

# NASAP

Helping to change the world

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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, Collegeville, PA 19426. If you send your submission via regular mail, please include a computer disk with your submission on it.

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## New Advanced Adlerian Psychotherapy Certificate Available at the Adler School of Professional Psychology

Victoria Priola-Surowiec, Leigh Johnson-Migalski, and Jennifer Nitschke

In Fall 2008 a new certificate in Advanced Adlerian Psychotherapy was created to provide specialized training and knowledge in Individual Psychology. Many clinicians find the work of Alfred Adler and Individual Psychology while searching for a more comprehensive theory to conceptualize their clients and implement successful interventions.

Individual Psychology was created by Alfred Adler, and was further developed by Rudolf Dreikurs, one of the founders of this school. Adlerian Psychology has been one of the most important foundational theories in modern day psychology as evidenced by its influence in Cognitive Behavioral Therapy, Rational Emotional Behavioral Therapy, Existential Psychology, Humanistic Psychology, Solution Focused Therapy, and Systems Theories just to name a few.

This certificate, 26 total credit hours, exposes the student to numerous aspects of the theory. First, the student starts with the introduction or review of the tenets of the theory and psychopathology in the *Introduction to Adlerian Psychology and Psychopathology* class. Then, the student studies classic Adlerian parenting principles under the tutelage of current parent educators, which results in leading a parenting class in the community. Not only will students learn the basics of Lifestyle Assessment in *Lifestyle Analysis and Diagnosis* but will also acquire in-depth interpretative knowledge of it with the *Advanced Lifestyle* class. This summer, school founder, **Harold Mosak** plans to teach this class.

Historical interventions and techniques are taught in the *Adlerian Approaches to Individual and Family Therapy* course. Following this foundational class, *Advanced Adlerian Intervention and Theory* course explores Adlerian play therapy, group techniques, assessment with the BASIS-A, and analyzes the theoretical underpinnings to grief, guilt, and shame. Finally, there will be an elective course covering another subject domain with a focus on Adlerian principles. To heighten and advance the student's fund of knowledge, the student needs to complete a clinical practicum with a focus on Adlerian psychotherapy.

Furthermore, many of the courses are being converted to run as online and blended courses in an effort to reach out to Adlerians beyond the Chicago Metropolitan Area. The online and hybrid courses offer both students and faculty flexibility, convenience, and the opportunity to learn from others who could potentially be situated all over the globe.

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## Manford A. Sonstegard Mentor, Author, and Friend

Jim Bitter

On Saturday, February 7, 2009, at 11:30 AM Eastern Standard Time, Manford A. Sonstegard, past President of NASAP, dear friend, colleague, and student of Rudolf Dreikurs, and a foremost expert in Adlerian group counseling died in Stow-on-the-Wold in County Gloucestershire in England. He was exactly two weeks and two days away from his 98<sup>th</sup> birthday, which he would have celebrated on February 23<sup>rd</sup>. He was married to Rita Sonstegard who was with him, and he is survived by three of his four children, Kirsten, Tamar, and Val. His first wife Ruth and his eldest daughter Karen both preceded him in death.

He was one of the first editors of *The Individual Psychologist*, and he held the position for the longest time. This journal was later incorporated into what is now *The Journal of Individual Psychology*. Sonste started and supported over 70 family education centers in the United States, Jamaica, Canada, and parts of Europe. He was the co-author of three books, *Living in Harmony with Our Children*, *Wages for Wee Folks*, and *Adlerian Group Counseling and Therapy: Step-by-Step*.

He had difficulty hearing for most of the last half of his life, and he turned it to his advantage as often as he could. He would consistently tell adolescents with whom he was fond of working that he needed them to speak up so he could understand them, and they would do it for him when they would not for others. Many of us have watched him counsel a family in conflict and seen him turn his hearing aids off until the fight was over, and then he would turn them back on and carefully, slowly help the family to sort life out and initiate a new harmony in their families.

I met Sonste when I was 27 years old and he was 63 years of age. I never dreamed that I would have him in my life for 35 years, over half of my life and more than a third of his. He has been my teacher, my confidant, my supporter and encourager, my substitute father, best friend, and greatest mentor. Some of you have known him even longer and been touched, as all who knew him were, by his gentleness of spirit, his dedication to work, and his love of everything Adlerian--his love of life and all the people in it.

## Remembering Larry Nisan

Alyson Schafer and Linda J. Page



Last summer, we in the Adlerian community lost one of our most dedicated and passionate advocates: Larry Nisan. We hope Christine, Elysia and Rory find comfort in knowing how he lives on in the many ways he transformed the lives of so many people during his most productive and joy-filled time with us.

Anyone who knew Larry, whether as a client, student, colleague or friend, has stories to tell about Larry. For both of us, his influence was important in our careers as Adlerian practitioners. For example, Linda was taking parent education classes from him in 1978, never having had much contact with Adlerian ideas before, when Larry asked her, "What do you want to do with all these classes you're taking?" Without having really thought about it, Linda answered, "I want to be a therapist like you, Larry." "Then come join my practice," Larry responded without a pause. And thus began Linda's involvement with the Adlerian community. He was a pioneer in using co-therapy as a psychotherapy training tool.

Alyson also studied with Larry. During her first day of practicum, he stopped mid-session and snatched her pad of paper from her hand where she had been nervously writing notes. Not knowing how to be a "useful" she was hiding behind the note pad and transcribing the sessions! He said "it's rude not to listen when a client is speaking" and then asked her opinion. As dumbfounded and shocked as she was, from then on, she felt like a co-worker instead of a student. She was made to feel she did have talents to contribute to a session even as a fresh-faced student. You had to be strong to work with Larry.

Larry trained dozens of physicians and graduates of Adler School of Professional Psychotherapy in his Dreikurs Centre and later in the Psychotherapy Institute of Toronto. He was a major factor in spreading parent education throughout Ontario through the Alfred Adler Institute. He was a tireless worker, always finding ways to spread Adlerian principles far and wide. He proposed educator Ray Corsini for a Nobel Peace Prize. Before his death, Larry was travelling regularly to Azerbaijan to establish Adlerian schools there.

Larry was skilled in making Adlerian theory memorable and practical. "What's the purpose of guilt?" he would ask his student co-therapist to explain. "Feeling bad about good

Larry Nisan . . . continued from page 2

intentions you never had” would be the response, based on Dreikurs. Larry’s bombastic style and infectious belly laugh made him a formidable presence wherever he went. He was a loyal friend and good company, a storyteller, a musician, a writer, a rule-breaker, a wit, and a courageous adventurer. We surely have lost a vibrant member of our NASAP community.

### SAIL ON OL’ SAILOR \*

Carroll Ray Thomas

Sail on ol’ sailor  
Your song is sung  
Sail on ol’ sailor  
To the great beyond

Sail on ol’ sailor  
A Carpenter’s tool  
Sail on ol’ sailor  
Your life was full

Sail on ol’ sailor  
You were my friend  
Sail on ol’ sailor  
It’s not the end

Sail on ol’ sailor  
You touched so many lives  
Sail on ol’ sailor  
I can see you in my son’s eyes...

\*Dedicated to Oscar Carl “Chris” Christensen (June 6, 1928 - August 22, 2008), teacher, mentor, friend, comrade, surrogate father. August 31, 2008.

### OSIP Loses Long-Time Member

Jacque Litchfield, OSIP Board Member

**John Crumbley**, Ph.D. entered life eternal on December 1, 2008 of a heart attack at the age of 57. John was a respected youth counselor for Lane County and was a long time active member of Oregon Society of Individual Psychology (OSIP). John had developed a program “Developing Options to Anger,” which aimed to reduce juvenile anger and violence. A co-worker who had worked with John on the program said, “It helps youth expand their list of options of feelings and to use courage in solving difficult situations.”

John had been very active in our small group called Oregon Society of Individual Psychology (OSIP). The group is dedicated to educating, assisting and encouraging

teachers and parents in creating a democratic, caring, and encouraging environment at home and in schools. In the past we have organized and sponsored an annual conference for teachers, counseling specialists, and parents. Many times, John willingly offered his expertise by being a keynote speaker or leading smaller discussion groups.

John was OSIP’s current president and we all enjoyed and appreciated his friendship and leadership. We already miss his calm and competent leadership of and contributions to our small group.

### Tucson 2009 Conference Notes

#### **Early Bird Discount** - Save \$50.00

Registration must be postmarked by May 1, 2009

**Take a Student To Lunch** - Don’t forget to help a student attend one of the luncheons! See the conference registration form and send in your donation with your registration payment

**Saturday Night at the MDA** - See the fabulous artwork and enjoy dinner and a fun evening at the international headquarters of the Muscular Dystrophy Association! Transportation, dinner, entertainment, and a surprise gift for every attendee included!

**Town Hall Meetings** - On Friday and Saturday morning at 8:00 AM, some of the business of NASAP will be covered at these 30-minute meetings. Come here the latest conference updates and information.

**Heinz L. and Rowena R. Ansbacher Lecture** - This year there are 2 speakers, Joyce and Gary McKay. Both have contributed many years or their lives to advancing Adlerian ideas and the work of NASAP.

**The Conference-Within-A-Conference Theme** - This year the CWC is focused on the importance of Adlerian interventions with children and families. The highlight of the CWC is the Plenary Session, which features Dr. Peter Breggin as the Friday Plenary Speaker.

**Connecting with Friends Old and New** - As always, one of the best things about the conference is seeing old friends and meeting new ones. Don’t miss the chance to rejuvenate yourself, your friendships, your practice, your research, or whatever you do!

## Affiliate News

### SCSAP

The “Call for Proposals” for the annual conference may be viewed on the SCSAP website at [www.adleriansc.org](http://www.adleriansc.org). The Fall Conference will be held September 25, 26, & 27, 2009 at Myrtle Beach, SC. Four full-day and two half-day workshops will be held Friday, twenty 75-minute programs will be offered Saturday, and five half-day workshops will be offered Sunday. Full day presenters will receive \$300 and half day workshop presenters will receive \$200 to help defray expenses.

### Georgia Society of Adlerian Psychology Spring Conference 2009

The Georgia Society of Adlerian Psychology will hold its Spring Conference in Pine Mountain, GA from April 24-26, 2009. The conference features national and international speaker Al Milliren. Dr. Milliren will be presenting “Alfred Adler’s Individual Psychology – From the Heart” on April 24<sup>th</sup>. On Saturday, April 25<sup>th</sup>, Dr. Milliren will present “A Day in the Style of Alfred Adler or Nine Basic Elements for Effective Outcomes.” He will wrap up the weekend on April 26<sup>th</sup> presenting on Encouragement Groups.

Friday April 24<sup>th</sup> offers a variety of presentations including topics on ethics, parenting, supervision, and the BASIS-A. We hope you will be able to join us. For more information or the conference brochure please go to the website [www.adlergeorgia.org](http://www.adlergeorgia.org) or contact **Jody Housker** at [jhousker@bellsouth.net](mailto:jhousker@bellsouth.net) or by phone at 404-442-4440.

## Member News

**Henry Stein** announces a 3-day workshop to be held September 11-13, 2009 in Bellingham, WA. This unique 3-day workshop provides an opportunity to observe, experience, practice, and receive feedback from peers and seasoned professionals on Classical Adlerian therapeutic techniques. Participants are encouraged to bring a personal or professional issue to work on. The workshop is exclusively for individuals who are currently enrolled in, or have completed, our on site or distance-training programs. For registration information, visit <http://ourworld.compuserve.com/homepages/hstein/sum09.htm>.

To qualify for participating in this experiential workshop, you should begin our training program as soon as possible, but no later than early May. For more information, visit <http://ourworld.compuserve.com/homepages/hstein/dist-tra.htm> or call Henry at (360) 647-5670.

**Bob Herrmann-Keeling** announces that NECAP (New England Community of Adlerian Psychology) has our own blog (at least it’s a beginning...I’m working on a full-fledged web site). Meanwhile, this is a way for us in the CT, VT, RI, NH, ME, and MA region to send messages back and forth about Adlerian concepts, applications on education and counseling, as well as about NECAP and NASAP. Click on this address, <http://bobhk.livejournal.com/> and it will take you right to the page where we can post messages to each other. Email Bob at [bobhk@aol.com](mailto:bobhk@aol.com)

**Michele Frey** presented a workshop titled “Understanding People with the BASIS-A” on Friday and Saturday November 21 - 22, 2008, in St. Paul, MN. It was sponsored by Mary Jamin Maguire (Adler Center for Family & Community, Minneapolis) and Jean Kummerow (Jean Kummerow & Associates LLC, St. Paul), both NASAP members.

The workshop was fun and informative, and about 15 people learned to use the BASIS-A, an Adlerian-based, quick, simple, research-based instrument to help people understand how their perceptions of early childhood experiences are used in their current lives. On Saturday evening Michele, Jean and Mary took a walk (with Nordic walking poles - something they’d first seen during their time at ICASSI in Oberstaufen, Germany) on the historic Stone Arch Bridge across the Mississippi River (with the new 35W Bridge, in blue light, in the background).

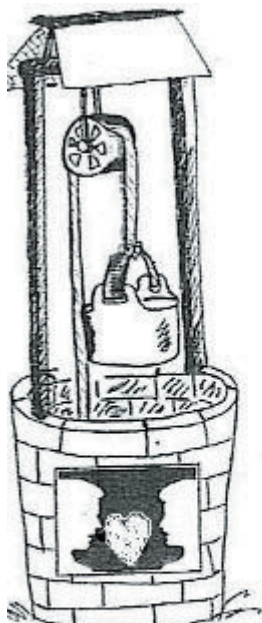


from l to r: Michele Frey, Mary Jamin Maguire, and Jean Kummerow

## Wellness For Life

Lois Marecek

### TIS SPRING – I'M GOING OUT TO PLAY!



As I look at the start of this year, 2009, temperatures plummeted for most of the country. To keep going was a challenging task to say the least.

One couldn't help regress to those tender years of childhood. A time where life appeared lighter. A time where, well.... decisions were a bit more, you could say, "inventive." Young people have unique perceptions and decision-making processing.

I think Dreikurs may agree that tapping into it may be beneficial for the "Welfare of Life".

One author comes to mind who seems to capture the essence of childhood. His name is Shel Silverstein. His poem, "Sick" from his book, *Where the Sidewalk Ends* comes to mind.

"I cannot go to school today  
Said little Peggy Ann McKay.  
I have the measles and the mumps,  
A gash, a rash and purple bumps

My mouth is wet, my throat is dry,  
I'm going blind in my right eye.  
My tonsils are as big as rocks,  
I've counted sixteen chicken pox.

And there's one more – that's seventeen,  
And don't you think my face is green?  
My leg is cut, my eyes are blue  
It might be instamatic flu.

I cough and sneeze and gasp and choke,  
I'm sure that my left leg is broke.  
My hip hurts when I move m y chin,  
My belly button's caving in.

My back is wrenched, my ankle sprained,  
My 'pendix pains each time it rains.  
My toes is cold, my toes are numb,  
I have a sliver in my thumb.

My neck is stiff, my voice is weak,  
I hardly whisper when I speak.  
My tongue is filling up my mouth,  
I think my hair is falling out.

My elbow's bent, my spine ain't straight,  
My temperature is one-o-eight.  
My brain is shrunk, I cannot hear,  
There's a hole inside my ear.

I have a hangnail, and my heart is – What?  
What's that? What's that you say?  
You say today is .... Saturday?  
G'bye, I'm going out to play!"

As Dreikurs put it, "We have harmony only among equals." Perhaps we can take a lesson from this, keeping in mind, that health, spirit and mind are very important to "harmony of life." Sometimes all it takes is giving yourself that permission to begin that balance. Yes, Spring will be a most welcome event. Let's go out to play!

Warm Fuzzies

## New Book Available

A new book, *Body, Mind & Spirit: "Vitamins" for Your Whole Health*, by **Gary McKay, Wayne Peate, and Erik Mansager**, is available from Impact Publishers. Read reviews online at: <http://www.impactpublishers.com/reviews/Body,%20Mind%20and%20Spirit.html>. The book retails for \$19.95 and it's available from several places on the web for discount prices. At present, the book is not available through [amazon.com.uk](http://amazon.com.uk) but should be soon.

## LIVE AUCTION ITEMS NEEDED

One of the best events of the conference is the live auction. Every year, generous NASAP members offer a variety of items for bidding. In years past, these items have included time at vacation homes, registrations for regional conferences, and special Adlerian books with autographs or personal notes. In order to allow conference attendees time to plan for these kinds of big-ticket items, please let the NASAP office know as soon as possible what you are offering so that the information can be shared with the membership. Your help is greatly appreciated!

## The NASAP Newsletter

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*New Certificate . . . continued from page 1*

Please feel free to contact Dr. **Leigh Johnson-Migalski**, if you have any questions about the program at 312-469-7213 or [lmigalski@adler.edu](mailto:lmigalski@adler.edu).

The specific certificate details and minimum admission requirements are listed on the school website, [www.adler.edu](http://www.adler.edu), go to Academics, click on Degree Programs then scroll to the bottom of the page for a listing of all certificate programs.

## 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.

## The Adlerian Thought in Italy According to the Ansbachers' Systematization

*Superiority and Social Interest* is the last book to be translated into Italian by Ugo Sodini and Annamaria Teglia Sodini. Other books already translated include *The Individual Psychology of Alfred Adler*. A systematic presentation in selections from his writings and *Co-operation Between the Sexes: Writings on Women and Men, Love and Marriage, and Sexuality*.

The opera was introduced, under invitation of the Institute of Alfred Adler in Naples on 30<sup>th</sup> November 2008, Institute of Adlerian Psychology in Reggio Calabria on 13<sup>th</sup> December 2008 and in the city hall of Monsummano Terme – Pistoia, near Florence, on 28<sup>th</sup> February 2009.

## New NASAP Website

Have you been to [www.alfredadler.org](http://www.alfredadler.org) lately? If not, you're missing out on the newly redesigned NASAP website. Much thanks goes out to Alyson Schafer and Randy Kirsh who oversaw the process and gave their time and energy to the project.

The website has a great deal more for members as well as visitors looking for information about Alfred Adler. It is easier to navigate and offers more direct ways of joining NASAP or registering for the conferences.

Check it out today!!