the solutions it can offer to healing of new psychopathologies in contemporary societies.

Hosted:
by the Ukrainian Society of Individual Psychology, on behalf of the International Association of Individual Psychology (IAIP).
Dates:
Pre-congress July 10, 2020. Congress July 11-15th, 2020.
Venue:
Ivan Franko Lviv National University, Universytetska Street 1, Lviv, Ukraine
Language of congress:
English
Registration:
Please register at <https://bit.ly/2PzFK7b> by February 29th, 2020 to get an early bird registration discount. Please, note that all approved presenters have to register to the Congress in the same way as all the other participants and complete their registration by the early bird deadline in order to be included in the Congress program. With questions about registration, please email at congress2020ip@gmail.com

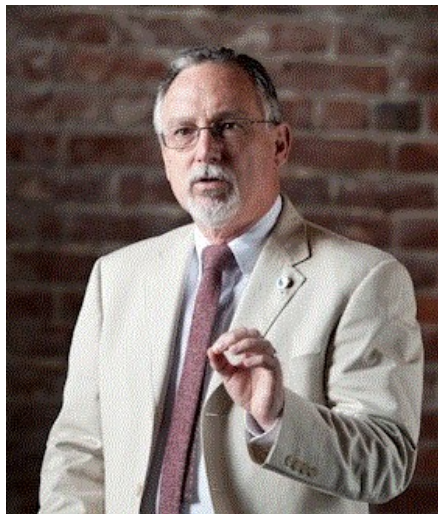
The key tenet of Individual Psychology that is relevant today is the unity of personality - unity of its mindset, feelings, actions in all of its complex and always social manifestations. Adlerian psychotherapy is based on the conviction that mental health of an individual depends on Social Interest, which is an ability of an individual to activate their Gemeinschaftsgefühl, a feeling of a community, of being the one with the humankind. Healthy individual is the one who is capable of personal feelings and cognitive assumptions that are socially useful. A healthy individual has a feeling of belonging to a humankind, and acts in a way that is community-oriented and socially useful. Individual Psychology sees a core of psychopathology in underdeveloped communal feeling and lack of Social Interest.

More information:
<https://adler-iaip.net>



mbluvshstein@adler.edu for questions

LITERATURE REVIEW: A CLASSIC



Reference: Plewa, F. (1936). Psychic difficulties. International Journal of Individual Psychology, 2(1), 114-126.

Author Information: Franz Plewa (1903 -?) took part in the Association for Individual Psychology Physicians (AIPP) in Vienna. Beginning in 1929 he was appointed Assistant Director at the Clinic for Nervous Diseases at the Mariahilfer, an educational

counseling center. He worked closely with Lydia Sicher, who was appointed Director of the clinic when Adler left Vienna for the United States. In 1934 he was elected chairman of AIPP. He emigrated to England in 1939, where he ran a clinic in the Kennington district in London. After immigrating to the United States, he became chief of the welfare and counseling services in Boystown, Nebraska.

Plewa (1936) begins by asserting that no style of living prepares a person for everything and that people experience psychic distress whenever this lack of preparedness is encountered. The shock of this experience activates inferiority feelings, perfection, "... a goal towards which a person aspires in his [or her] effort to escape his [or her] imperfection" (p. 115), and protective measures in order to overcome the felt vulnerability. He insists that these psychic difficulties are

universal and not necessarily neurotic. While inferiority feelings are universal many people are "... unable to consider 'inferiority' a universally human characteristic but believe it to be distinctive of his [or her] individual nature" (p. 118).

Plewa (1936) uses a legal analogy to discuss the process of understanding distress, asserting that a person should be considered healthy until proven neurotic. He goes on to identify three necessary attributes of a neurosis. First, evidence of a lack of preparation for a task of life in the childhood of the person and of shock effects and symptoms in the person's current functioning. Second, a lack of understanding of the personal meaning or impact of the situation that revealed the lack of preparation, the exogenous factor. Third, a pattern of using the symptom(s) to obtain the help of others, attain superiority and/or compensate for the felt inadequacy. He presents a case that has two of these three attributes and then defines some goals for psychotherapy in cases of psychic difficulties.

Rocky Garrison, Ph.D.

Reference: Birnbaum, F. (1936). Some principles to be observed in a healthy conduct of life. *International Journal of Individual Psychology*, 2(3), 46-54.

Author Information: Ferdinand Birnbaum (1892 – 1947) was trained as a secondary school teacher. He met Adler in 1920 and became active in Viennese Individual Psychology. From 1924 to 1934 he participated in the Individual Psychology Experimental School with Oskar Spiel and Franz Scharmer. During World War II he belonged to an illegal individual psychological working group, and after the war he tried to revive the Association for Individual Psychology in Vienna.

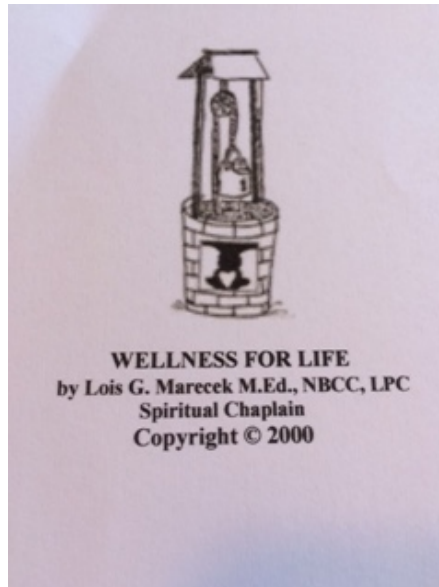
Birnbaum (1936) discusses 5 principles of healthy living, sovereignty, initiative, solidarity, productiveness, and meliorism, operationalizing the IP construct of *Gemeinschaftsgefühl*. These principles emphasize the "... obligation to assume full responsibility for oneself" (p. 46), taking into account "... the common natural ties existing among all human beings" (p. 48), and being active, useful, and optimistic. He emphasizes that the formula for proper living has not been found as well as the aspirational nature of these principles in the "... three relationships in which every human being is unavoidably involved: society, work, and sex" (p. 46).

He also describes a three-step process for addressing the errors in one's style of living. The first step is to identify the mistakes, which he calls "... infantile behavior which are continued even after they are divorced from the early childhood situation of their origin" (p. 46). The second step is "... to examine my childhood with regard to finding out the incentive and the opportunity it gave me for developing the character traits" (p. 47). The third step is a "... movement toward a conscious assumption of responsibility for by behavior" (p. 47) emerging out of "... repeated experiences of discovery" (p. 47). "Individual Psychology knows only one 'sin' – the retention of a

mistaken infantile attitude, which always manifests itself in a choking of the community feeling by an exaggerated desire for power” (pp. 47-48).

Rocky Garrison, Ph.D.

WELLNESS FOR LIFE: THE TIES THAT BIND



It was one of those days where I found myself like so many of you flipping through the TV channels. Before I continue, for the record, guys aren't the only ones who demonstrate a talent for 'flipping through channels'. I came across a powerful family movie that embraces the sensitivity about families, "Mrs. Doubtfire", starring Robin Williams.

This inspired me for the topic before you.

Those of us who have been entertained by the multi talented Robin Williams, have been disheartened by his death. He was truly a versatile artist who was able to touch your heart and soul at the same time comedically or dramatically. No matter the role, he had a tendency to go off script which left an everlasting connection with you. He had a special gift connecting across the ages by locating and activating a person's funny bone and releasing endorphins → "happy".

Now back to "Mrs. Doubtfire. There is a segment towards the end of the movie where Mrs. Euphegenia Doubtfire, the star of a children's TV show, shares a letter from a child wondering if she has lost her family and if she could do something about it. The letter highlights the separation of her parents, living in different houses and her brother's interpretation that they "aren't to be a family anymore". In answering, grace and sensitivity sweeps over you as she touches on the different types of families and interactions. She points out the situation may spark feelings of anger and a lack of love between the adults. Most importantly she explains that the love for them holds without blame. As a school counselor, we attempt to share this in giving young people insight and tools to help them understand what is happening.

The song, "The Power of Love", by Huey Lewis and the News from the movie, "Back to the Future", reflects an additional aspect of love: "Tougher than diamonds and stronger than steel

You won't feel it until you feel. You feel the power, feel the power of love”.

It was at this moment that these words, the ties that bind began to resonate in my mind. In doing so, I came to the realization that there are additional ingredients, a culmination of four. These ingredients benefit all of us, whether it is from parent / adult to child, adult to adult, friend to friend, sibling to sibling, young person to young person or a person to a four legged family member and vice versa .

Another component is kindness. I can venture to say that we've discovered that life can be challenging, some days or times more so than others. It can reflect a variety of forms like tenderness, sensitivity, compassion, generosity or doing a good turn.

In fact, recent research has noted that there are observable benefits to kindness in a person's mental and physical health. Taking it a step further, that when kindness is noted in others, it increases one's happiness, satisfaction and has the likelihood of improving an ability to connect . [Ben's Bells]

In addition, there is encouragement and hope that in a way piggy-back each other. Some of us may be more familiar or comfortable in executing or advocating one of the other. You may come to the realization that they intertwine. As parents, we may see encouragement as being the cheerleaders of our children, backing, raising confidence, having support and even faith.

This leads me to hope in a definitive sense, a belief not a wish. It is founded in strength, determination and possible spirituality or faith. Hope has a way of grounding us emotionally and mentally while providing endurance, courage, fortitude and tenacity to handle / tackle what is presently before us.

Life's journey is not always straight forward or clear cut. The path is devised of many twists and turns or referred to as ups and downs.

We've now come to the end of this adventure. I hope it has opened some windows / doors for you when you may have been met with walls.

At this point, I'd like to refer back to the movie ending of Mrs. Doubtfire where her last remarks to Kati are, “But if there is love dear, those are the ties that bind. And you'll have a family in your heart forever. All my love to you poppet. You're going to be all right. Bye-bye.”

I dedicate this column to my husband Steve of 49 years, my boys Patches and Scruffy, and in memory of my boys Sniffles, Tippy, Squeaker, Sunshine, Nipper and Freckles. All who have taught me the true meaning of “THE TIES THAT BIND”.

Until next time, stay well and hydrated.

by Lois G. Marecek M.Ed., NBCC, LPC

AFFILIATE LINKS

Adler Academy of MN

www.adleracademy.org

Adler Graduate School

<http://alfredadler.edu>

Center for Adlerian Practice and Scholarship (CAPS), Adler University, Chicago/Vancouver/Global

<https://www.adler.edu>

mbluvshstein@adler.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

Penn-Del Affiliate

innarosenfeld@gmail.com

Positive Discipline Association

<https://www.positivediscipline.org>

Puget Sound Adlerian Society

<https://www.psasadler.org>

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