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IN OTHER NEWS

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PRESIDENT'S MESSAGE

To begin my first newsletter article as President of NASAP, I want to say a huge “thank you” to Steve Stein. I am grateful, both as a member of NASAP and as a part of the leadership team, for his commitment to the organization and the excellent contributions he made as President.

In addition to the above “thank you,” there are three brief thoughts I’d like to share with the NASAP community.

First, I want to remind you that proposals for the 2013 NASAP Conference in scenic San Diego are due in less than two months. As you prepare proposals for the 2013 Conference, why not invite a colleague who has not attended a NASAP conference (or has not attended recently) to be a co-presenter? Colleagues typically are more interested in attending if they are presenting. They may be more inclined to join (or rejoin) NASAP because of your invitation to present and the subsequent experience of the NASAP Conference.

Second, I want you to spend some time reflecting on NASAP. NASAP is a wonderful and healthy organization in which to belong, but we should always strive to improve. I want all of us to reflect on NASAP and our contribution to the health and development of the organization. From your perspective as a member of NASAP, what are some ideas you have for enhancing the viability and visibility of NASAP? What are some specific things we need to do to make it happen? And what are you willing to do to bring it about. The NASAP Board and Council of Representatives (COR) meeting is scheduled for late October. Prior to that meeting, please communicate your reflections to me, your representatives on the COR, and/or other Board members. We want to hear from you.

Last, but certainly not least, I want to reiterate how important NASAP is to me. To a large degree, my career and professional identity has been influenced by relationships and opportunities I have experienced because of my membership and activities in NASAP. I am grateful for the mentoring and encouragement I have received from so many in

the NASAP community. So I say "Thank You" to my Adlerian family; both for giving me the opportunity to serve as president of NASAP and for the significant positive influence you've been to me over the years, both personally and professionally.

Warm regards,

Richard

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CONFERENCE CORNER

June 11, 2012

We are here at the Atlanta airport, en route to Vancouver. It's 5 AM and Starbucks does not open until 6 – but that's only a minor blip in an otherwise excellent visit to Atlanta for NASAP 2012.

"Atlantans" demonstrated plenty of southern hospitality, from the street folks to the Executive Chef at the Ritz Carlton where we went in just to look at the lobby and were offered complimentary "she-crab" soup and wine. We're from the west coast of British Columbia, where seafood is plentiful and we'd never heard of "she crab". All of our crab dishes are gender neutral but we have to say the soup was heavenly! In between receptions, meetings, and conference sessions, we also managed to take in The Martin Luther King Centre, Ebenezer Church, an Atlanta Braves vs Toronto Blue Jays game (thanks Gary!), and an incredibly fun Jimmy Buffet concert, complete with tailgate parties and impromptu beaches!

NASAP Conference sessions were "useful" in true Adlerian fashion. Presenters contributed practical, innovative ideas that informed participants and integrated theoretical principles with current ideas and research. As instructors of Adlerian Psychology, it was encouraging to learn new ideas that can be passed on to our students, the next generation of practitioners. We also appreciated the opportunities to connect with conference attendees and presenters from other theoretical orientations. We know from the work of Adler that he integrated and adjusted his perspective as he encountered ideas that aligned with his own. Open and cooperative dialogue will continue to "refresh" ideas and of course other theorists are often surprised to hear Adlerian principles so interwoven in their own theoretical orientations. The Atlanta COR meeting included a group of "emerging leaders". It was great to experience the energy and commitment of this group.

The end of NASAP 2012 concluded our "tour of duty" in NASAP governance. Our roles over the years have included affiliate representative, member-at-large, president, treasurer, past president,

and secretary. We bid a fond farewell to COR/Board members we have worked with over the years. We are grateful for the opportunity to have collaborated with many exceptional people through our connection to NASAP. Thank you to the membership for your support of us in so many ways. Our deepest thanks go to dear friend Edna Nash, who "Nashnapped" us (encouraged, as in "STRONGLY") to become more involved in NASAP and make a contribution.

See you in San Diego in 2013!

Teal Maedel & Deb Bailey

LETTER FROM THE EXECUTIVE DIRECTOR

The Annual Conference is over and we are back to planning the next one. We have received lots of feedback from the conference this year and most of it was positive. Obviously, there were some suggestions for improvement and we will take those to the conference committee to work on. There were also some suggestions for presentations for next year and I want to share some with you because you are the only ones who can make them happen.

Participants indicated an interest in learning about the following things next year at our annual conference (think about which ones you can develop a creative presentation on):

- More instruction on setting up and conducting Open Forum Family Counseling
- Adlerian techniques for today in organizational psychology and the workplace
- More demonstrations and experiential activities
- Reports on schools that work using Adlerian principles
- More topics around the impact of technology on counseling
- More on ethics
- Adlerian applications to addictions, especially for teachers and community workers
- Research on how democratic parenting affects brain development
- The relationship between lifestyle and things like:
Poverty and/or excessive wealth
Social exclusion
Refugee-ism
Community violence
War exposure
Increasing polarization in political perspectives
Trauma (considered through an Adlerian lens)
- Grief
- More on couples work, the task of sex and intimacy
- Adlerian philosophy rather than explicit and concrete interventions
- More on interventions
- Developing your private practice
- Supervisor information and formation

- Adlerian experiential therapies: art therapy, psychodrama, movement therapy
- Maybe a history lesson about the theory from Austria to the US

I put these in here because only YOU can make them happen and I know some of you are sitting there wondering, “What could I present next year at the conference in San Diego?” Well, those may not be the exact thoughts you are having but I hope you now have them because it’s time for presentation proposals and workshop proposals to begin coming in. DEADLINE FOR PROPOSALS FOR WORKSHOPS AND PRESENTATIONS IS SEPTEMBER 23. Deadline for poster sessions will be March 1, 2013. Proposal forms for all three (Workshops, Presentations and Poster Sessions) are on front page of our website.

One of the frequent criticisms this year was the reliance on PowerPoint for presentations. It was pointed out that they are helpful for some types of presentations but human interaction is also a great media for many types of presentations as well. Mostly, people seemed to enjoy the wonderful quality of the presenters, the new presenters this year, and the opportunity to network with other Adlerians.

By John Newbauer

WELLNESS FOR LIFE: SMILE POWER



When it came to selecting the topic this time, let’s say there wasn’t much pondering involved. In fact, there was ‘naturalness’ about it.

Music has a way of stimulating and or relaxing my mind, as it might do for you. I just happened to be listening to Natalie Cole’s version of “Smile”.

The lyrics are powerful in and of itself. Yet there was something in addition that moved me: the fact that we all possess the ‘power of a smile’. To nourish this seed further, I happened to be substituting at one of the high schools where each of the teacher’s desk drawers has a smile quote. As I began to read them, I felt a flexing sensation with my face muscles. “ Smile as if your heart was to live on your smile.” “Smile because people care about you.” There it was – a SMILE ! The more I thought of it, the more intriguing it became.

With all the research, logical and bizarre, I thought there has to be something on the smile. By golly, there it was! It ranged from the highly technical to what I call fun / entertaining.

As fascinating as the highly technical is, there will be only a smattering here and there. For instance, by definition, “A smile is a facial expression formed by flexing the muscles near both ends of the mouth” [1] “Smiling is a means of communicating emotions throughout the world.”[2] (Wikipedia) “To express amusement, pleasure, moderate joy, or love and kindness, by the features of the face; to laugh silently.” (Morewords.com)

I’ve discovered that the wonderful uniqueness of a smile is that it represents the universal language among people. You can be anywhere in the world, flash a smile, and make an instant connection. It has the ability to relay things without words, especially evoking emotions like happiness, confidence, love, self esteem and even discomfort, to name a few.

This brings to mind a non-threatening ice – breaker activity that I do with all ages whether in a presentation, school counseling or group setting. Yes, it just so happens to put into motion – smile – whether you want to or not! Have you ever realized how hard it is not to smile? This activity, “Smile If You Love Me” (Everybody Wins by Jeffrey Sobel), tests this by breaking the barriers while having fun.

Some of the earliest research was attributed to a French physician by the name of Dr. Guillaume Duchenne in the mid 19th century. He was concentrating on human physiology targeting facial expressions. He is accredited in identifying explicit kinds of smiles that bear his name. Current research in to the Duchenne Smile reflects that when we use most of our facial muscles from around the eyes and raising the cheeks, it is connected to positive emotions. (Developmental Psychology 1999)

Of all the positive emotions, which is it linked to the most you may ask? Happiness appears to be the predominant emotion with inescapable effects. These effects are universal overall. Let’s see: they make connections without barriers while producing mirror /chain reactions, can increase serotonin for both giver and receiver and make people feel better.

So many of us tend to be in a “cold virus cycle” – contracting several a year. Recent research indicates people who live life with a happy, calm lively outlook seems to have fewer colds. (Dr. Sheldon Cohen, Carnegie Mellon University) Another benefit is that smiling has a tendency to make you look younger to others. (Journal of Psychology and Aging)

Throughout American culture smiling has been utilized by businesses via their products and or their employees by projecting trust, sense of compassion, empathy, respect and caring. Some of you may remember “Service with a Smile” that reflected gas stations in the early 1900’s or the infamous “Pan-Am” Airline stewardess walk and smile. And what about our helping professionals providing every day services locally or around the world to those in need of medical

attention or life assistance?

A smile is the bridge and building blocks of life's compass that makes anything possible.

It's been said that it's not always healthy to take your work home with you. What would happen if we took the natural action of smiling home? Perhaps if families shared more smiles, there would be more connection, sense of belonging, understanding, purpose and unity.

I'd like to leave you with a poem and a few quotes.

What's In A Smile?

By Judy Smith

What's in a smile I asked one day?
Just what does a little smile say?
In a child I saw happiness,
security and the knowledge
that someone loves them.

In a woman I saw contentment,
understanding and love.
In a man it was knowledge,
Trust and love.

So I really must say,
that the common factor in every smile
is the knowledge that you are loved
as much as you love others.

NOW THAT...
IS WHAT I SAW IN A SMILE!

"A smile happens in a flash, but its memory can last a lifetime."
(Anonymous)

"A smile is an inexpensive way to improve your looks."
(Charles Gordy)

"Let us make one point, that we meet each other with a smile, when it is difficult to smile. Smile at each other, make time for each other in your family." (Mother Teresa of Calcutta)

“If you see a friend without a smile; give him one of your.” (Proverb)

My Rx (prescription) to you: SMILE at least 50 times a day! We could all take some advice from the Toons from Toontown who sang in Disney’s “Who Framed Roger Rabbit”:

Things are never black as they are painted
Time for you and joy to get acquainted
Make life worthwhile

Come on and smile, darn ya, smile

Warm Fuzzies

OUR PRESIDENT RECEIVES AN AWARD

Sam Houston State University recently released their 2012 Excellence Awards and our very own president, Richard Watts, was the recipient of one of these awards. Below is a reprint of his award announcement:

Professors at Sam Houston State University do more than just teach. For the approximately 900 faculty members currently teaching at SHSU, their days are filled not only with service in the classroom, but within their communities and to their fields through scholarly research. This year, four whose demonstrated commitment stands out from among their peers have been selected to receive one of SHSU’s Faculty Excellence Awards. The 2012 winners include John Newbold, Excellence in Teaching; Richard E. Watts, Excellence in Research; Stacey Edmonson, Excellence in Service; and Phillip Lyons, the first recipient of the David Payne Academic Community Engagement Award.

Richard Watts

The prolific nature of Distinguished Professor of Counselor Education Richard E. Watts’s work in the counseling field has earned him SHSU’s Faculty Excellence Award in Research. The author of more than 121 scholarly publications—including 97 refereed journal articles and book chapters, and six books—Watts’s 23-year career in counseling has led an acknowledgement by his field as a “primary source,” one who has either created theories or is considered an expert in a theory, on Adlerian Therapy and on ethical, religious and spirituality issues in counseling.

His vast publications, in combination with the more than 152

professional presentations and workshops he has given around the world, have led to his being recognized as one of the 20 most prolific authors in his discipline. Watts regularly publishes in the American Counseling Association's flagship journal, the *Journal of Counseling and Development*, as well as the association's division journals, and has been invited to present workshops and keynote lectures nationally and internationally, including Germany, Lithuania, Romania, Switzerland and Turkey. Watts's research interests include Adlerian, cognitive, and constructivist approaches to individual and couple and family counseling, counselor supervision and counselor efficacy, ethical and legal issues, play therapy, and religious and spirituality issues in counseling. Watts's publication and presentation numbers, along with his international visibility and reputation, are remarkable and are a testament to his sustained research agenda and commitment to the profession, according to Faculty Excellence in Research chair Joyce McCauley. "Taken as a whole, my experience tells me that Dr. Watts' contributions to counseling places him in the top 1 percent of professional counselors who have advanced the profession in the past 15 years," one colleague stated. "Dr. Watts has made significant, distinctive, and unique contributions to the body of research in the counseling profession," another nominator said. Among the other recognitions Watts has received are: SHSU University Distinguished Professor in 2011, president of the North American Society for Adlerian Psychology (2011-2013), fellow of the American Counseling Association (2010), diplomat in Adlerian Psychology by the North American Society for Adlerian Psychology (2007), "Counselor Educator of the Year" by the Texas Association for Counselor Education and Supervision (2007), and the "Professional Writing Award" from Texas Counseling Association (2006).

MUSINGS FROM AN ADLERIAN VETERAN

The following are comments submitted by Betty Lou Bettner:

On British Workshops:

The Adlerians in England are doing an excellent job of spreading the teachings of Alfred Adler. In April, The Adlerian Society Institute for Individual Psychology in the UK held its Spring Conference and invited Betty Lou Bettner to present a one day workshop in the city of Bath. A large group from Wales attended. The next two days included two workshops for the parents of students at The Harrow School, an international boarding school for boys that includes among its graduates Nehru, the King of Jordan, and seven Prime Ministers, including Churchill. Her visit concluded with a public lecture for the London Adlerian group.

On New Translations:

The Creative Force, written by Betty Lou Bettner, has now added a German edition to its list of translations that also includes Greek, Hebrew, and Dutch publications.

BOOK ANNOUNCEMENT: KEY TO PSYCHOTHERAPY

Bob Powers and Jane Griffith announce the availability of THE KEY TO PSYCHOTHERAPY: UNDERSTANDING THE SELF-CREATED INDIVIDUAL © 2012.

This is the 2nd edition, revised and expanded (with a new title), of *Understanding Lifestyle: The Psychoclarity Process*. It is ready as an e-book at www.adlerianpsychologyassociates.com and in both paperback and hardcover from LuLu, on the web at LuLu.com. To access the texts at LuLu, go to the buy tab, enter The Key to Psychotherapy in the search box, and click on go.

Endorsements include these from Bob Armstrong, Jim Bitter, and Steve Maybell:

I have taught for many years and found the first edition of this book invaluable as a teaching text. It successfully combines theory with detailed, exceptionally well-designed case examples for teaching. The new edition includes numerous illustrations and exercises, and brings fresh attention to ethnic, racial, and sexual diversity. It is a most welcome resource for teachers, students, and practitioners.

- Robert Armstrong, PhD, Faculty, Adlerian Psychology Association of BC, Vancouver, BC, Canada.

This book is not simply a “how to” manual, though every step of the therapeutic process is made clear and is abundantly illustrated with case example from Powers’s and Griffith’s years of expert practice: It is a discourse on the art and science of psychotherapy, offering everything one needs to know to engage in respectful, educated, and intuitive intervention to arrive at personal and relational transformation. It is simply the best guide to creative psychotherapy available today.

- James Robert Bitter, EdD, Faculty, East Tennessee State University, Johnson City, TN.

For counselors and therapists who still believe in the uniqueness of human being, who recognize the importance of clients coming to a dynamic and systemic understanding of their lives and problems, and who believe that process and structure is important in therapy, this is THE BOOK for you. It provides the therapist, supervisor, and teacher a key resource in the art and science of psychotherapy. For many reading Powers’s and Griffith’s marvelously written book, your way of working will be forever changed. Mine was.

- Steven A. Maybell, PhD, Director, Student Counseling Center,
Faculty, Seattle Pacific University, Seattle, WA.

BOOK ANNOUNCEMENT: THE ELEMENT OF AGE

Changing Aging, Changing Family Therapy: Practicing With 21st
Century Realities (Google eBook)

Paul R. R. Peluso, Richard E. E. Watts, Mindy Parsons

As the baby boomers move into retirement and later stages of life, gerontology and geriatrics have begun to receive much more attention. Changing Aging, Changing Family Therapy explores the ways in which family therapists' expertise in systems theory makes them uniquely qualified to take a leading role in helping families and individuals cope with the challenges and changed circumstances that aging brings. Clinicians will find detailed coverage and practical guidelines on a wealth of vital topics, including coping with the illness of a parent or partner, working past retirement age, outliving one's savings, preserving physical and mental well-being over time, and more.

ADLERWORKS WEBINARS

POWERS AND GRIFFITH ANNOUNCE ADLERWORKS WEBINARS

Bob Powers and Jane Griffith announce they will offer four webinars (seminars on the web) in their forthcoming ADLERWORKS series in September, 2012. Two free webinars were held in June, 2012, attracting more than 100 registrants from five countries.

September webinars all take place Thursdays at Noon, Pacific Daylight Time, and will address issues in Individual Psychotherapy and Counseling (September 6), Couple Counseling (September 13), Family Life (September 20), and The School Community (September 27). Webinars are live, interactive, and 70 minutes long. Each is complete in itself, as well as interrelated to the others.

Visit www.adlerianpsychologyassociates.com and click on Webinars for more information about each session, about additional benefits for participants, and to register for one or more webinar.

SOCIAL EXCLUSION CONFERENCE

The Social Determinants of URBAN MENTAL HEALTH:
Paving the Way Forward

Dear Colleague,

I cordially invite you to join us this fall for our second global conference, “The Social Determinants of Urban Mental Health: Paving the Way Forward,” September 19-20 at the Chicago Marriott Downtown Magnificent Mile. More than half of the world’s population lives in urban areas. According to the United Nations, that figure is projected to grow to more than 60 percent by 2050. Although cities embody conditions that promote good mental health, they also possess conditions, such as poverty, conflict and social isolation, that can harm mental health and well-being.

At this fall’s conference, we will host professionals in government, the academy and philanthropy to discuss the ways cities impact the mental health of urban residents. Invited speakers will share new and exciting research findings, as well as information about emerging tools, practices, and processes for ensuring that those impacts narrow mental health inequities and promote the positive mental health and well-being of urban populations.

Michael G. Marmot, Ph.D., a leading scholar on global health inequalities, will give the keynote presentation. Marmot is director of the University College London Institute of Health Equity (Marmot Institute), and chair of the European Review on the Social Determinants of Health and the Health Divide. His pioneering work over the last 35 years advances understanding of the social causation of health inequalities.

Plenary presenters will be:

- Sarah Curtis, D.Phil., a Professor of Health and Risk at the University of Durham in the United Kingdom. Curtis is an internationally-recognized specialist in the geography of health. Her work focuses on the geographical dimensions of health and health care inequalities and addresses how and why varying geographical settings relate to human health inequalities.

- Kwame McKenzie, M.D., the Director of the Social Aetiology of Mental Illness Training Centre at the Centre for Addiction and Mental Health and the University of Toronto in Canada. His work focuses on the social causes of mental health problems, multi-cultural mental health, and social equity and health research. He is an expert on the social causes of psychosis, social capital, and the impact of racism on mental health.

For details and conference registration, visit adler.edu/conference. We look forward to seeing and collaborating with you and your colleagues in Chicago in September.

Lynn C. Todman, Ph.D.
Executive Director, Adler School Institute on Social Exclusion

Adler School of Professional Psychology's Institute on Social
Exclusion Global Conference and Continuing Education Program
September 19-20, 2012 | Chicago, Illinois
adler.edu/conference

PRACTITIONER'S CONFERENCE

The 30th South Carolina Conference of ADLERIAN PSYCHOLOGY THE
PRACTITIONER'S CONFERENCE

September 28, 29, & 30, 2012

Springmaid Beach Hotel, Myrtle Beach, S.C.

The South Carolina Conference of Adlerian Psychology is designed to serve psychologists, therapists, social workers, and other behavioral health workers, as well as educators, and those outside the helping professions, including business leaders and parents.

Please download brochure by pasting the following link in your browser:

https://nasap.memberclicks.net/assets/docs/scsap_conference_brochure_-_2012.pdf

ADHD CONFERENCE

ADHD Conference Schedule with Dr. Frank Walton

Friday, 10/12/12

Many mental health specialists & parents and teachers believe that Attention Deficit Hyperactivity Disorder is a biologically based inborn, temperamental style that predisposes children to hyperactive behavior. "This understanding is prevalent in the medical community despite the fact that it does not fit with the facts." (Researcher Peter Freer, Drug Effectiveness Review Project at Oregon State Univ.) If the critical factor is not biological abnormality, then where should therapists and other helpers look to understand this child's behavior?

Dr. Frank Walton is a psychologist in private practice in Columbia, SC. He teaches frequently in North America and Europe and is a member of the faculty of the International Conference of Adlerian Summer School & Institute (ICASSI). His publications and DVDs have been translated into 14 languages. His work and that of his wife, Kathy, was recognized by the North American Society of Adlerian Psychology with the society's Lifetime Achievement Award in 2012.

Dr. Walton will give a live family counseling session to demonstrate his

approach to working with children who manifest symptoms that meet criteria for the ADHD diagnosis.

Workshop participants will also have the opportunity to gain experience using the powerful Most Memorable Observation technique to understand how the belief system of parents influences their choice of parenting style. Parents, teachers, as well as mental health professionals are invited to attend.

More information can be found at www.WPSAP.org.

ADHD WORKSHOP

The Western Pennsylvania Society of Adlerian Psychology
Presents a free workshop for the General Public and for
Therapists, Counselors, Educators, Social Workers and Psychologists

A USEFUL APPROACH FOR IMPROVING THE QUALITY OF ADHD
DIAGNOSIS AND TREATMENT IN YOUTH

Presenter: Patricia C. Post, Psy.D.

Saturday, September 15, 2012 10 AM to 12 PM

Today more than ever, parents and professionals seek to understand the diagnosis of ADHD and the most useful ways to assist the children in their lives. The diagnosis of ADHD is a complex task due to coexisting disorders frequently associated with ADHD. One useful approach to an ADHD evaluation, which is aligned with Adlerian thought, is to consider the diagnosis and treatment of ADHD from a Bio-psycho-social treatment. This model targets feelings of inferiority and builds feelings of community, confidence, social interest, cooperation, and courage. The overall goal of this approach is to avoid the high risk of discouragement in the child with ADHD. This program will focus on such a diagnostic and treatment model and will provide practical and useful interventions and strategies for parents and teachers.

More information can be found at www.WPSAP.org.