

# NASAP<sup>SM</sup>

NORTH AMERICAN SOCIETY OF ADLERIAN PSYCHOLOGY

*Encouraging . . . Connecting . . . Contributing . . .*

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## NEWSLETTER SUBMISSIONS

Submissions for *The NASAP Newsletter* are always welcome. Let NASAP members know the great work that you, your NASAP affiliate, and other Adlerian colleagues are doing.

All submissions are due on the 1<sup>st</sup> of even-numbered months and should be in Microsoft Word format or a compatible word processing format.

Send them to **Susan Belangee**, the editor, via email to [susanbelangee@aol.com](mailto:susanbelangee@aol.com). Submissions can also be sent via regular mail to Susan Belangee, 25 Springfield Drive, Collegetown, PA 19426. If you send your submission via regular mail, please include a computer disk with your submission on it.

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## I Need More Adlerian Training

John F. Newbauer

As a professor of Adlerian Psychology, one (actually several) of the comments I get from students is this: "I need more Adlerian training. They don't teach enough of it. It looks so easy but it really isn't. Where do you learn this stuff?" Mind you, after spending a semester or sometimes more teaching Adlerian Psychology these can be rather discouraging comments or questions. Yet they sometimes represent what I myself am thinking when I watch a seasoned Adlerian at work.

One place that does teach Adlerian Psychology on an in-depth basis is ICASSI. It's actually possible to get 55 continuing education hours in Adlerian Psychology in a two-week time span. ICASSI is an intensive summer school experience where more than 20 Adlerian faculty teach courses to a wide range of participants.

Is bullying a problem at your school or in your community? **Patti Agatston** wrote a book about it from an Adlerian point of view. She will be returning this summer to ICASSI to teach another course on Digital Bullying. Do you do play therapy (or want to learn how) and wonder how an Adlerian would approach it? If so, **Terry Kottman's** course "Partners in Play: An Adlerian Approach to Play Therapy" is just the thing you are looking for. Terry has written several books on play therapy from an Adlerian perspective and is a very fun person with whom to learn more about play therapy and about yourself. Some of us have had traumatic experiences happen at our schools, either elementary or secondary. **Yoav Shoham** is a counselor who works in the schools in Israel and will be teaching a course on this issue, "Dealing with Trauma in the School Setting."

Those of you who do consulting, work in businesses or perhaps in administration or management can learn some wonderful things about how your lifestyle and your management style go hand in hand. **Eva Dreikurs Ferguson** leads a wonderful course, "Individual Psychology in the Workplace" that explores just those things. Having been in her course, I found it exciting to listen to other administrators from around the world discussing their birth order, family of origin and gaining insights into what the real challenges are in their work day.

I haven't even touched the surface of ICASSI yet with these courses. There are courses on psychotherapy, addiction, family therapy, men's issues, creative solutions to challenging student behaviors, and theoretical courses. Check it out on the website at [www.icassi.net](http://www.icassi.net) or let me know you want a booklet and I'll mail you one. My email is [icassi2009@aol.com](mailto:icassi2009@aol.com) and my mailing address is in the NASAP Directory. Hope to see you in Maryville, Tennessee, just 15 miles south of Knoxville, this summer, July 19 to July 31 for a wonderful ICASSI summer institute. If you can't stay for two weeks, at least join us for one!

## Executive Director's Column

Becky LaFountain



Often NASAP members will bring family members with them to NASAP events, and whenever I see the children I think “oh good, a blossoming Adlerian!” For example, when **Susan Belangee**, newsletter editor and former treasurer, brings her husband Mark and her soon-to-be 3 year old daughter Cathryne to board

meetings and conferences, I refer to Cathryne as our youngest Adlerian. Our actual youngest official member is **Lyric Peate**, a high school student from Tucson, AZ, and also a mentee of **Joyce** and **Gary McKay**. It is exciting that Lyric is going to do a poster presentation entitled, “Art, the Artist, and Perception” at the upcoming conference in Tucson.

I know that several of our members were raised by Adlerian parents or influenced by another Adlerian relative. **John Petersen**, with parents **Tom** and **Margaret**, and **Alyson Shafer**, whose grandmother was **Edith Dewey**, are just a few who come to mind.

Many parent educators are responsible for teaching Adlerian approaches to parents, who ultimately influence their children. Adlerian professors are preparing future counselors, psychologists, teachers and leaders, and hopefully those future professionals will create the ripple effect with their protégées.....But are we getting them early enough?

During the 14 years that I taught graduate school I had little difficulty selecting Adlerian books that I wanted to use in my courses in preparing masters level counselors. In a new position at Penn State that I took this fall, I am teaching mostly undergraduate psychology courses. For my Theories of Personality class, I readily found a text that devoted one full chapter to Adler (along with the other 13 chapters each highlighting one theorist). I was shocked when searching for texts for my Introduction to Social Psychology and Advanced Social Psychology classes that not one of the dozen texts I examined mentioned Adler! I consider Adler a pioneer in social psychology since he was the first to look at the individual within a social context. Those familiar with **Gardner Murphy**'s renowned *Historical Introduction to Modern Psychology* will recall that in 1931 he said “Adler’s was the first psychological system in the history of psychology that was developed in what we should today call a social-science direction” (p. 341). I guess Adler’s contemporary knew the state of the field

at the time, but current authors lost sight of their roots. My Introduction to Psychology class is yet another story. After reviewing at least ten introductory psychology texts, I found only one that actually devoted a couple paragraphs to Adler (although he wasn’t even listed in the index). It’s interesting, too, that while 10 of my 35 introductory students had taken a psychology class in high school, few remembered studying Adler.

So now I am on a mission to introduce high school psychology students to Adler. My goal is to write all the high school psychology teachers in Central Pennsylvania and offer my services to come in and speak to their classes about Adler. I know that most students, and teachers alike, enjoy the opportunity to hear someone new. I remember as a student, the message of a guest speaker was like a breath of fresh air and stuck with me longer than most things my regular teachers taught me. When I announced at a recent meeting of the Central PA Society of Adlerian Psychology that I was going to do this, one of the elementary school counselors in attendance immediately approached the psychology teacher at the high school. An invitation came my way within a week. Once I write the letter to the remaining teachers in the region, I hope to get many more! I encourage you to follow suit in your communities. If anyone is interested in the idea and would like to speak with me about what I plan to cover I will be happy to collaborate with you. Additionally, if anyone has other ideas to reach those “who are our future” I’d be happy to share those ideas in future newsletters.

By the time you read this newsletter, our very youngest Adlerian will be among us. Susan Belangee is not only providing us a “labor of love” by the dedication she gives to editing these newsletters the past five years, but she is expecting to deliver her second daughter at the beginning of February! And without missing a beat, she has set a deadline of March 15 so that she can produce the next newsletter by April 1. I can not express how much she is appreciated! Thank you, Susan, and best wishes!

CONFERENCE  
SCHOLARSHIPS  
AVAILABLE

Application deadline March 1, 2009  
go to [www.alfredadler.org](http://www.alfredadler.org)

## Nominations Committee Report

The Nominations Committee is pleased to report that **Al Milliren** and **Steve Stein** have accepted the nomination to run for the office of President-Elect. NASAP could not have two more dedicated individuals running for this office. Both Al and Steve are long term members of NASAP and have made many contributions to Individual Psychology both within and outside of NASAP. We thank them for their generosity and willingness to take on the responsibilities of this office.

Please take the time to read their bios contained in this issue and participate in the election for President-Elect by following the voting procedures listed on the ballot. **In addition, please note that you have an option to vote electronically as described on the ballot.**

### President-Elect Nominee: Steven J. Stein



The year was 1973 and returning to the Chicago Public Schools was not fulfilling. My recently acquired masters from the progressive Antioch Graduate School of Education fortified me and encouraged me to inspire young people. Nevertheless, I complained to a colleague, “The

most fun is simply talking to the kids about their families, rather than following the fourth grade curriculum.” “Perhaps you should check out this program downtown, the Alfred Adler Institute,” he advised. “They’ve grabbed a lot of people from education and introduced them to the mental health professions.” Following this lead, I enrolled in Introduction to Individual Psychology, co-taught by Harold Mosak and Gerald Mozdierz. Almost immediately, my mind and spirit were vibrating with enthusiasm. Adlerian concepts unearthed sentiments that I long held but did not have words to explain. The need for more was unlike any other learning experience, thus far.

Propelled with my new understandings, I embraced the counseling profession and suddenly everything seemed more understandable. Concurrent with my studies, I worked in community mental health serving high-risk youth, in a low income largely Latino neighborhood of Chicago. It was at this agency that I met my wife Emilia, in pursuit of her masters in sociology, armed with a scholarship from her country, Honduras, C.A. In 1979, we completed our respective degrees and committed to living our next chapter in Honduras. During the following three years in Central America, I worked as a school counselor at the American School, provided therapy to private clients, consulted with

Peace Corp/Honduras, and co-developed an eight-week educational TV series that actually aired. Based on the Spanish translation of Dinkmeyer/McKay’s STEP program, we endeavored to illuminate Adlerian parent education.

In 1982, our first-born was loath to leave her many aunts, uncles and army of cousins, but the pursuit of higher education took us to Tucson, Arizona. I worked at state funded clinics, serving youth and families, and Emilia began her PhD in the sociology department. Mine however would remain a dream. In spite of Chris’ best efforts and wishes, the university closed its door on the Counseling and Guidance department before I could gain a toehold. I did serve for one year as the president of the Adlerian Society of Arizona (ASA), our youngest daughter was born and Emilia became a doctor.

Since 1989, our home is in Maryland, a suburb of the nation’s capital. For the last fifteen years, I am a self-employed independent private practitioner. Since the late nineties, I have been president of the McAbee (Maryland) Adlerian Psychology Society (MAPS). In 1996, I chaired the national convention in Baltimore. My active profile in NASAP coincides with the move to Hershey, just after the transformative presidency of Jane Griffith. I had the pleasure of being elected as NASAP’s secretary, in the administration of John Newbauer. At BOD/COR meetings, I’ve tried to be a thoughtful voice in the presidencies of Jim Sulliman, John Newbauer, Erik Mansager, Mel Markowski, and now Teal Maedel. Never suspecting that one day I would be nominated nonetheless, I have greatly benefited from their unique and artful leadership.

Among the qualities that I would bring to the office are commitment, collaborative leadership, and a reasonable hand at the steering wheel of NASAP’s future. Recently, I had proposed and participated in a Task Force on the Governance Structure. NASAP had ballooned with success as the COR meetings became swamped with enthusiasts. However, the actual time spent seemed purposeful only for some but not all. The task force recommended a downsizing of the governance structure. It was rejected. Among the lessons learned was the community feeling that is aptly generated at BOD/COR meetings is irrepressible. Going forward, the president is tasked with conducting our business such that it is purposeful, collaborative, and compliant with our mission. Concurrently, he must embrace and engage the well meaning and like-minded colleagues that wish to actively share in NASAP’s mission. Simply put, I do think that I will add value to our processes, steer the pursuit of greater goal fulfillment, and capably lead our complex organization.

In closing, I wish to share that upon being nominated, Al sent me a “virtual high five.” As I told him, I echo this

Steve Stein bio . . . continued from page 3

sentiment. I am pleased by his nomination, humbled, and deeply rewarded by my own. I believe very good choices are before you. Choosing may be difficult, even for me.

### President-Elect Nominee: Al Milliren



As I watched the inauguration of President Obama, I was reminded that the task of leadership cannot be an act that is taken lightly. Although it does not compare in any measure to the presidency of a country or a state or even our small town of Flossmoor, the opportunity to serve as president of NASAP has that same sense of importance to me. Adlerian Psychology has been a journey of love and commitment for me. For almost forty years, I have been devoted to understanding and practicing the beliefs of Adler's psychology. It has become my theory and the guiding principles for my way of life. For at least (approximately) one-fourth of that time, I have been privy to observing and applying my psychology to the leadership of the North American Society of American Psychology.

Now the opportunity to serve as president of NASAP has been made available to me. I had considered running for president for a number of years and always thought I would know when I was ready. So, here I am and I am not so sure! I have had some excellent mentors to observe close up who were not only past presidents but also colleagues and friends. Those I was able to serve with and learn from include Jim Sulliman, John Newbauer, Dan Eckstein, Erik Mansager, Mel Markowski and Teal Maedel. I do believe the time is right and believe I am ready at this time.

What did those who were my mentors bring to the NASAP presidency? Each was different and yet common threads were present. Among the strengths I noted were commitment, passion, honesty, receptiveness, and knowledge. Recently our student evaluations were returned at Governors State. Accidentally, while I was writing this article, I happened to pick up the summary my division chair wrote regarding my teaching style. She summarized my approach as being sincere, compassionate, available, and knowledgeable. I was surprised at how similar the two lists were. Just maybe I'm a match for the job!

I realize that the final decision is in your hands, the NASAP members. You actually have before you two excellent candidates. Whatever the outcome, NASAP will be well cared for.

## Letter to the Editor

Herb Nakada

*[Editor's Note: A version of this letter was printed in the Williams Lake Tribune, British Columbia on January 22, 2009]*

Could it possibly be true that in the last twenty years, 90% of all the monetary wealth generated by the U.S. economy went into the pockets of 10% of the people? Could it possibly be true that 1% of the people get 60% of the 90%? Could it possibly be true that .01% of the people got 35% of the 60% of that 90%?

Could it possibly be true that 90% of the people are surviving or dying on 10% of all the monetary wealth being generated globally? Do we want to incur massive indebtedness of bailouts just to keep the same unjust distribution of wealth generated for the power elite? Unchanged, the main beneficiaries of bailout and public debt will be the top 10% of our society. What part of debt will they shoulder?

Would you be willing to freely give up being the victor at the top of our world? Obama stressed tax cuts for the bottom 90% of the people...distressing the top 10% who still want permanent tax cuts for themselves.

Do we want to save this system unchanged for the same consequences while we all wait together for the next great "correction" or the next war? Ninety percent of us are shouldering the mother of all the greatest "ponzi" schemes for their gain and our pain.

A fundamental change for the possibility of real peace, social justice, and sustainability for all with due respect and regard for each one of us for all past, present, and future generations of humankind needs doing soon. Our generation is participating in destroying our only Biosphere with a selfish based growth model.

For all our children and for all future generations, this selfish "growth" model disregards our ecological limits of human growth within our Biosphere. Massive global bailouts will forestall the end of this model. We human beings cannot "grow" beyond real limits without real peril. We cannot regard selfish growth models as progress for humanity.

Will we go down trying to save this model for the power elite? Is the essence of human nature really psychological egoism? Its narrow vision is psycho-egoism's pathology. Self centeredness, with its tunnel vision, wouldn't care for anything else but its own pocketbook vision for its own lifetime. Self centeredness has no "real" solutions for

*continues on page 10*

## Invitation to Authors to Sell Books at NASAP's 2008 Conference

You are invited to sell your Adlerian books and materials at the NASAP table in the conference bookstore. This is a great opportunity for you to make your Adlerian publications available to others and, in turn, for conference participants to have many resources at their fingertips. No merchandise may be sold in the presentation rooms. To take advantage of this opportunity, you must adhere to the following procedures:

1. Either hand-carry or send your merchandise (addressed to yourself) to the conference site. (See sending instructions below.)
2. If you hand-carry your merchandise, take it to the bookstore location and check in your materials.
3. If you send your materials in advance, take them to the bookstore upon your arrival (in conjunction with the bookstore hours).
4. When you initially take your materials to the bookstore, make arrangements to pick up remaining materials at the close of the book sales (making sure to find out the closing time) since all unclaimed materials will be donated to the local group. If you are not attending the conference, you will need to make arrangements for a friend to be responsible for your materials since the local group will not be sending back any materials.
5. Please note that 20% of the proceeds will be donated to NASAP for providing this service.
6. Please note that you may be asked to claim merchandise for sale on your customs forms when crossing borders and when sending merchandise.
7. Mark each individual book, tape, etc. with the selling price.
8. Enclose a packing list enumerating each title, number of each, and price.
9. Because storage at the conference site is very limited, make arrangements with a shipper to have your materials arrive no sooner than 5 days prior to the conference.
10. Address packages as follow:  
Westin La Paloma Resort & Spa  
3800 East Sunrise Drive,  
Tucson, Arizona, United States 85718  
Attention: Guest for the NASAP June 25-28, 2009  
Conference, (and then include your name).

## Call for Manuscripts: Education and Supervision Relating to Individual Psychology

***Announcing a new, dedicated venue, for publishing research about Supervision as it relates to the Individual Psychology of Alfred Adler. The Journal of Individual Psychology is proud to announce the addition of Supervision to its well established Education Column.***

The JIP is the scholarly journal of the North American Society for Adlerian Psychology (NASAP). The JIP has a long standing tradition for advancing the professional literature relating to Individual Psychology. The Education and Supervision Column is dedicated to scholarly topics that advance the understanding of Education and Supervision issues relating to Individual Psychology. The Column now provides educators, supervisors, and clinicians a new venue to share their scholarship and advance the Adlerian Supervision literature.

The JIP is a peer-reviewed scholarly journal. It is expected that manuscripts will contribute to advancing either education or supervision, incorporating tenants and principles of Individual Psychology. Questions regarding manuscript style guidelines and submission to the Education and Supervision Column of the JIP should be directed to:

### Education Manuscripts

Greg Brigman, Ph.D.

Professor/Coordinator of the School Counseling Program  
College of Education (#47)

Department of Counselor Education  
Room 277

Florida Atlantic University

777 Glades Road

Boca Raton, FL 33431

561-297-3616

[GregBrigman@aol.com](mailto:GregBrigman@aol.com)

### Supervision Manuscripts

Ken McCurdy, Ph.D.

Associate Professor

Psychology Dept. / Community Counseling Program

Gannon University

109 University Square

Erie, PA 16504

814-871-7791

[Mccurdy003@gannon.edu](mailto:Mccurdy003@gannon.edu)

## Membership Musings

Linda Jessup, Interim Membership Director



### What's Cooking?

Our members come up with some ingenious approaches for reaching their goals. Case in point: **Lisa Freedman** of Vermont. Lisa caught my attention last June when she listed her occupation on a form as “caterer” and requested

a call back regarding her NASAP membership.

When I contacted her, Lisa explained that although she was originally a caterer, two and a half years ago she began teaching hands-on cooking classes. Here's how the classes developed from just a social experience to 'team building.'

Over light hors d'oeuvres and wine, she assigned tasks to the group, selecting someone to be the “point person” for each recipe. Noticing how cooking a dinner together sparked cooperative interaction and erased any hierarchy, Lisa began offering the three hour sessions as a team building program. She comments, “People really open up long before the group sits down to enjoy the class-prepared meal.” Toward the end of the dinner, she turns the conversation to processing the shared cooking experience, hearing about the roles people played and adding her own observations. The diners talk about how the experience went for them, what could have gone better, and what they particularly enjoyed.

How did this progression come about? Lisa says, “I was introduced to Adlerian Psychology about 4 years ago and have been absolutely inspired by it ever since. I have two boys ages 8 and 10. The youngest was a bit more - shall we say, ‘independent’ - than the first, so a few more ‘parenting tools’ were needed. I read several books, went to a few lectures, and then someone recommended I take a parenting course with **Vicki Hemenway Hoefle** (also a NASAP member) from Shared Ventures here in Vermont. Vicki teaches a course called ‘Parenting on Track,’ an Adlerian based parenting class.”

“Finally everything clicked and made sense, I've been hooked ever since. I went to the NASAP annual meeting when it was in Chicago and the South Carolina Adlerian Society's annual meeting two years ago. Unfortunately Vancouver was not in the cards last year, though it would have been wonderful to attend. I was planning on making it to Hershey this year but decided to attend the Adler School of Coaching in Phoenix for their coaching certificate program instead.”

Lisa's story shows how a few good tastes of Adlerian concepts trigger a hunger for more. She says, “As a caterer I have used Adlerian philosophy with nearly everything I do, working with my staff, dealing with brides, handling all sorts of stressful situations. What I've discovered is how it would benefit corporations, or businesses of any size, to do team building exercises through cooking classes based on an Adlerian psychology approach.”

Lisa is now stirring up a new venture - Adlerian coaching. She says, “My ultimate goal is to become a professional coach working with entrepreneurial women who want a change in their career path. This might be with someone who is already a corporate executive or a stay-at-home mom ready to venture back out into the business world. I feel that adding the team building through cooking classes to my business will create a natural transition to the professional coaching direction that I aspire to.”

Lisa has a list-serve and writes a constant comment newsletter. But most of her business is word of mouth, and 75% of the people who participate in her sessions are repeat clients. She has worked with groups as small as six and as large as 26 cooking up exotic menus like Taste of Thai. For the larger groups, she enlists an assistant to help.

The NASAP network helped Lisa to realize her dream. I hope her story will inspire you to renew your membership this year and to invite friends, students, colleagues and families to join NASAP today. Dessert to top off an Adlerian feast. By the way, if you, too, are an Adlerian “chef,” write and share with *TNN* readers what you are cooking up.

WANTED:  
For NASAP 2009  
Tucson, AZ

## AUCTION ITEMS

Bring an item from your local region  
for the SILENT AUCTION

LIVE AUCTION:

Notify the office about what you will donate  
by March 15, 2009 so we can publicize  
Live Auction items in advance.  
Email the office at [info@alfredadler.org](mailto:info@alfredadler.org)

## Conference Site Selection Proposal Form

As mentioned previously in *TNN*, affiliates can now submit proposals to host the annual NASAP conference. Proposals are being accepted for the 2013, 2014, and 2015 conferences, and in June, the Council of Representatives will make decisions regarding the 2013 conference location. In order for NASAP to negotiate the best hotel and conference rates, locations must be decided 4 years in advance. Therefore, interested affiliates should develop their proposals as soon as possible and submit them to the main office for consideration.

The proposal form is now posted on the website:  
<http://www.alfredadler.org/conferenceproposals.html>

To recap the conference sites including 2012, here is the list of locations by year:

2010	Minneapolis, MN
2011	Vancouver, BC
2012	Georgia/Atlanta

For further information regarding the proposal form or questions about hosting the conference, contact the NASAP office by email [info@alfredadler.org](mailto:info@alfredadler.org) or by calling (717) 579-8795.

## The Adler Institute on Social Exclusion Presents Workshop

**Peter Hotez**, M.D., Ph.D., internationally renowned for his work in tropical diseases, will present a workshop titled "Neglected Infections of Poverty." Peter has shown that diseases very similar to those plaguing Africa, Asia, and Latin America also occur frequently among the poorest people in the United States, particularly among women and children. Neglected infections of poverty have particular impact as an immigrant health issue in large cities like Chicago that have significant immigrant populations.

Please join us! This presentation is open to the public free of charge on Thursday, March 19, 2009 9:00 AM - 10:30 AM (CST) at The Adler School of Professional Psychology, 65 E. Wacker Place, Room 1705, Chicago, IL 60601, USA.

## CHOW For Short

Herb Laube and Bill Premo, Co-Chairs  
 Organization Development Section

Here are some thoughts in creating movement in Creating Healthy Organizations Worldwide (CHOW). The OD program at NASAP has within it a host of techniques that come from many different forms of psychology. Organizations are composed of individuals, teams, and cultures throughout the organization.

Our suggestion is to become more inclusive by changing the title to Creating Healthy Organizations Worldwide (CHOW). We need to have new "food" for thought and we also need to "chew" on new ideas. Keeping the name at Organization Development (OD) is more exclusive and keeps out people from other focus areas who believe they are not focused in the business area.

In helping organizations become healthier we need information from all areas of psychology in order to help in a multifaceted ways. Counseling and clinical psychology can aid in individual areas in many ways and there is also many group methods where family counseling can also be of significant help to CHOW.

I would like to send out a call for help to all those psychologists, counselors, therapists, and coaches that have developed creative solutions for their clients to consider using those same methods to help organizations. Please send Bill Premo ([cprinc@earthlink.net](mailto:cprinc@earthlink.net)) or Herb Laube ([herblaube@aol.com](mailto:herblaube@aol.com)) your thoughts and suggestions that could help create movement for organizations toward healthier lifestyles for organizations. Let's CREATE HEALTHY ORGANIZATIONS WORLDWIDE together!! CHOW!!!

## Parenting Program Recognized Nationally

Michael Popkin

*Active Parenting Now* is included in SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP). To our knowledge this is the first Adlerian-based parenting program to have made the prestigious list of evidence-based programs. Inclusion on the list not only adds credibility to the Adlerian model, but will open the program to many funding sources that require evidence of effectiveness for their grants. For more information, please go to [ActiveParenting.com/xapn.htm](http://ActiveParenting.com/xapn.htm)

## ICASSI 2009 Open for Registration

The International Committee on Adlerian Summer Schools and Institutes (ICASSI) will hold the 42nd Rudolf Dreikurs Summer Institute July 19 to 31 on the campus of Maryville College, Maryville Tennessee, USA. Online registration opened in mid-November and people have started registering. This year is a great opportunity for North American Adlerians to take advantage of the training opportunities only ICASSI offers. The faculty for ICASSI includes several North American Adlerians as well as faculty from Germany, Israel, United Kingdom, Switzerland, Austria, and the Netherlands. We expect participants from more than 20 countries to attend this year.

Courses offered include introductory as well as intermediate and advanced courses in Adlerian theory and intervention as well as courses for personal growth. Don't think you have to leave your family behind for a week or two weeks at ICASSI as there are courses for couples as well as a program for children and youths. Older youths can also participate in some of the courses if they choose to do so. Courses for teachers, coaches, parents, and business leaders are offered along with courses for therapists and counselors. As an affiliate of NASAP, ICASSI's 42nd Rudolf Dreikurs Institute is co-sponsored by NASAP. NASAP is approved by the American Psychological Association to sponsor continuing education for psychologists and is recognized by the National Board of Certified Counselors (NBCC) to offer continuing education for counselors. NASAP maintains responsibility for this program and its content. Psychologists and counselors can earn up to 55 continuing education hours at ICASSI along with an opportunity to meet people from many different parts of the world and experience living together in a spirit of equality and cooperation.

ICASSI 2009 course offerings and program booklet are available online at [www.icassi.net](http://www.icassi.net) or you can email John Newbauer and request a hard copy at [icassi2009@aol.com](mailto:icassi2009@aol.com). There is a link to register online as well and we now have a streamlined registration process that will accept your credit card as well as PayPal. There are some scholarships available for those who need financial assistance. The application for scholarships is also on the webpage. Contact John Newbauer at [icassi2009@aol.com](mailto:icassi2009@aol.com) if you have questions or want more information.

## Center Celebrates Dreikurs

Yáir Hazán  
Center of Adlerian Studies  
Montevideo, Uruguay

As suggested by my friend Dr. Eva Dreikurs, I take the liberty to write. The Center of Adlerian Studies was born with the centennial of Dreikurs, and we made in the tenth anniversary of its creation an International Congress here in Montevideo. In our links, NASAP was always present. I'm writing in order to announce that we declared 2009 as the year of Rudolf Dreikurs as a tribute for his important contribution and diffusion of Adlerian Psychology. Because of this, we will study his work in all the levels of formation and we'll be having seminars about him. It is essential to recover him from oblivion because of his relevance. Our Latin-American societies in conflict can benefit from and change with the help of Dreikurs. This will be achieved through counselors and therapists following Adler and Dreikurs. We have arranged a tribute in September as not to interfere with ICASSI activities, which some of our members will attend with great sacrifice, and then we can welcome someone from the northern hemisphere. The tribute will consist of an academic program in the Pedagogicum Museum, with Dreikurs' favorite music, performed by students from the Art School of the Universidad de la República. The academic ceremony, besides the protocol of uncovering a picture of R. Dreikurs, will consist of my lecture about "Creativity, Contributions and Necessity of Dreikurs in Psychotherapy and Education."

*[Editor's note: Visit the website [www.centroadleriano.org](http://www.centroadleriano.org) for more information]*

### Half-Price Conference CDs

The NASAP office is offering members 50% off CDs of conference workshops from Vancouver (2007) and Harrisburg (2008).

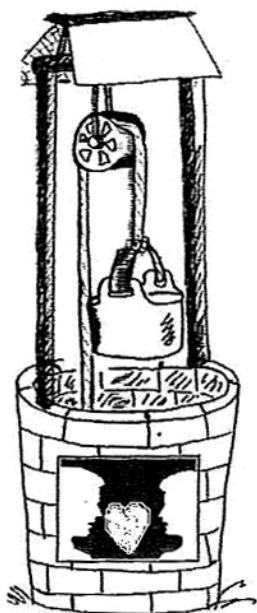
**Time is limited so act now!**

Go to [www.alfredadler.org](http://www.alfredadler.org) to download the order forms. Calculate total **before postage** and take 50% off. Then add in postage as indicated. Mail form with payment to the NASAP office.

Questions? Contact the office at [info@alfredadler.org](mailto:info@alfredadler.org) or call (717) 579-8795.

## Wellness For Life

Lois Marecek



### Give Me An "A-T-T-I-T-U-D-E...."

I seem to recall a saying, "It's all in the attitude!" This expression seems to have been around for eons. Like most of us, we have heard this referenced to one thing or another and have gently dismissed it as quickly as we've heard it.

But, have we ever stopped to think of its "true" meaning? Sure, we can always rely on the dictionary for one direction: more black and white or sterile. Although, Adlerian and Native American influenced, the direction for this journey finds me well "out of the box" to one of harmony and balance.

"The life style is based on the need to have a guiding line through the complexities of life." {Rudolf Dreikurs}

During this journey I have discovered that Adler's teachings are reflected by even more lives.

"The greatest revolution of our generation is the discovery that human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives."  
{William James}

"There is little difference in people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is positive or negative."  
{W. Clement Stone}

"Your attitude, not your aptitude ... will determine your altitude!" {Zig Ziglar}

"Success is 80% attitude and 20% aptitude."  
{Funmi Wali-Adegbite}

And let's not forget some of those witty sayings:

- You always have a choice, even if it's only the choice of your attitude.
- A favorite attitude is gratitude.
- Attitude is more important than skills.
- Attitude is the mind's paintbrush! It can color any situation.
- Take charge of your attitude. Don't let someone else choose it for you.
- Attitude is up to you!

(List compiled by Dave and Nancy Craig, "Attitude Rehab for Students...")

Is this Adlerian or what? As we begin the New Year, take a moment where "The control center of your life is your attitude." Letting this be your guide to harmony and balance.

Warm Fuzzies

## In Memorium

We are saddened by the deaths of two persons in the NASAP circle: Ray Corsini and Achim Grunwald. Ray Corsini's obituary can be found on the NASAP website at <http://www.alfredadler.org/Obituaries.htm>. Ray's wife has indicated that she will be forwarding donations that she has received to NASAP in Ray's name. If others make such donations directly to NASAP we will inform her of those who made the donations.

## Member and Affiliate News

**Steve Stein** will be teaching a one credit course on "Adlerian Approaches to Counseling" on February 28 and March 1, 2009 from 9 AM to 4PM at the Montgomery County Campus (Rockville, MD) of Johns Hopkins University, School of Education, Counseling and Human Services.

The **Adlerian Society of Arizona** will present a workshop entitled "Counseling Military Families." Presented by Dr. **Lynn Hall**, the workshop is based on her new book by the same title. Date: March 28, 2009 Time: 9AM-4:30PM. Location: Pima Community College West Campus, 2202 W. Anklam Rd., Tucson, AZ. To learn more about the workshop (CEs will be awarded) and to register, go to: <http://www.adlerianaz.org/SpringFling09.pdf>.

**Puget Sound Adlerian Society** announces the next installment of courses in their Certificate of Professional Studies in Adlerian Psychology. On April 3<sup>rd</sup> and 4<sup>th</sup>, 2009, Bob Powers and Jane Griffith will present "Life-Style (Personality) Assessment." Participants will learn the relevance of the central concept of Life-Style and how this concept facilitates our understanding of human being and human dysfunction, and they will learn to apply Adlerian Psychology to the science and art of Life-Style Assessment with special attention to each participant's unique experience. For more information, go to the PSAS website at [www.pasadler.org](http://www.pasadler.org) and click on Certificate Program.

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*Letter to the Editor . . . continued from page 4*

humanity...only endless new problems for humanity to solve.

Promoting selfish interest's advantages for inequality fails the ideals of our social democracy. Real democracy is based on social equality's common advantage and the development of social interest for all our common welfare for all humanity for all time.

We need to restore and keep our faith in our development of our social democracy for the sake of our humanity. Humanity is about developing a real democracy with sufficient social interest. A fairer democratic voting system can be considered. A referendum will be held in May for a fairer vote.

### Mentor of Mentors:

### Reflections of Oscar "Chris" Christensen, Jr.

Erik Mansager

*[Editor's Note: The following reflections were collected in preparation for the NASAP 2005 conference in Tucson and presented to Oscar Christensen at that time. Erik Mansager requested that a selection of them be shared here in TNN to honor Chris' memory.]*

### Susan R. Keippel

You honored my uniqueness, accepted the path I took to reach parents of the birth-to-three child, and gave me your support. I thank you Chris. The example of your "Open Forum" has given me the direction and encouragement to work with parents and families in large group settings. More people hear about the democratic approach to parenting in a single shot! I appreciate you, and I am thankful that my path crossed yours in my lifetime.

### Béatrice Borboa

Thanks to Chris, I got into the studies of counseling. This has been a long journey of self development. Chris equipped me with a back bag full of knowledge and experiences which have been enriching my life tremendously. Because of Chris, I have been able to touch also other people's life and help them with counseling.

### Joan Kaye Beigel Cauthorn

Chris opened up a new way of thinking for me. I have taken on his positive thinking and unconditional regards to complete many fabulous adventures.

### Bob Carkner

Oscar Christensen ... an educator par excellence. Yes, Chris had a profound influence on my professional life as I know he did on so many other peoples' lives. He introduced Adler's and Dreikurs' theories into B.C. schools. Thanks to him, I was able to apply these principles to my family life, my work as Head of Counseling in Vancouver and then 22 years as a Secondary School Principal in the Richmond School District. Looking back, Chris was a wonderful role model who possessed the knowledge and skills necessary to bring Adlerian Psychology to educators throughout our province and beyond...his contributions will not ever be forgotten.

### Kevin Matheiu

Thanks for being a model of Adlerian Psychology and how to do it in a very successful manner. I was impressed and inspired by how quickly you put families at ease, and also how effectively you predicted family constellations. The families were relieved to have someone finally understand them, and to have some solution to their presenting problem. For them you always offered hope.