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NASAP Newsletter

**November/December,
2012**

Jamie Stone O'Brien,
Editor

PRESIDENT'S MESSAGE

Greetings to the NASAP family,

In my previous article for the last newsletter, I talked about the crucial importance of encouragement for all of our relationships, and especially for our work in helping people. You might inquire, “With all the current emphasis on evidence-based practice, is there research in support of encouragement in counseling and psychotherapy?”

I’m glad you asked. □

Research over the past forty years has consistently indicated that the best predictor of successful therapeutic outcomes is the client-therapist relationship. Factors such as therapist relationship attitudes and skills (e.g., empathy, unconditional positive regard, and genuineness) are fundamental to establishing a good client-therapist relationship, and are positively related to successful outcomes. In discussing the importance of the therapeutic relationship, the psychotherapy research and practice literature typically acknowledges Carl Rogers as the first theorist and therapist to emphasize the crucial importance of developing a warm, accepting, and empathic relationship with clients. Although it is true that Rogers’s important work significantly increased the field of psychotherapy’s attention to—and value of—a warm and empathic client-therapist relationship, he was not the first theorist or psychotherapist to emphasize the importance of this kind of therapeutic relationship. Alfred Adler discussed very similar ideas prior to Rogers’ formulation of the core conditions (see Watts, 1998). Based on the work of Adler and Rudolf Dreikurs, contemporary Adlerian therapy places strong emphasis on developing a respectful, egalitarian, optimistic, and growth-oriented therapeutic alliance that emphasizes clients’ strengths and abilities. These characteristics are what Adlerians have historically called “encouragement,” or the application of social interest.

So, is there research in support of encouragement in counseling and psychotherapy? If believe the answer is clearly “yes.” Encouragement is not merely a technique, but rather it is a way of

Next Submission due date is February 1st, 2013.

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

being with clients. Because the attitude and skills of encouragement facilitate the development and maintenance of a strong client-therapist relationship, the abundant research addressing the crucial importance of a strong therapeutic alliance (and the skills necessary to develop the same), strongly support the Adlerian understanding and practice of encouragement.

In this holiday season, I hope you experience encouragement as you provide encouragement to others. Happy Holidays!

Richard E. Watts
Email: watts@shsu.edu
Office: 936-294-4658

2013 NASAP Conference in San Diego: "Encouraging Each Other, Healing Our World."

Watts, R.E. (1998). The remarkable parallel between Rogers' core conditions and Adler's social interest. *Journal of Individual Psychology*, 54, 4-9.

CONFERENCE CORNER

It is 29 degrees outside ...With those numbers, San Diego is looking very inviting....I hope it is beckoning you as well. The workshops and presentations have been chosen, the presenters have been notified and John Newbauer is earnestly working on the conference booklet, which you should be able to see online early next year. Highlights of the 2013 conference include Jane Nelsen, our esteemed Ansbacher speaker presenting to us on Thursday evening, followed by the wonderful reception hosted by Joyce Kahle and sponsored by the Beecher foundation. After a full day of presentations on Friday, as well as our annual business meeting at lunch, Friday evening will be a free night with several affiliates hosting open houses where you can learn more about their schools and organizations. Saturday includes many more presentations; a luncheon speech by Steve Maybell, a well known Adlerian who was an original founder of an Adlerian group in San Diego; section meetings; poster sessions and a closing dinner, which will be included with all full registrations. The San Diego group that is hosting the conference will be adding several personal touches. You will hearing from them in the new year.

You may have noticed that I have been regularly including suggestions on how to make the conference more affordable. The holidays are upon us. Did you put the "NASAP Conference" on your wish list? It may not be too late. Some people may still be wondering what to get you. If you get a little holiday cash you could apply it to the conference registration and even get more bang for your buck by registering early and taking advantage of the early bird deadline.

By now the conference scholarship application has been posted on

the website with a March 1, 2013 deadline at www.alfredadler.org. It is not there only for students, but for anyone who could use a little assistance. For many persons it has been a tough year economically. NASAP offers 10 scholarships that cover registration, and then recipients have the opportunity to apply to a section for additional funds that can be put toward travel, lodging or food. At this time, it is not known which sections will be offering scholarships, but that information will be made available to the scholarship recipients.

Happy Holidays to all and I hope to see you in San Diego!

Becky LaFountain

EXECUTIVE DIRECTOR'S NEWS

Several things have kept us busy this last two months. We had a COR and Board meeting in Hershey in late October and have been busy following up with some of the items from those meetings. We want to welcome some new Affiliate Organizations: the Taiwan Adlerian Society, Milwaukee's Affiliate for Social Living, and the Ontario Society of Adlerian Psychology. These groups are planning educational activities so if you live in any of these areas, look them up. You can find a link to them on our website under Affiliates.

We've been busy getting ready for the Conference next summer in San Diego, California. The program is not yet to the printer but I'm posting the workshops and the presenters and titles of presentations on the website so that you can easily see what is going to be happening. In addition to what we have now, we hope to have a great turn out of poster presentations again this year. However, this year we will schedule the poster sessions at a time when everyone can see them without missing some other presentations – plus, we'll have an open bar available. Deadline for poster session submissions is March 1, so go to our webpage and download the poster session submission form and send it in (web address is: www.alfredadler.org just in case you forgot).

We have been investigating a new benefit program for members. It is a program that allows you to earn points which you can later exchange for rewards. While some of you may think I've gone "commercial" I want to point out that you don't have to buy anything you wouldn't normally buy – however, the nice thing about it is that when you do choose to shop on the internet, you can link up to 1000s of shopping stores through AchieveLinks and earn Links. You can then use these links to purchase items for yourself and, most important of all as far as I am concerned, by using AchieveLinks you are earning money for NASAP as well.

Now, there's a secret that I'm going to share with you – the more of you who sign up in the first 90 days, the higher our return on investment is. That's right, the more members we have who use the

program and sign up for it in the first 90 days, the higher the percentage we get from the program for every dollar spent. So, please sign up and when you do that online shopping, order through AchieveLinks. I don't really expect for us to make a lot of money doing this but I know that every little bit helps and it may be a good way to help fund some scholarships for our conference.

New AchieveLinks Program Delivers Rewards for NASAP and its Members

NASAP is proud to announce that the AchieveLinks® rewards program is now available to all our members. AchieveLinks is the unique rewards program created exclusively for associations. Just by making the same purchases you already make for your business and personal life, you'll earn valuable Links® Reward Points that can be redeemed for exciting rewards, including family vacations, great merchandise, and once in a lifetime experiences. To learn more, or see a list of earning opportunities and reward options, visit NASAP.achievelinks.com Better yet, enroll now and start earning Links today! Every dollar you spend using AchieveLinks also earns money for NASAP.

Most important of all, I wish to take this opportunity to wish all of you Best Wishes for a Most Joyous Season. Whether you are celebrating Chanukah, Diwali, the Winter Solstice, the end of the Mayan Calendar, Kwanzaa, or Christmas, it is the season for joy and peace. May we look forward to a New Year that is moving toward that fictive goal of universal peace where all know that they belong and contribute to the common good.

John Newbauer
Executive Director

AN ENCOURAGED AFFILIATE

Yes is an amazing word. While I'm no stranger to the power of no, I've challenged myself to be more aware of opportunities to say yes, less beholden to expectations, and appreciative of whatever results. For example, in my burgeoning career as an Adlerian therapist, I've been asked: "Would you like to join us at our monthly GSAP meetings?" Yes! "Would you like to volunteer at the upcoming NASAP conference?" Of course! More recently, I was asked: "Would you like to attend the COR meeting in a few weeks?" Absolutely! "Would you like to be part of ACT?" Sure! "Do you want to help edit the NASAP by-laws?" I'd love to! "Would you like to like to come with us to a chocolate theme park?" Why not?! "Do you want to go

to a biker bar?” Yes? Well, on second thought...

I am so thankful for all these experiences I've been a part of and all the wonderful and diverse Adlerians I've met, just by being open to the universe. It's almost like stealing.

I attended the COR meeting in October as the Georgia affiliate representative without a thought in my head of what I should do, say, or expect. I just trusted I would eventually make it to Pennsylvania, and the rest would surely work itself out. It did. And more. On the short ride from the Harrisburg airport to our hotel in Hershey, I learned about the history and purpose of affiliates and sections, integral parts of the NASAP organizational structure I honestly didn't know existed. But, I was kindly assured that was not going to be a problem and then swiftly recruited into ACT. Later that night, over a heartwarming, home cooked meal, I also learned an important distinction between therapy and counseling. I learned what happens to our membership dues. I learned how to use a music circle with depressed, bipolar, and schizophrenic teens. I learned how conferences are planned. Most importantly, I learned that leadership doesn't have to forsake respect, collaboration, or individual sovereignty to be effective. I also learned how chocolate is made. Sort of.

I would be perfectly happy listing all the things I learned from my weekend at COR, but I feel more urgent about expressing the way COR made me feel. I felt welcome. I felt included and important. I felt belonging. I will admit, I walked in feeling a little insecure and intimidated. Was I “allowed” to be there? Does someone need to check my credentials? After all, some fellow COR members are my highly respected professors, my textbook authors, my conference seminar leaders, my research paper citations, maybe even my future employers. I feel confident saying all the COR members had at least graduated from a master's program, something I can't yet claim. I was brushing elbows with some of the great of the greats, students of Dreikurs, Mosak, Schulman, and other Adlerian celebrities I've only read about. But only a few words into conversation with one of those greats, I was stopped. “We go by first names here. Titles aren't important while we're together.” With an imaginary snap of fingers, I was a valued equal – a peer. My opinion as a student member and simply as a person mattered. My contributions academically, professionally, and humanly were appreciated and encouraged. Yes! You belong here, I told myself. Yes! These are true friends and mentors. Yes! You are Adlerian. Saying yes feels so much better than saying no.

Mary Lynn Savelle
Georgia Society of Adlerian Psychology
Core Representative
Mercer University Counseling Student

PRESIDENTIAL ELECTIONS

The nominating committee of Marion Balla, Leigh Johnson-Migalski, John Newbauer, and Steven Stein are very pleased to announce the candidacy of Jill Duba Sauerheber and Stephen Saiz for the office of NASAP president. Each will submit a narrative of their presidential aspirations for the next newsletter, Jan./Feb. The election itself will be announced shortly thereafter.

NEW EDUCATION SECTION REPRESENTATIVES

Amy C. Bryant

Amy lives in Atlanta, Georgia. She is a Licensed Professional Counselor, Positive Discipline Associate (Parent and Teacher Educator), Family Consultant, and Child Advocate. She works with children, adolescents, parents and educators within the Atlanta community to help build respectful home and classroom environments in which children can experience a sense of belonging and significance. She is also a contributing author to Play At Home Mom, <http://playathomemom3.blogspot.com/> a blog aimed to inspire, uplift, and empower parents through activities that focus on positive parenting and play-based learning.

Vicki Hoefle & Jennifer Nault.

Vicki & Jennifer live in Central Vermont and work with thousands of parents each year, offering Adlerian based Parent Education products and services through their company Shared Ventures. Vicki is the creator of the multi-media Parenting On Track™ Home Program and Author of Duct Tape Parenting, A Less is More Approach to Raising Respectful, Responsible and Resilient Kids (Bibliomotion August 2012). With 20 years of experience helping tens of thousands of families and raising five children, she has a wealth of invaluable information. Master story teller who is part comedian, part sage and mostly parent, she shares ways to strengthen and enhance the parent child relationship in a program to bring out the best in each parent, the best in each child and the best in each encounter. Jennifer takes care of the business operations, so that Vicki can deliver their products and services around the country.

BRIDGING THE GAP AND CREATING AN ALLIANCE

As a parent educator, I am often asked to speak with teachers in support of their efforts to bridge the “communication” gap between themselves and the parents in their school community and help create

a united team working in the best interest of the child. This is a slippery slope to say the least, in part because as much as we like to think of ourselves as excellent communicators, it is rare to find a true collaborative effort between parent and teacher. Not because both parties don't want it, but because neither party has been coached in communication that creates alliances.

The goal is to make the process easy for the teacher and create excitement about the possibilities that lay before them. The following list of suggestions is presented to teachers as a guideline that will help them set the tone for every conversation and to create an alliance with the parent that keeps the child's well-being as the focus.

1. Win them Over - Start each meeting with an appreciation of the parent. As we all know, an appreciation sets the tone for the meeting and can quickly lower any anxiety, mistrust, hesitancy or resistance the parents brought into the meeting. In other words, win them over.

2. Finding Common Ground - Ask the parent to share what she/he appreciates most about the child. An alliance can be created if the teacher also appreciates this trait or attribute in the child.

3. Building on Strengths - Ask the parent to identify one strength their child possesses that may be over-looked or under-developed, but is there, waiting to be nurtured. Remember, we are in this together.

4. Transparency - Share any goals you have for the student, and the goals you have for creating and maintaining a respectful and collaborative classroom environment.

5. Ask for Participation – Ask parents if they are willing to help support your goals for the student and for the classroom and encourage them to share their ideas.

6. Clear Expectations - Be clear about how missing homework, lost mittens, no boots, will be handled in the classroom and what the parent can do to show faith in the child's ability to become an independent learner.

7. The Parents Role – Let parents know that you are teaching the whole student, and that allowing kids to make mistakes by forgetting homework or coming unprepared, will help him/her develop character traits that will last a life time. In other words, give parents permission to take a less-is-more approach when it comes to their child's education with the understanding that the goal is to have the child invest in his/her own education.

We all know that sometimes no matter how much effort we put into creating a united team working in the child's best interest, we find ourselves unable to bridge the gap. Even these somewhat adversarial relationships and communication gaps can mend over time if we focus on these 7 tips. A little progress during every interaction goes a

long way in setting the student up for success.

By Vicki Hoefle

THE ADLER SCHOOL OF PROFESSIONAL PSYCHOLOGY CELEBRATES 60 YEARS

Mark your calendars for Adler School's 60th Anniversary Homecoming Weekend celebration taking place Friday – Saturday, October 26-27th at the Chicago Campus! And so we did. A committee of three NASAP past-presidents, Teal Maedel, John Newbauer, and Steve Stein, met with Adler's President, Ray Crossman. The intent was to forge a collaboration between the school and NASAP's upcoming annual conference in Chicago, 2014. After which we participated in the splendor of the school's anniversary and homecoming celebration. The festive weekend was highlighted by a colloquium, the launching of the Adler Child Guidance Center, featuring a workshop by Jane Nelsen, and splendid receptions. Among the panelists on the colloquium was one of the school's founders, the esteemed Dr. Harold Mosak, who a few days later celebrated his 91st birthday. From the start and throughout, the beauty of its new facilities, the pride of its staff, faculty, alumni and trustees left a vividly strong and favorable impression. The school has evolved, the school is thriving. The weekend culminated on Sunday with over 300 graduates receiving their diplomas, imbued with Adlerian values.

With pride,

Steven J. Stein
Adler School, Class of 1979

A MOMENT OF ENCOURAGEMENT FROM STEVE STEIN

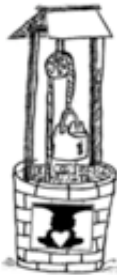
(Editor's note: A staunch supporter of emerging Adlerians, Steve has kindly insisted that a letter of encouragement to myself be included in this newsletter.)

Dear Jamie,

Not only are you NASAP's energized, competent and industrious newsletter editor, you are now Dr. Jamie. I offer you a deep and heartfelt congratulations on the award of your Psy.D. from the Adler School of Professional Psychology. We take our place amongst your family and friends as very proud supporters. I look forward to hearing your voice in the dissemination and practice of Adlerian psychology.

Sincerely, Steve Stein

WELLNESS FOR LIFE: COUNTING OUR BLESSINGS



WELLNESS FOR LIFE
by Lois G. Marecek M.Ed., NCC, LPC
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My column a few months ago touched on the “power of a smile”. We discovered the benefits range from stimulating the mind to connecting to positive emotions. How about going a step further? Where would that take us?

I don’t know about you, sometimes my mind has a ‘mind’ of its own, taking time out by means of daydreaming. I found myself free of conscience thoughts of the what, who, why, when or how. I wouldn’t call it blank, per say, for I detected feeling, more of contentment than anything else. Don’t know if it was a time for resting, regrouping or recharging. All I can say, it was pleasing overall.

The other day I found myself there again followed by a snippet of family and friends on the Rez (reservation) pinon picking. This is always a fun activity – you get to roast and eat them! There is also a ‘warm fuzzy’ connection with nature.

I then started thinking about the times my mind would take this path and detour me for seconds / minutes from the on goings in my life. Sometimes it would be in the form of happy recollections of events with significant people in my life or the comfort felt from passing by a bakery, as my nose is tantalized with the smell of warm bread that seems to evoke a certain sense of soothing or calmness. This may trigger you, now finding yourself going down memory lane – how as a child, the whole house would permeate with perhaps the scent of cinnamon, vanilla or pumpkin of baked goods coming from the kitchen.

These occurrences can be triggered at any time or place via our 5 senses.

At this point, you might say a light bulb came on. I came to the realization that there was something more to this, a common denominator of sorts – Happiness.

To me, Happiness can be defined as an experience that can be satisfying and or pleasurable, while at the same time, stimulating positive emotions such as excitement, contentment, encouragement or joy to name a few. It can be viewed as a ‘state of thankfulness’.

Some of us have said or heard, “What I’d give for a good cup of coffee or hot chocolate. Or, that was the best ____ I’ve ever had.” Coffee affects the brain and has a way of making you feel more alert and awake. Where by hot chocolate can induce a sense of euphoria,

neutralize stress and even lower pain perception. Chocolate lovers will especially acknowledge this!

At this point you may be wondering what this has to do with Counting Our Blessings. There's the belief that there is a correlation between positive feelings and health. Just imagine, by experiencing and reflecting positive feelings the result can be better health: exhibiting less viral symptoms when contracting a virus and the less likelihood to incur heart disease!

This is supported by research studies at learning institutions such as Carnegie Mellon University, Kent State University and Columbia University Medical Center in the mid 2000's. Having experiences of this nature increases the likelihood of contributing to our overall sense of cheerfulness, contentment, or even bliss, and well - being - 'inner harmony and balance'. Even though these feelings, or referred to as traits, in adults have a tendency to come and go.

Let's face it; we all would like to experience good health especially since it becomes more of a challenge as we age.

It might be helpful to have some insight into the words, "Count Your Blessings". These words, each by themselves has value and purpose. However, when connected, the value is as astronomical and uniquely powerful as the focus is drawn to the positive aspects of a person's life by means of encouragement. The heart of the matter is noticing, acknowledging and appreciating those positive moments in life as they occur. This leads to a sense of being grateful and or thankful. For moments is just that, moments, here and gone in a blink of an eye.

The act of being thankful or grateful reaps its own benefits. There are the times we make a point to notice and point out the positives in our children's day. This in essence is a double benefit - one where we are modeling for our children. Second, there is a feeling of accomplishment and a sense of satisfaction for both child and parent. Sometimes we engage in 'the craft / art of thank you' without being conscientiously aware - each time 'thank you' is spoken to a friend for being a good listener; a family member for giving you a back rub after a long day at work; a colleague who stayed after hours to help you make an emergency deadline; or the grocery stock person who got an item that was out of your reach.

We can also turn the negative to a positive - the kids were fussing after finishing the book you were so engrossed in. Or that you didn't get stuck in traffic because the radio station you listen to alerted you to take a different route home.

Thusly, gratitude increases a person's harmony and balance based on the foundation and growth of psychological, spiritual and social building blocks summed up in one word - attitude. We now find ourselves at a crossroad. Hopefully at this point, an eye has opened a

bit more, both would be even better. Which brings us to, “Do we continue on the same road or venture finding a new path? What’s involved? How much commitment? When to engage? How to go about? Why pledge?”

The answers to the 5 renowned questions are our making good choices have a tendency to result in.... Like in many things in life, there is no ‘one size or way fits all’. It is as personal and unique as we are individuals. For some, keeping a daily list or journal keeps that ‘attitude for gratitude’ alive each day. The expressive writing has served as documentation for the results of the studies mentioned earlier.

When it comes to “Counting Our Blessings” for me, I am thankful for my husband’s everlasting love and unwavering spirit of support and encouragement, family, friends, students and the gifts from Mother Earth.

Let’s not forget to include ourselves, “Celebrate your uniqueness for you are one of a kind.”

I’d like to leave you with these ponderings.

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”
(Leo Buscaglia)

Kindness Brings Forth Happiness
By Mercy Adeyanju Mabwe

Many time I find that when we offer an act of kindness, it brings a warm feeling of Happiness to us.
Happiness is about making happy choices.
So I make a choice not to lose my happiness because of someone, something or anything.
I get up every morning with an expectation of finding joy and happiness at every interval of my day.
I don’t make an excuse for not being happy.
I make a choice to find happiness and help other people to find happiness, too, by being around me.
...Hey, I make these happy choices, so why can’t you?
Mercy
PS Oh, and why not smile a bit more, too! It’s catchy!

By the way, a last bit of trivia - Johnson Oatman, Jr. first noted “Count Your Blessings” as the title of a Hymn in 1897. As to its origin, well, it remains a mystery.

HEALTH, HAPPINESS, WARM and PEACEFUL HOLIDAYS Until next

year!

Warm Fuzzies

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