



FAMILY!

Tucson Beckons

Sheraton El Conquistador, Tucson, Arizona will be the site of NASAP 2001 in June. As tempting as that is alone, the program we've got planned rivals it, especially in the Family Education track. Here are some highlights.

One ninety-minute program, *Life With Adlerian Parents: A Teen Panel*, will include respondent adolescent panelists ready to share with us their views on living in Dreikurs-based households. Panel moderator is **Craig Carpenter**.

Raising Respectful Kids in a Rude World led by **Gary** and **Joyce McKay**, **Daniel Eckstein** and **Steven Maybell**, will take ninety minutes to explore the precepts of their new book by the same title.

In sixty-minute presentations, **Cheryl Erwin** will present *The Self-Esteem Myth and What Children Need Instead* and **Marti Monroe** and **Sylvia Haskvitz** will present on *Communication That Changes Relationships*.

Rounding out the schedule are two twenty-minute sessions, *My Toolbag: Adlerian Tools for Today's Relationships* conducted by **Mary L. Hughes**, and *Humor and the Elderly: Everybody Wants to Go to Heaven, but Nobody Wants to Die!* presented by **Robert McBrien**.

Peeking over at the Education Section's offerings, members with multiple interests will want to know about the 20-minute *Practical Applications of Children: The Challenge to a Classroom Setting* to be conducted by FE Section member **Althea Poulos** and her

Kinderschool staff. Other intriguing topics in that track include *Dreikurs' Four Mistaken Goals and College Student Development Theory...* with **Roger Ballou**, and *Keys to Achievement* with **Josh Pastner** and **Gary D. McKay**, providing a look at the philosophy of life on and off the court of the University of Arizona's Assistant Basketball Coach. ■

Let's Get Wired!

Developing Adlerian Programs and Resources on the Internet

by *Ritz Balick, PEP volunteer and former Board Member*

Among the many uses of the Internet, Adlerian education has established a pragmatic niche in cyberspace. Resources serving both the organizational and academic communities have arisen, with the potential for NASAP and its members to do more.

At last summer's ICASSI conference in Zouz, Switzerland, the aspects of online Adlerian/Dreikursian education were discussed. There was much enthusiasm regarding the potential utilization and service that an online entity can provide.

In San Francisco, Dr. **Henry Stein** operates a degree program at the

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**NASAP 2001
June 14-16 at Sheraton
El Conquistador Tucson!**

This luxury resort, located on 500 acres of picturesque mountain foothills, borders Coronado National Forest. NASAP conference attendees have special rates of just \$100 for single or double, \$130 junior suite and \$160 for casitas, including three days pre- and post-convention, if you register by May 13. Bring the family! Re-connect! Energize!

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Farewell essays, looking ahead to new leadership

Linked by E-Mail Page 4, 7
FE members, others, send in ideas, queries via email

SAS: School Shooting Victim Family Inspires Page 5
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NASAP 2001: FE Encouragement Circle Page 7

FE Section Co-Chairs report...

Following are two letters and an essay from our dedicated co-chairs which underscore their strengths as educators and therapists. As the articles will reveal, they each have served NASAP during challenging times in their own lives and conclude their respective terms with candid, uplifting and instructive Adlerian messages. --Editor

Dear Family Ed Members,

This is the last time **Susan Prosser** and I will be communicating with you in the role of Family Ed's co-chairs. At NASAP's annual conference we will be honoring the new co-chairs of Family Education Section. As I leave office, I have a few things I would like to share with you.

In October of 1998, I attended my first Council of Representatives meeting with NASAP's board in Chicago. Susan and I experienced the transition of NASAP with its new by-laws and way of governance. NASAP continues to be in a state of transition. This organization is experiencing major birthing pains as it seeks to evolve into an entity whose energy is congruent with the needs of its members and the energy of this crucial time on our planet. It is essential that this congruency occur if NASAP is to survive.

During this birthing process of tremendous change for NASAP, I, too, have been experiencing a birthquake within my immediate family system which continues to challenge and enlighten me. My youngest son, Joshua, was diagnosed in November of 1999 with progressive multiple sclerosis. Because of its progressive nature, this form of MS has ravaged parts of Joshua's brain affecting him both physically and mentally. He nearly left the physical body this last August. Fortunately, a week's stay in the hospital and a heavy dose of steroids through an IV kept the disease from his brain stem. Now he is taking interferon injections every other day, and learning to cope courageously with a restricted lifestyle. As a mother, I experience loss everyday in watching Joshua lose or weaken in a physical or mental ability. As a person of Spirit, this experience has been and continues to be my Greatest Teacher in learning the humbling lesson of surrender.

My reason for sharing this is to trumpet a wake-up call to all who work with families. We must continually go beyond the box of parenting classes or therapy techniques that have become comfortable to us. We must continually stretch ourselves to respond to the spirit of the family's need rather than any prescribed formula that feels safe and within our perception of control. Adler and Dreikurs were wonderful examples of two men who went outside the box of acceptable theory and practice to be of true service to people. They continually read the energy/movement of the needs of the situation and responded respectfully (most of the time!). I urge all of you, including myself, to continue to stretch beyond our comfort zone so that we may grow in our service to families. ■

--*Deb Owen-Sohocki*

This year marks the end of my time as co-chair of the Family Education Section. I have enjoyed my time being part of the NASAP leadership team and feel I have received far more than I have contributed. Being part of the Adlerian world is a humbling experience. I have met so many

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Dreikursisms

- *Nothing is as pathetic as a defeated authority who doesn't know s/he is defeated.*
- *We spend more time with an untrained child than we do in training the child.*
- *We should give the child attention, but not at the times he demands it.*
- *Unfortunately, those who need encouragement the most get it the least because they behave in such a way that our reaction to them pushes them further into discouragement and rebellion.*

--Rudolf Dreikurs

How to reach us

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Alfred Adler Institute of San Francisco and related the following observations. "Distance learning via e-mail, discussion forum, and text-based chat is quite limited in the potential for conveying the attitudes and feelings behind Adlerian child guidance ideas. However, online forum discussions, with threaded questions and answers, at least offer opportunities to exchange ideas and experiences. Chat rooms are most appropriate for superficial banter, and usually are too awkward for serious ongoing discussions of any substance."

Eva Dreikurs Ferguson raised the concern at ICASSI that although there would always be a need for face-to-face interactions, it was indeed possible to establish programs to serve the parenting, family and educational communities. Others, like **Oscar Christensen** and **Betty Lou Bettner**, concurred that the educational potential was great and that Adlerian research would greatly benefit from the sharing of data within the psychology community. Vast new recently democratized populations are in need of services that can only be disseminated quickly and effectively by the Internet.

Several functional educational delivery models already exist and these require testing and evaluation. The establishment of an Internet Education Certification process panel within NASAP Education could serve to develop, approve and regulate the educational Adlerian entities that arise.

Successful implementation of ongoing and novel applications will ensure that the growth of even more innovative designs and programs will continue to develop.

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Co-Chairs Farewell Messages...continued from page 2

compassionate, dynamic people who give from their heart and soul to their families and communities. I thank all of you for the learning I have received through your influence.

It has been a special pleasure working with **Deborah Owen- Sohocki**. She is my heroine. I watch her live from her highest principles and she has modelled for me and encouraged me to do the same.

Personal reasons prevent me from continuing in my role as Family Education Representative. I trust that strong leaders have come forward to take over the leadership and bring us to the next phase of development.

I also thank **Bryna Gamson** for her tremendous dedication to this newsletter and for sharing her expertise in writing and desktop publishing so generously. Bryna has been a real asset to NASAP for many years and is the heart and soul of this newsletter. ■

-- Susan Prosser

*Two new Co-Chairs will be serving NASAP's Family Education Section, **Joanne Flynn**, Canada, and **Linda Jessup** from the USA. We appreciate the yeoman services of Deb and Susan and wish them well!*

A Personal Essay

by Susan Prosser

Last spring, I separated from my husband after 26 years of marriage. My life was then, and still is, in a state of transition where I find myself with barely enough emotional energy to look after my daughters, work and myself. I regretted not being able to carry out my commitment to you members of the Family Education Section in person. Instead, I used telephone and email contact to work on Section business from my home in Canada. At the same time, I believe that you will understand my commitment to family and health had to take precedence.

Separation is a painful process. My family has always been the most important priority in my life and making the decision to end my marriage was excruciatingly difficult. My children are older now but that didn't make it easier for them. They are adapting well but the adjustments will continue and each stage of their adult life will be affected. Sometimes I wonder how people with small children cope following a separation. My grieving process has been all-consuming and sometimes I wonder where I am getting my "mother energy" from to help my daughters through their grieving process. I sent them both for counselling, of course, and that helped a little, but there is nothing like dear old mom to nurture and hold them as they go through the labyrinth of feelings that can be so confusing and overwhelming.

There is no manual about how to handle all the challenges that meet you along the path after separation. Everyone has an opinion about how

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Get Wired ...continued from page 3

The benefit to both the public and scientific communities will be great. The expansion of programs will attract IT [information technology] and psychology professionals as well as academics. Sponsorship by social service and private interests will also facilitate and ensure delivery even to those sectors of our communities and schools that might otherwise be disconnected from these services.

With proper guidance and leadership in the critical area of design and content, it is hoped that our society will be able to present its children and families with a resource unlike any that was ever known through online Adlerian education. ■

From the Net

See, Hear Alfred Adler!

Henry T. Stein, Ph.D., Director Alfred Adler Institute of San Francisco Distance Training in Classical Adlerian Psychotherapy, circulated this email announcement dated April 9:

A rare film of **Alfred Adler**, talking about Individual Psychology, has been transferred to web-compatible video, and posted on our web site. The original Fox Movietone newsreel footage was filmed in Vienna, Austria in 1929. The Alfred Adler Institute of San Francisco has been licensed by the University of South Carolina Film Archives to present this clip on the Internet. ...Complete information may be found at <http://go.ourworld.nu/hstein>.

<http://ourworld.compuserve.com/homepages/hstein/>
E-mail: <HTStein@att.net >
Tel: (415) 282-1661

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Meet More Often On-line!

FE Section members who indicated an email address to Central Office periodically communicate in a round robin email system. Reprinted here by permission is some informal correspondence. Reply directly to writers below by email, through the editor at <ParentEduc@aol.com>, or consult your Member Directory to mail.

March, 2001

Ritz Balick, Silver Spring, MD
<joinpep@yahoo.com>

[With ref to an] article...in *Family PC* April 2001 by Christina Le Beau. It's a story about a 49 year old woman who was looking for professional advice. She emailed a therapist for nearly a year. She lives in TX and the therapist is in CA. "You're in the comfort of your own home, and it's more personal and more open because you're not threatened in any way." "400 to 500 therapists currently administer treatment through web sites." "The APA views e-therapy as a supplement to conventional counseling." "2/3 of people with mental disorders never seek treatment." "A lingering stigma against therapy is a major reason, one that could be easily erased by the anonymity of virtual treatment." These views and considerations parallel those who use online resources for family and parenting education.

In other news ... Last year before the PEP director, LJ [**Linda Jessup**], left the organization she founded, I gave out a few complimentary 'coupons' for counseling services at my daughter's school. I had hoped that any referrals would have an opportunity to meet LJ before she left and then they would continue with the parenting program. This year, in the 1st

grade, one of the kids (whose parents never were given the 'coupon') was expelled from the school. It's hard to reach out to anyone without implying that there is a problem and that the problem reflects badly on the parents. We'll see how things turn out. I've recently made small inroads with the boy's father.

The NASAP web site story reminds me of the 'coupon' story. I can appreciate the effort that goes into a site and the planning. I was hoping that the site parties would create an intranet and keep a dialogue on-going with other participants. We'll see how that goes.

(more added in April, 2001) I'd like to start up an intranet for NASAP and thought you (your network) might endorse it. The purpose of an intranet would be to organize internal activities where planning can transpire--an internet conference room. (I'd like to eventually have my own AdlerWebEd intranet.) I don't

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**Don't Forget
June 14-16
Tucson!**

Personal Essay...continued from page 3

to manage feelings, time, children, ex-spouses, finances, living arrangements, work, leisure etc. What I have learned is that it is a time of healing and soul searching. I have needed time away from the world to lick my wounds and recover from the distortions in self perceptions that have inevitably occurred over the years. The hardest part has been realizing how uncomfortable many people are with my decision and the resulting judgement they pass. The best help has been the comfort of close friends who hold me when I cry, listen when I don't make sense and laugh with me as I recover.

I am sharing this with you because it is important for us to realize that family takes many forms. Culturally, we have the idea that there are "intact" families and "broken" families. My family is not broken--it has just taken a new form which is actually healthier than it was when we were together. As a couple therapist, I continue to help people overcome the obstacles that lead to complete discouragement in relationships. I believe that it is worth everything to work at creating enduring, fulfilling relationships. I also know now that sometimes relationships need to end for the greater good of all. I am grateful to have the opportunity to walk with people through their sacred journeys with empathy, understanding and encouragement. ■

SAS Article On School Shooting

Anger Becomes A Prison:

Rev. Dale Lang's Message to Students

Adapted from an article by Beth Johnson <beth@the.link.ca>

Rev. Dale Lang had the rapt attention of his audience at Place Reil on November 14, 2000. In a calm and matter-of-fact manner he told the terrible story of how his seventeen-year-old son, Jason, was shot to death at school in Taber, Alberta last year.

He talked about the fourteen-year-old boy who did the shooting. The boy was being schooled at home because all his life he had been picked-on and bullied in a very brutal way at school and in the community. With less than adequate support at home, life must have looked very bleak. He thought what the guys in Columbine High did was "cool" and he wanted to know how it felt.

Dale discussed how he and his family came through their grief to a place of forgiveness for the boy and support for his family. When challenged by a woman, who suffered a similar loss, it came clear to Dale that, if we fail to forgive, our life becomes dominated by bitterness. Pain is a part of the daily life of the Lang family, but not anger or bitterness. "Anger becomes a prison--a trap" he says.

"What has gone wrong in our society that leads kids to this kind of senseless violent action?" is a question that Dale addressed. There are three factors that he believes are involved here:

1. Instant-gratification thinking. We want it now, and when we can't get what we want, we look for someone to blame.
2. Entertainment filled with graphic violence based on the theme of revenge. Video games that kids play regularly are based on those designed to teach soldiers to kill.
3. Objectification of people. Much depiction of sex in the entertainment media and particularly in pornography is based on sex as a sport and a spectator sport at that, with the message that it is OK to use people.

Dale brought a message of hope to his audience. He believes that attitudes can be turned around. He says we need to come to a place of love and respect for each other. We need to put people first and sometimes that means setting aside our own agenda.

His final message was a poignant one for parents. The morning that Jason Lang died, he and his dad had spent a fun filled and friendly half-hour together before he left for school. Dale hangs on gratefully to those moments. If they had parted with angry words, his memories would have been colored very differently. "Don't let the sun go down on your anger," he says. "Life is fragile and shorter than I thought." ■

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Saskatoon Adlerian Society*

<http://www.sfu.saskatoon.sk.ca/health/adler/index.html>

Book Review

Reviewed by Sharon Bâby, reprinted from *SAS Newsletter*

Positive Discipline for Teenagers/Empowering Your Teen and Yourself Through Kind and Firm Parenting
Revised 2nd Edition By **Jane Nelson** and **Lynn Lott**, Prima Publishing, 2000

Empowering yourself so that you can empower your teen is exactly what this book is all about. I can't say enough about this extraordinary book. I will recommend it, lend it, and share its wisdom with as many people as I can. Parents won't feel inadequate, discouraged, or alone while reading it. Instead they will gain new skills, new insights, and new hope.

Jane Nelson and **Lynn Lott** are both counsellors and workshop leaders who have worked extensively with parents and teens. From the beginning, the authors are clear about their belief, "Your job is to prepare your teen for life." Then they show us how to accomplish this monumental task.

"Everything we teach is based on respect – respect for teenagers and for parents." Each page gives ways of teaching life skills to our teenagers. Using practical examples, case scenarios, strategy lists, and parent activities, plus lots of encouragement, they help us to learn how to build courage in our teens so that they can come through the difficult teen years and grow into successful adults.

They are very realistic about what it can be like to live with a teen. Nevertheless, they remind us that obnoxious, rebellious, sullen teens full of "attitude" are exhibiting normal age-appropriate behaviors that will help them to

separate from their parents. Then they reassure us that these ugly behaviors are temporary, and they show us how to make the best out of a tiring or tough situation, not by changing or controlling our teens but by nurturing them. The authors are dedicated to helping parents grow into healthier people.

The *Practical Application Activity* at the end of each chapter can be very helpful and revealing. These activities will likely be beneficial to some parents but will certainly not appeal to every learning style. They can be used as a leader's guide for a parenting group.

Positive Discipline for Teenagers could be a life-altering experience if read cover to cover; however, you can also look up a specific topic and glean practical ideas and a feeling of support from just a few paragraphs. If you have a pre-adolescent at home, you'll be ahead of the game, and if you have an 18 - year old at home it's not too late to learn how to parent more effectively and respectfully and to truly enjoy the company of your teenager.

Highly recommended, available from the SAS Bookstore at approximately (Can) \$25.00. ■

*Do a good deed: Log on to
<<http://
www.thehungersite.com>>
and select "Donate." The
site also gives you
no-risk options to donate to
breast cancer research and
rainforest protection.
How Adlerian!*

Meet On-line...continued from page 4

know how NASAP handles these kinds of proposals. (I'm hoping that there aren't too many cyberphobes there.) Intranets.com is a free hosting service and and it is easy to use. ...We won't know unless we try. If it has the NASAP name then it should be approved by someone there. Yes it is a kind of chat space, but not strictly interactive, although one could link to a live chat from there. The interaction comes from participation. ...If it grows, we can open other intranets specific to other areas.

ED: NASAP has been in the process of re-designing its web site, and Ritz is one of our volunteers assisting volunteer webmaster Brian Griffith with new ideas. Anyone interested in exploring the idea of an "intranet" concept, please do get in touch with Ritz!

August, 2000

Deb Owen-Sohocki, Corpus Christi, TX <DOS C2@aol.com>

[Ritz asked Deb about her TV experiences:] The show is called *The Parenting Connection* ©1994. I do a taping once a month, and it airs for four weeks, one time per week. I host varying organizations and groups dedicated to helping families in the Coastal Bend [Texas] area. I also air parenting education issues based on Adlerian principles. Besides *The Parenting Connection*, I also have been part of getting an ongoing parenting class on TV which uses **STEP**. This was developed for parents on welfare here in the Coastal Bend who are now required to attend a parenting class in order to receive their financial aid. Since many have difficulty attending a parenting class, the TV show was designed to bring it to them. The final thing I do with TV is once a month I am on the *Noon* show of our NBC affiliate to talk about current parenting issues

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Confessions of a parent group leader

I specialize in teaching parents of pre-schoolers, still using Dreikurs' **Children: The Challenge**. Not surprisingly, I hear about the same type of problems with every new group: firstborns attending pre-school for the first time; the introduction of a new sibling and its ripple effects; the fact that stasis is "never" achieved, because the family is evolving and changing so rapidly at this stage.

As a parent of grown children, and now a grandmother, too, (how did THAT happen?) I know that much of what we're working on in our pre-schooler groups also applies to parents of teenagers.

I advise my students to equip themselves with three items, at least mentally, to complete their parenting kits: a plaque with "target" painted on it, a large roll of tape, and a mental window shade.

For those who persistently telegraph to their children exactly what would be the unkindest cut of all for them--and then, surprise! discover that the kids hit them in that weak spot repeatedly--I advise donning the "target" billboard.

For those who talk, talk, talk, explain, explain, explain, to their children rather than getting to the Action! part of their parenting, I advise the roll of tape--to be applied liberally to their own mouths.

For those who cannot "take their sails out of the children's wind" by leaving the room, I advise the mental window shade: pull it down, nobody home. You've dropped your end of the rope in the tug-of-war.

continues next column

Convention Bulletin

The Family Educator's Encouragement Circle Part Deux at NASAP 2001

Of special interest at last year's convention, and so, repeated again this year, is the informal drop-in session entitled "The Family Educator's Encouragement Circle." **Mary L. Hughes** and **Barbara Kinney** will lead members of the Family Education Section as they mutually share Adlerian activities, principles and ideas that have been successful in their dealings with families. Encouragement, mutual respect, holism, and social interest will undoubtedly be addressed. Members having activities to share that might be too brief for other presentation time slots are encouraged to prepare remarks and bring sufficient quantities of examples of materials that can be shared.

Join Barbara and Mary in this forum designed to encourage and enrich fellow family educators. You will learn field-tested ideas for teaching Adlerian principles during family education sessions, and be invited to celebrate each other's creative energy during this "potpourri" session.

Participants are invited to bring 30 copies of whatever they want to share, and come prepared to briefly discuss their idea/activity.

Your Chance to Join In

Attend this meeting and others at the convention, and/or write up your suggestions, helpful hints, news, etc. to share in this newsletter. Make sure your dues are paid up! Contact NASAP. Use email or snail-mail to the Editor, or Central Office as listed on page 2.

Confessions...continued

Sound harsh? Not when it's done, as in all things, with affection, moderation, a sense of humor and positive, teaching intent, both from the group leader to the parent, and in "use" by the parent with child.

Your feedback and comments are welcome! Guest essays invited! --*Bryna Gamson*, Editor ■

From the Net...continued from page 4

Cooperative Discipline & STEP Training Offered Through AGS

American Guidance Service (AGS) <agsmail@agsnet.com> sent us this announcement dated April 5:

Redirecting Student Refusal and Resistance Towards Respectful and Responsible Choices was standing room only at ASCD in Boston. Over 200 educators from around the country choose to see and hear **Louise Griffith** and **Pat Voss**, two national **Cooperative Discipline** and **STEP** trainers, former teachers, and family therapists present the ideas and skills of **Cooperative Discipline**. For more information, contact <http://www.agsnet.com/news/cd/brooklyn.asp> ■

Buying Stuff @ Amazon.com?

**Click through via NASAP
<www.alfredadler.org>
& earn us the big bucks!**

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and to offer solutions (of course the solutions are based on Adlerian principles).

January, 2001

Bob McBrien, Salisbury, MD
<rjmcbrien@juno.com>

I am interested in the membership's comments on the literature on "spirited children" and temperament based lifestyles of children. I'm working on a parenting course for parents of these so called "difficult to manage" kids. Any thoughts, theories, experiences?

January, 2001

Gary McKay, Tucson, AZ
<gjmkay@cmti-w.com>

Raising Respectful Kids in a Rude World, a new book authored

Missing photo i.d. solved! Claire Stuckey is the "unknown" person in the photo we ran from our last convention, as she says, the "face just to Deb's right and to Martin's left." Thanks, Claire!

by **Gary and Joyce McKay** along with **Daniel Eckstein** and **Steve Maybell**, comes out in April 2001. [The book] focuses on establishing and maintaining mutual respect in the family. In addition to parenting skills such as encouragement, communication, natural and logical consequences and family meetings, the book contains material on anger management for parents and kids, people-esteem, civility skills (manners, courtesy and politeness) and violence (the

ultimate rudeness). The book will be published by Prima Publishing.

February, 2001

Kay Kummerow, Gilberts IL
<kumerkat@megsinet.net>

For those working with pregnant teens (or any teen!) these are some excellent resources: a book - ***Books, Babies and School-Age Parents: How to Teach Pregnant and Parenting Teens to Succeed*** by Jeanne Warren Lindsay and Sharon Githens Enright, Ph.D., Morning Glory Press, 1997; and two websites: <www.siecus.org> (for professionals) and <www.sxetc.org> (award winning website for teens--good for parents, too).■

The mission of the **North American Society of Adlerian Psychology** is to promote growth and understanding of Adlerian (Individual) Psychology, the work of Alfred Adler, and effective approaches to living based on his philosophy. NASAP membership includes educators, psychologists, psychiatrists, counselors, parents, business people, community organizations and other interested people. The **Family Education Section** applies Adlerian principles to the home. Members are professionals and nonprofessionals dedicated to understanding and improving family relationships between children and adults, with couples, and among individuals.

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