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NASAP Newsletter,
May/June, 2012

Jamie Stone O'Brien,
Editor

PRESIDENT'S MESSAGE

Dear NASAP members,

My presidency officially expired with the end of the board of directors meeting in Atlanta on June 10th. Our 60th Annual Conference feels like a crowning conclusion. The southern hospitality, strong content, and sincere affectionate regard, both personal and professional, were in abundance. Again I express my gratitude to the leadership of the Georgia Society of Adlerian Psychology, particularly Jody Hausker, Michelle Frey, Gary Bauman, and Michael Popkin. Among the conference's many features, I personally enjoyed honoring those that were duly honored. For having served NASAP as its secretary, vice-president and president (as well as past president), Deb Baily, Dan Dalton and Teal Maedel were awarded for their service in NASAP's governance. Henry Raymond and Linda Jessup, recipients of the President's Award, were affirmed and celebrated, their ovations were deeply felt. Hank has been instrumental in the development of the Adler-Dreikurs Institute of Bowie State University in Bowie, MD. Linda is the founder of the Parent Encouragement Program (PEP), now in its third decade. PEP stands as a fitting tribute, and prominent example, of the Adlerian Family Education Center. Each of these fellow Marylanders is responsible for spawning Adlerian parents, parent educators and practitioners in our past, past, present and future. The award presentations reached a crescendo when the Lifetime Achievement Award was presented to Mim Pew (absent) and Kathy and Frank Walton. Needless to say, these recipients have educated thousands in the principles and practice of Adlerian psychology locally, nationally and globally. As one attendee readily observed, "love was in the room."

During the conference, many colleagues renewed their membership and many newbies joined for the first time. The conference was well populated with students whose enthusiasm and passion added much positive energy. New leadership was set in place in various sections. In short, Adlerian psychology was alive and very well at NASAP's 60th Annual Conference.

Next Submission due
date is August 1st, 2012.

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

In reflecting on my term of office, serving as president has been a pleasure. Although we navigated through some areas of major change, it has been rewarding beyond expectations. Going forward, I will find a quieter satisfaction serving as past president for the next two years. The gavel is now passed. Great confidence has been expressed in the new board of Richard Watts, President; Susan Belangee, Vice President; Susan Burack, Treasurer; Michelle Frey, Secretary; Leigh Johnson-Migalski, Affiliate Liaison; and Robin Scrofani, Section Liaison - all of whom are buffered by Executive Director, John Newbauer and Becky LaFountain, Conference Coordinator.

I look forward to seeing you all in San Diego, California (2013) for NASAP's 61st annual conference.

Sincerely,

Steve Stein

sjstein47@comcast.net

CONFERENCE CORNER

NASAP 2012 was a conference to be remembered! A conference is only as good as its programs, which depend on a strong network of volunteers to assist in the delivery of them. Thanks to the Georgia Society of Adlerian Psychology, with co-hosts Jody Housker and Michele Frey, along with their assistant Gary Bauman, for making it happen. They were able to recruit students from seven universities!

I am grateful to the following outstanding line up of presenters who gave of their time and expertise: Lola Adegoke, Patti Walton Agatston, John Arnold, Emory Baldwin, Marion Balla, Gary Bauman, Susan Belangee, Betty Lou Bettner, Mark Bilkey, Jim Bitter, Mark Blagen, Marina Bluvshstein, Jennifer Bornsheuer, Nancy Brischler, Susan Brokaw, Hala Buck, Carrie Butler, Rebekah Byrd, Patricia Cancellier, Geri Carter, Michael Chaney, Joseph Cice, Art Clark, Kathleen Cluff, David Colestock, Jay Colker, Brandianne Cook, Katelyn Copping, Bill Curlette, Raylene Davis, Catherine Reid Day, Joyce DeVoss, Jim Dickson, Jill Duba, Heather Dziensinski, Daniel Eckstein, Debbie Joffe Ellis, Dina Emser, Tim Evans, Barbara Fairfield, Eva Dreikurs Ferguson, Heidi Fisher, Joseph Flood, Michele Frey, Dori Gareziano, Kurt Gehlert, Jana Goodermont, Leeor Granite, Rob Guttenberg, Ava Haji-Ghasemi, April Hames, Tim Hartshorne, Lenny Hayes, Amanda Healey, Jody Housker, Sarah Hudson, Linda Jessup, Pearley Jett, Leigh Johnson-Migalski, Lois Ingber, Anthony Juliano, Terry Kottman, Patricia Kyle, Becky LaFountain, Herbert Laube, Jane Lawther, George (Bill) Linden, Thomas Lindquist, Lynn Lott, Mary Jamin Maguire, Frank Main, Kristin Meany-Walen, Ellen Mendel, Anthony

Miller, Gerald Mozdzierz, Jane Myers, Jane Nelsen, Kevin O'Connor, Bernard Okafor, Deborah Owen-Sohocki, Michael Pagani, Judith Pinke, Maria Pitiakoudis, Michael Popkin, William Premo, Aaron Pressie, Susan Prusser, Ben Radar, Maria Alejandra Ramirez, Nicole Randick, Paul Rasmussen, Dennis Roberts, William Rothschild, Stephen Saiz, Alyson Schafer, April Scott, Renee Segal, Ari Seifried, Jessica Sevecke, Len Sperry, Jonathan Sperry, Steven Stein, Thomas Sweeney, Lynn Todman, Sheryl Trail, Sterling Travis, Carolyn Van Doren, Maya Vujosevic, Lori Ann Wagner, Cincy Walton-McCawley, Frank Walton, Kathleen Walton, Korey Watkins, Richard Watts, Daniel Williamson, Jennifer Williamson, Fred Wilson, Wes Wingett, Julia Yang, and Kathryn Zettel.

I look forward to seeing these presenters and many more in San Diego! For those of you not sure you can afford to make the trip to San Diego, I am going to end each of my columns with a little tip on how you can afford it. Tip 1: If you are a signature coffee or other specialty drinker, the year's savings of skipping just one of those beverages a day would be enough to cover your registration, travel, food and lodging! Look for more tips in upcoming newsletters.

Becky LaFountain, Conference Coordinator rmlafo@comcast.net

A SENSE OF BELONGING AT NASAP

Last summer I was jogging along a country road in northern Michigan listening to an interview with Richard Watts for the American Counseling Association. Little did I know, one year later I would dine with him on the night before he officially became the next president of the North American Society of Adlerian Psychology.

The thought of presenting at a national conference may seem daunting to many young students. Prior to my first such experience, I recall counting the weeks, days, and hours as I prepared myself for a professional presentation. I wondered if I was qualified or if my ideas really mattered and I feared that perhaps I was some sort of imposter in a new professional world. However, when all was said and done, the opportunity to present at a national conference was extremely rewarding and not nearly as terrifying as one may think.

As I was preparing for my first time attending and presenting at the North American Society of Adlerian Psychology, similar fears arose. Thankfully, my reception at the conference was extremely positive and supportive. Additionally, my presentation received a positive response and I made several new contacts with other professionals.

My first conference experience was full of pleasant surprises as well as a strong sense of community. Although this was not the first conference I have attended as a young professional, it was certainly

unique in many respects. First and foremost, strangers are short-lived at this conference. In my first day, I was readily introduced to well-known Adlerians and found myself shaking hands with authors of the textbooks I had read in school. Second, the NASAP conference brings together a range of professionals with unique ideas; however, everyone remains connected by the theoretical underpinnings of Individual Psychology. This provides a strong foundation for rich discussions amongst attendees. Even as a first-timer, ideas were readily available to me through my basic understanding of Adlerian theory. Finally, this was my first conference experience where my presence was not only recognized, but also deeply appreciated. This was demonstrated in subtle ways through conversation and the exchange of contact information. However, welcoming new members was also formally noted at the final reception. The message was clear that everyone there was important and valued for the continued health and growth of NASAP.

Today, I am writing not only to express my appreciation for the support I have received from seasoned Adlerians, including Judy Sutherland, Mark Bilkey, Leigh Johnson-Migalski and Paul Rasmussen, but also to express my encouragement to other young students and developing professionals. NASAP offers an ideal professional environment where equality and appreciation are extended to all in attendance. At this year's conference, the growing number of young professionals was highlighted and there was no lack of support for the next generation. The numerous benefits of attending the NASAP conference are difficult to fully capture. However, I would not hesitate to describe the conference as a friendly and welcoming pathway for developing a professional identity. It is my hope to continue this trend and I highly encourage students and young professionals to join us at the 2013 NASAP conference in San Diego!

Thomas Lindquist, M.A.
Psy.D. Student

YOU MAY SAY I'M A DREAMER, BUT I'M NOT THE ONLY ONE

So there I was, sitting at a square table all alone. I was at my first Council of Representatives (COR) meeting and I began to stir my coffee and wonder who would walk through the door next. Would it be someone I knew, or would it be a total stranger who would look at me confused before finally asking, "Who are you?" I felt a strong sense of relief when the person who sat next to me stuck out his hand and said, "I'm Fred. Nice to meet you." Fred, who happened to be one of the other Emerging Leaders, was very different than me in some ways, though very similar in others. He seemed to be well

established in his career, while I was still a graduate student. But this paled in comparison to what we had in common. I could tell right away we both had a strong allegiance to NASAP, and we were both committed to seeing this organization through the good times as well as the difficult times. We believed that we were committing ourselves to something worthwhile.

As the room began to fill, I recognized members of the executive board. I watched as President Steve Stein made sure he greeted each person and welcomed them as they walked through the door. I smiled as Vice-President Dan Dalton demonstrated his contagious laugh that spread to those he greeted. I made sure I looked President Elect Richard Watts in the eye as we were introduced and shook hands for the first time. I laughed silently as Leigh Johnson-Migalski introduced me to Richard Watts and lived up to her reputation as the “networking queen” for students. I felt comforted by the warm greeting that Susan Belangee offered, though it had been approximately a year since we last saw each other. As I looked around the room, I recognized few other faces. However, I did recognize what appeared to be a bumper sticker propped up across the room. Not only did it have a line from one of my all time favorite songs, but it also set an expectation that was soon to be exceeded. The sticker read, “You May Say I’m A Dreamer, But I’m Not The Only One.” I thought to myself, what an interesting gesture. It was as if someone was making a silent declaration to the COR.

As the meeting began, we all introduced ourselves and declared why we were there. Going into the meeting, I performed the usual self-talk that elicits the kind of confidence that these situations call for. But when it was my turn to speak, I realized that this self-talk was unnecessary. I had already been brought into the circle (or square if you want to be technically correct). The COR was quite receptive of the Emerging Leaders and was very enthusiastic about our presence. They welcomed the new perspectives and offered a great deal of encouragement throughout the meeting. We (the Emerging Leaders) were greeted as contributing members, not as inferiors who had to sit back and observe the experts as they conducted business as usual.

If you have not had an opportunity to attend a COR meeting, it is a worthwhile experience. As long-standing members of NASAP are aware, nearly all organizations go through trials and tribulations. However, as far as I can see NASAP is not characterized by shortcomings and difficult times. We are characterized by perseverance. You might say it is our imagination, or our willingness to be dreamers, that has sustained our existence. As President Stein said, “For those who are unfamiliar with the process, we first strive for consensus.” In other words, we all want to be on the same page and working towards the same dream. In only a few hours, the Emerging Leaders were offered an indescribable experience. We were woven into the dream; we helped shaped the dream; and we will continue to help pursue the dream. Throughout the remainder of the conference,

we received continued encouragement and warm receptions. We are all excited for the future. On behalf of the Emerging Leaders, we thank you for this opportunity, we thank you for your support, and we can assure you that we too are dreamers!

Korey Watkins
Psy.D. Student

CONFERENCE ACCOLADES: A LETTER

Dear Becky, Steve, and John,

You and the Georgia folks put on a great annual meeting. What a wonderful weekend. As I said in a separate email to John, I am sorry I did not see you on Sunday to say goodbye – but we were on the way to the airport by 6 AM.

Anyway, thanks again. Please let me know if our Minnesota contingent can be of help to NASAP and its objectives. I trust Richard is also aware of these ongoing sentiments.

Thanks for all you do.

Dan Haugen
President, Adler Graduate School of Minnesota

PS – Steve, you displayed great leadership and steadfast commitment over the past two years. It was impressive to observe your focus and composure.

NASAP LOSES A GRAND DAME

The Adlerian community has been greatly saddened by the death of Edna Nash. The Atlanta conference was filled with abundant remembrances of her devotion to Adlerian Psychology, her profound leadership, and her Canadian national pride. The following obituary, sent by the Nash family, was in the Vancouver Sun and Province, May 19th and 20th.

NASH, Edna May (nee McDermid)
November 2, 1922 - April 30, 2012

It is with sadness that we announce the passing of Edna May Nash on April 30, 2012. Edna passed away suddenly at her home from heart failure during the course of a courageous battle with pulmonary fibrosis. Edna is survived by her loving partner Al Tranfield, her

daughters Sylvia Martin (Terry), Rosemary, Barbara (Ted Ansbacher), son Gregory (Susan), grandchildren Greg, Regan, Mark, Charles, Emily, Zachary and Spencer and great grandchildren Justine, Summer and Lileitia.

In 1886 Edna's grandparents came to B.C. from Ontario and settled in Parksville on Vancouver Island. Her mother Harriett was born in 1889 and went to school at the age of 2 so the school would have enough students to qualify for a grant. On July 22, 1908 Harriett married Edna's father

William McDermid, in 1909 Edna's only sister Grace was born and soon thereafter the family started farming in Parksville. Edna was born in Parksville on November 2, 1922 and within a few years showed amazing talent as an athlete, winning many track and field awards. In preparation for her athletic events Edna's father timed her run to the back field to round up the cows and return them to the barn. Edna was one of only two students in her grade 12 class, both of whom went on to university. Edna's father passed away suddenly in 1940, just as Edna was leaving the farm to attend UBC.

In October, 1943 Edna met Bernard Nash and they were married within two months, on December 27, 1943. Children soon followed. Along with millions of others in the post-war era, Edna and Bernard built and shared a life together founded on common values, commitment, love, family, the Church and community involvement. They lived and raised their family in West Vancouver where Bernard had settled with his family in the 1920s. In 1956, with Bernard practicing law and 4 children at home (ages 4, 7, 9 and 11), Edna returned to her teaching career. While she taught full time, she completed her Bachelors of Education and Masters in Counselling Psychology through night and summer school courses. Edna loved teaching, her students and all of the extracurricular activities, including coaching field hockey, volleyball and track and field. Edna became a Registered Psychologist and then, in 1985, took early retirement from her position as an Area Counsellor in the Vancouver School District to pursue a private practice.

Edna's psychology practice thrived. She also taught at the University of British Columbia and introduced distant televised Education and Psychology courses through the Knowledge Network. She presented at many international conferences including the North American Society of Adlerian Psychology (NASAP) of which she served as President. For many decades she attended and taught at the annual International Committee of Adlerian Summer Schools and Institutes (ICASSI) around the world. She was a founding member of the Adlerian Psychology Association of British Columbia and became an admired leader in the field of Adlerian Psychology, classroom management and family education. Edna and Bernard had been married for 53 years when Bernard passed away in 1996. Edna continued to lead a full life with her psychology practice,

community involvement and participation in conferences well into her eighties. Then in 2007, a mutual childhood friend introduced Edna to Al Tranfield, a childhood school mate. Al and Edna had not seen each other in 68 years. From their first meeting they were inseparable, having a deep and abiding love for each other and sharing Al's sailboat the "Ardea", the joy of music, family celebrations, morning puzzles over breakfast, their apartment view and many other simple joys of life. Al brought pure happiness to Edna's life and gave her loving care over those 4 1/2 years, and particularly through the challenges of her illness.

Edna will be remembered for her love for all people, her encouragement of others and her commitment to making this world a better and more peaceful place. She was inspired by everyone. Her passion, compassion and social interest moved her to contribute relentlessly to the broader community throughout her life. She truly wanted life to last forever. As she said in her final days, "It has been such a good time!!"

READY FOR MORE RESPONSIBILITY?: NUDGING YOUR CHILD TOWARD SELF- SUFFICIENCY

Wouldn't it be wonderful if children occasionally announced, "Thanks Mom, but I'd really like to make my own lunch every day," or, "Now that I'm 10, I'm ready to do my own laundry!" Parenting would be easier if kids would just tell us when they are ready and able to become more independent!

Instead, parents are left to figure out when their children can take on additional responsibility. Sometimes, parents can simply consider a child's developmental stage. For example, a 3-year-old usually is ready to dress herself and a 6-year-old typically is able to make her own sandwiches.

Another way to know when children are ready to take on more challenging tasks is to pay attention to when they challenge you:

Eight-year-old Matthew stomped into the kitchen with a scowl on his face. "Good morning, sport!" says his father. "We're having bagels for breakfast. Would you like one, too?" "I don't like bagels anymore!" Matthew grumbles. "I want you to make me pancakes!"

Ten-year-old Soraya could be heard throughout the house when she yelled, "Where are my favorite jeans? I have to wear them today!" "Oh, for heaven's sake," her mother thought to herself. "She just put them

in the laundry yesterday! Does she think I'm her personal maid?"

Although some kids are pleasant, most are petulant when they are ready to become more self-sufficient. Much like the Chesapeake crabs that shed their shells when they are ready to grow a larger one, children need to shed their "shells" when they grow bigger. It would help parents understand what is happening if their children could simply say, "I'm feeling crabby today because I don't like feeling like a little kid!" Unfortunately, most young children don't have this kind of self-awareness. Instead, they often act grumpy and dissatisfied because they know something isn't right – but they don't know what. Instead of pushing for more independence and responsibility, children often get pushy by grumbling, complaining or even by making more demands!

Ready for More Responsibility

Perceptive parents can learn to recognize that children's complaints are often a signal that they are ready for more responsibility. It is perfectly normal for a child to become impatient when she is dependent upon others to do things she can actually do for herself. When this happens, parents can help their child turn those crabby feelings into empowerment. Sometimes, this can be done with a friendly invitation: "It sounds like you would like to have more say about what you eat for breakfast... would you like me to teach you how to make pancakes?"

Occasionally, a child may be less than enthusiastic about the idea of learning how to do a new task. Yet any child who is capable of complaining about the way a parent is doing something for her is ready and able to take on at least part of that job herself. Even when a child seems reluctant, she will benefit from the confidence and satisfaction that come with obtaining greater independence.

For example, Matthew's dad could respond to his son's complaints about bagels by inviting his son to cook pancakes with him the following weekend. They could even make extra pancakes and freeze them for weekday morning breakfasts. Soraya's mother could invite her to learn how to wash, dry and put away her own jeans. Then Soraya will always know the location of her jeans.

Many family squabbles can be prevented when parents recognize that their children's complaints and bossiness are often a childish bid to feel more grown up. Most children have to learn from experience that growing up comes from learning how to be less dependent upon others, which can only come from learning to be more self-sufficient.

When parents learn how to redirect grumbles and complaints into learning new skills and responsibilities, they support their children's healthy growth and development.

Learning to be Self-Sufficient!

- Don't underestimate how interesting it is for children to learn ordinary adult skills, such as cooking and cleaning.
- Use playfulness and fun when teaching new skills. Children naturally enjoy making a game out of routine tasks.
- To maximize your chances of success, work on teaching one new skill at a time.
- Give your child many opportunities to practice a new skill – mastering any skill takes time.
- Be encouraging – mistakes are a normal part of the learning process. Expect burnt pancakes and shrunken clothing!

Emory Luce Baldwin, LCMFT

Emory Luce Baldwin is a Parent Encouragement Program (PEP) class leader and family therapist. This article was originally published in Washington Parent, a Washington, DC area parenting magazine. PEP, an Adlerian parenting education center, contributes articles to Washington Parent as part of its outreach and marketing program.

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FAMILY EDUCATION SECTION

The membership of the Family Education Section crosses a broad spectrum including both professionals and nonprofessionals. We support the purpose of our Section in a number of ways:

- 1) By creating a forum and a network for exchanging ideas, materials and resources related to Adlerian Family Education and to reduce isolation and discouragement among individuals and small groups who do not have access to on-going community support:

- Our newsletter, FAMILY!, is distributed up to three times a year to Section members. It features members' activities, a "Dear Addy" advice column, upcoming events, and tips and strategies meant to improve members' skills and knowledge base. Online, you can read back issues at the NASAP website, but the current online issue is available to paid members only.

- We have an active listserv that keeps our Section connected: Need a good book recommendation for a client? Looking for a new experiential activity to drive home a point in your presentation? Want a handout that reinforces the material you are using? Needing to clarify how to present information on (e.g. teen brain development)? Wondering if there is a parenting group in a certain location? Are you looking for support in the field of family education? Would you like to connect with others who share similar interests? Are you able to offer support and / or share your knowledge, experience, and wisdom? Do you want to reach out to others across the world who are interested in family education? These are all ways you can get involved with our listserv!

- Members are invited to present at the annual NASAP conference. Attending members receive educational enrichment by being present at these sessions.

- Our membership works very collaboratively and openly to help one another grow personally and professionally through networks. Sharing of resources, making introductions, helping people with similar challenges is what we are about!

2) Encouraging the development of increasingly effective methods for the research, collection and dissemination of information related to Family Education.

3) Supporting and highlighting the work already in existence in Family Education:

- We have a number of authors in our midst.
- We have many innovative family educators who are using YouTube, Facebook, Webinars and Twitter to connect with parents.
- Some of our family educators are expanding into parent coaching and parent "boot camps."

Why not join the Family Education Section and see what we are all about?

For more information, please feel free to contact our governance team:

Co-Chair Terry Lowe thlowe@sasktel.net

Co-Chair Marlene Goldstein maba516@aol.com

Secretary/Treasurer Kerry Mayorga kerry@mayorgacoffee.com

FAMILY! Newsletter Editor Bryna Gamson ParentEd@comcast.net

ACTIVITIES OF SOUTH CAROLINA AFFILIATE

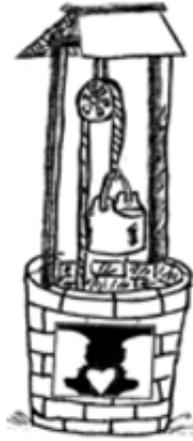
The South Carolina Society of Adlerian Psychology was founded in 1974 to teach and promote the use of Adlerian Psychology. Initially the organization hosted several one-day presentations by nationally known Adlerians. In 1982 the Society held its first annual conference. This well respected conference is held at Myrtle Beach, S.C. The conference typically attracts presenters and participants from 10 – 13 states and Canada. Its focus is upon serving practitioners. There are no business meetings at the conference. It features approximately 6 full day workshops on Friday and five half day workshops on Sunday, with about 18 seventy-five minute presentations on Saturday preceded by a brief keynote speech. Traditionally Saturday evening includes a complimentary reception followed by singing and dancing beside the pool overlooking the beach at Springmaid Beach Resort Hotel. The fees for both lodging and conference registration are kept remarkably low, while attendee's evaluations confirm the high quality of presentations.

Membership in SCSAP is free, as the organization supports its work solely from annual conference receipts. There are no paid employees, though full and half day workshop presenters receive a stipend to help cover their expenses. Any professional or lay person who supports the Society's mission is welcome as a member and will be added to the mailing list at their request. Approximately half the members of SCSAP reside outside the state of South Carolina.

The organization meets bi-monthly with an educational program preceding each business meeting. CEUs are provided for attendees at the annual conference as well as for attendance at educational programs. Members also enjoy the annual Christmas party plus a summer picnic. The current President of the Society is John Arnold. The Executive Director is Frank Walton. Correspondence may be directed to Frank at drfxwalton@aol.com. The SCSAP website is: www.adleriansc.org. The 30th annual conference will be held September 28-30, 2012.

FRIENDSHIP

As I look at friendship, I discovered it has facets like the flavors, colors and taste of a rainbow sherbet. Each is unique in and of itself. Yet when combined, the results are extraordinary!



WELLNESS FOR LIFE
by Lois G. Marecek M.Ed., NCC, LPC
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To discover what friendship is, let's look at how 'friend' is defined: "A friend is a person known well to another and regarded with liking, affection and loyalty"(Collins English Dictionary). Aristotle defines it as "a single soul in two bodies."

We all have our own views as to the types of friendships. It can range from the "human" aspect to professional to social with degrees in between. We could gaze into the philosophical or

intellectual realms of friendship. Then I thought, naa!

For me, I'm inclined to agree more with Aristotle. Friendship can be seen in other than human-to-human form, such as animal- to- animal or human- to- animal. Let's travel a path that not only taps into an awareness of the more treasured aspects but also utilizes that explicit code known as 'KISS' no matter the who or what. For those of you who may not be familiar with this principle: 'Keep It Simple Silly'!

Since the dawning of man, so to speak, there has been that special bond between man and canine or man and equine. We have heard or seen animals befriend species other than their own. To experience friendship is a special connection, blessing and treasure all rolled into one.

If we take the time, we can discover friendship is in many forms all around us. Take lyrics, for example, The Beatles: "I'll get by with a little help from my friends" (John Lennon). Then there's, "You've got troubles, I've got'em too. There' isn't anything I wouldn't do for you. We'll stick together to see it through cause you've got a friend in me" (Randy Newman, Toy Story).

In terms of religion, "Faithful friends are beyond price: No amount can balance their worth" (Old Testament Sirach 6:15). Then there's, "A faithful friend is a sturdy shelter; he who finds one finds a treasure" (Old Testament Sirach 6:14).

How about those infamous quotes, "One loyal friend is worth ten thousand relatives" (Euripides, Greek Playwright).

Here's food for thought, "Friends are like peanut butter... it sticks to the roof of your mouth like a friend sticks to you...and it feels as if they never go away" (Unknown).

From a broader perspective, "Life is like a recipe...blended with an

array of
ingredients... where friends are the ingredients that bind it all
together” (Lois G. Marecek).

I'd like to share a part something that I recently received. It's more of
a cornucopia view:

I like you because of who you are to me...
A true friend.

Proud To Be Your Friend!

I've Learned...That life is like a
roll of toilet paper.
The closer it gets to the end,
the faster it goes.

I've Learned... That we should be
glad God doesn't give us
every thing we ask for.

I've Learned...That money
doesn't buy class.

I've Learned...That it's those
small daily happenings that
make life so spectacular.

I've Learned...That under
everyone's hard shell is someone
who wants to be
appreciated and loved.

I've Learned...That the Lord
didn't do it all in one day.

YOU ARE MY FRIEND AND I AM HONORED

The teaching and value of friendship is a lifelong pursuit, which begins
as a young person. As a school counselor, I found this to be an
invaluable foundation and guide - no matter your age. Some of you
may recognize it as one of the versions of the Girl Scout Song.

“Make new friends
But keep the old.
One is silver
And the other is gold.

A circle is round

It has no end.
That's how long
I want to be your friend."

So before you embark on that journey of friendship, there is a seed from which it all blooms. I believe Eleanor Roosevelt said it best, "Friendship with oneself is all important because without it, one cannot be friends with anyone else in the world."

Warm Fuzzies,

Lois G. Maracek

EXECUTIVE DIRECTOR NEWS

Our 60th Annual Conference in Atlanta was a great success. I have received nothing but compliments about the hospitality of the Georgia Society and those who hosted the conference. It was a very welcoming conference indeed. We received several new members as a result of Dan Dalton and his crew who worked in the membership booth, encouraged more than likely by the \$60 discount for brand new members. In addition, a lot of members renewed onsite thanks to the free copy of Alfred Adler As We Remember Him that was being included for those who renewed at the conference. I want to thank Becky LaFountain, our conference chair for her help in organizing the conference and also I want to thank Carol Salwocki for her wonderful help at registration. I don't know how we would have gotten through without their assistance and guidance.

We made some decisions to help improve the conference next year. The poster session, which had some excellent presentations this year and hopefully even more next year, will be moved to a time that is convenient for all of us to view them without having to miss one of the other presentations. It seems that this would be a good way to make sure that we all get a chance to see the poster presentations, many of which present new research or methods that can be incorporated into our own work or add something to our work.

We will have the Call for Programs on the website this week with a link from the front page to download the form. Please complete them as thoroughly as you can as it helps the office when we get ready to do our annual review for recognition by APA and NBCC to offer continuing education. I know sometimes people wonder, "Why are they asking that?" but it is usually because some licensing board or accreditation office wants the information. We try to keep it as

simple as we can while at the same time trying to keep our authorizing bodies satisfied.

I was especially happy to see the Emerging Leaders at the conference and also the students who were there for their first NASAP conference. We hope to see them involved more over the next few years and emerge as future members of the Council of Representatives and the Board of Directors.

I will be sending out requests soon to the Affiliates. We have to have a list of the members in your affiliate who are also General Members (Individual, Family, Retired or Student Members) of NASAP. One of the requirements of continuing as an Affiliate Organization is that you have two members who are also General Members of NASAP. For those who send representatives to the Council of Representatives you must have at least 5 General Members of NASAP and the Representative to the Council must be one of those members of your Affiliate who is also a General Member of NASAP. So that is why we send out this letter each summer.

I will also be sending out ballots for the Affiliate Liaison and the Section Liaison to the Council of Representative Members this next month. We elect the Affiliate Liaison and Section Liaison each time a new president takes office. This too will take place shortly.

And, finally, for those of you who went to the conference, please complete the survey that was sent to you online. It is the general evaluation of the conference and asks for your input for future conferences as well as your opinions on the conference we just completed.

I am looking forward to talking to some of you online or on the phone and seeing you at Affiliate functions over the next year. Until then, enjoy your summer. We'll see you in San Diego in 2013.

John Newbauer, Ed.D., DNASAP
Executive Director

PUBLICATION NOTICES

ARTICLES:

In "The Structure of Neurosis," Alfred Adler offers clinicians and students the most concise, but comprehensive, eloquent summary of his theory of personality, philosophy of life, pedagogy, and

psychotherapy. It's all here in just 9 pages! To read the article online, go to www.Adlerian.us/cwaa-v6-ch26.htm. To read all 26 articles by Adler, written 1927-1931, order Volume 6 of "The Collected Clinical Works of Alfred Adler" at www.Adlerian.us/cwaa-v6.htm.

BOOKS:

The most comprehensive overview of Alfred Adler's theory of birth order, "Birth Order: Sense and Nonsense - An Adlerian View," is now available as an online video. In this forty-minute interview, conducted by BBC/TV, Henry T. Stein, Ph.D., Senior Training Analyst at the Alfred Adler Institute of Northwestern Washington, clarifies the therapeutic value as well as the limitations of many birth order assumptions. He also integrates the potential developmental influences of organ inferiority, parenting attitudes, gender roles, as well as cultural, religious, and economic factors. Finally, he evaluates other theories of personality development, including the work of Hugh Missildine, Thomas Verney, Margarite Goetzl, Frank Sulloway, and Judith Harris. Online access to the video may be purchased at www.Adlerian.us/birth-online.htm or through our subscription site at www.Adlerian.us/subscription.htm.

Dayton Salisbury's new book, "Aha! Gaining Insight through Humor" is now available from Amazon. Dayton attended lectures by Rudolf Allers in the 50's at Catholic University and got introduced to Adlerian Psychology. In Houston he met Dr. Walter (Buzz) O'Connell, who worked at the VA. He also attended classes with Dr. Rudolf Dreikurs in Vermont one summer and was in the filming of "Understanding Your Children."

VIDEOS:

A two-hour discussion, titled "Training of a Classical Adlerian Psychotherapist," between Sophia de Vries (trained by Alfred Adler) and Henry Stein (trained by de Vries) offers an illuminating overview of the Classical Adlerian approach to training in psychotherapy. Nearly two hundred topics are covered, including the following: the importance of studying Adler's original, clinical writings; reflecting Adler's warm, gentle, diplomatic, and creative style of treatment; and comparisons to deviations from Adler's original theory and style of practice. Sophia de Vries studied with Alfred Adler, Lydia Sicher, Alexander Mueller, Fritz Kunkel, Ida Loewy, Martha Holub, Rudolf Dreikurs, August Eichorn, Charlotte Buhler, Karl Buhler, Ludwig Klages, Karl Jung, Ernst Kretschmer, and Maria Montessori. One of her great contributions to Classical Adlerian practice was her masterful adaptation of the Socratic method to psychotherapy. This video offers the student, instructor, and clinician an abundance of rare insight into the profound legacy of Alfred Adler.

To purchase access to this online video of "Training of a

Classical Adlerian Psychotherapist," go to www.Adlerian.us/train-ther-online.htm, or check www.Adlerian.us/subscription.htm for reduced rates offered to subscribers.

A one-hour interview, titled "Remembrances of Adler, Freud, Jung, & Other Pioneers in Psychology," offers highlights of Sophia de Vries' 47 Years of Practicing Adlerian Psychology, including her recollections and comparisons of Alfred Adler, Sigmund Freud, and Carl Jung, as well as memories of many early Adlerians: Lydia Sicher, Alexander Mueller, Anthony Bruck, Rudolf Dreikurs, Martha Holub, Fritz Künkel, Ida Loewy, Edward Schneider, and Blanche Weill. This interview, conducted by Henry Stein, also includes her impressions of Charlotte Bühler, Karl Bühler, August Eichorn, Ludwig Klages, and Maria Montessori,

To purchase access to this online video of "Remembrances of Adler, Freud, Jung, & Other Pioneers in Psychology," go to www.Adlerian.us/devries-online.htm, or check www.Adlerian.us/subscription.htm for free video access to subscribers.

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