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PRESIDENT'S MESSAGE



Greetings to the NASAP family,

The 2013 NASAP Conference Theme is “Encouraging Each Other, Healing Our World.” The Adlerian emphasis on encouragement, beginning with Adler and Dreikurs, resonates to an amazing degree with contemporary wellness, strength-based, and positive psychology perspectives; ones that emphasize mental health rather than merely mental illness. Encouragement, as Adlerians understand it, is at least as old as Adler and as

contemporary as current theory and practice in counseling and psychology, education, business, mentoring, coaching, etc.

I think I can say with confidence that one of our key responsibilities in helping people is to model good mental health. Adler’s criterion for mental health is community feeling/social interest. Encouragement is the interpersonal modeling of community feeling/social interest. Therefore, when we understand encouragement as a way of being with others (and especially clients), and practice the attitudes and skills of encouragement with them, we are modeling mental health.

We have a good thing going with NASAP. I hope you will share information about the NASAP Conference, our TapTalks, and other Adlerian activities with your professional colleagues who are not members and do not directly receive information about Adlerian “happenings.” For example, I forward Conference and TapTalk announcements to the several professional email listservs I’m on. If

• **ANNOUNCEMENT:
POWERS AND
GRIFFITH TEXTS
AVAILABLE**

NASAP Newsletter

**January/February,
2013**

Jamie Stone O'Brien,
Editor

**Next submission due
date is April 1st, 2013.**

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

you are on Facebook or Twitter, you can share information about NASAP activities with your “friends” and “followers.” Regularly sharing about our conferences, publications, Taptalks, workshops, etc., will help increase the visibility of Adlerian psychology and may help increase its viability as well (e.g., more members).

We have a good thing going with NASAP. Let’s share it.

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

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

EXECUTIVE DIRECTOR REPORT



We just returned from the Winter Board Meeting this week and it was a very productive meeting.

Just a short note to let you all know that Edna Mae Nash, our beloved teacher, mentor and member of the leadership teams of NASAP, APABC, and ICASSI since Dr. Dreikurs’ time, was

posthumously awarded the Queen Elizabeth II Diamond Jubilee Medal of Honor for her service to her country and her achievements. The medal was presented to her family on January 18, 2013, at a ceremony in British Columbia. ICASSI has set up an Edna Nash Scholarship Fund to provide scholarships for persons to attend ICASSI and learn the techniques of encouragement that Edna taught and modeled or so long. Bill Linden, a long-time friend and fellow ICASSI faculty member started this fund by offering to match donations up to \$2000 in Edna’s honor. If you would like to contribute, contact Betty Haeussler at ICASSI (bettycassi@aol.com) or myself for further information.

We will be having elections for our next President-Elect from now until March 25, 2013. We have two very qualified candidates, Stephen Saiz and Jill Duba Sauerheber. Be sure to vote for them as soon as possible. I’ll be sending some reminders toward the end of February and during March. Their statements for candidacy are in another column in this newsletter. To vote, go to our website and Log In using your Username and Password. On the Member’s Landing Page (the page where you will land once you Log In, you should be able to quickly some large red letters that say VOTE HERE. Click on that, cast your vote and you’re finished.

I want to make a short observation about our Society elections. For a

Society that promotes democracy, we usually have a terribly poor turnout for voting. In an effort to have more involvement in the election this year I'll be sending you emails to remind you to vote. It's your Society, so voice your support for one of our candidates. It means a lot for our Board Members to have the support of the membership.

Some of you may be wondering what happened to our Member Directory. Well, it's still available and should be up to date, unless of course, someone forgot to update their new information on their profile. It's on your Member's Only Site. Go to our website and log in (I know some of you have done this and some of you still haven't tried it out). Your directory is right there under the tab that says "MEMBERS ONLY" and it's very searchable. You can search by first names, last names, city, state, etc. The simple search is the easiest and will give you any profile that has the word in it that you put in the search box (e.g., John will find all the members who have the name of John, whether it is first or last name. It will also find the Johnsons and the Johnathons and the Johnstons, etc. as well as those who live on John Street or in Johnsville (if there is such a place). I think you get the idea. You can use it to find members near you. Most of the members contact information is on their profile. You can update your profile to include your webpage as well as your business name. Be sure to try it out. I will be printing a limited number of hard copies for members who do not have access to a computer but they will not be sent out to all members.

The Booklet for the 61st International NASAP Conference will be emailed to you soon. We will not be mailing out copies this year prior to the conference in order to save some trees and a good deal of expense. We will have one for you when you get to the conference. You have already received, or at least should have, a copy of the presentations and workshops that will be presented at the conference. There have been a couple of changes due to cancellations, etc. and these will be on the booklet on the website. Be sure to check the website for the full booklet. I am hoping to have it ready by mid-March, if not before and I will send it to you.

Some of us have been earning links on the AchieveLinks program. If you've already activated your account, you already know how fast your Links® Reward Points can add up. Just by making the same purchases you already make for your business and personal life, you've been earning valuable Links toward must-have merchandise, valuable gift cards, and once in a lifetime experiences.

If you haven't activated yet, don't wait another minute! Go to <http://nasap.achievelinks.com> and browse through the hundreds of merchants available for you to earn your Links.

Also now available for free download, the LinksReminder toolbar allows you to shop directly on the web without first visiting the AchieveLinks mall. This works best on Google Chrome and Internet

Explorer Tool Bars. Any time you're shopping a merchant partner's site, the toolbar will display featured coupons and Links earning opportunities. It's easier than ever to get all the Links you deserve! Simply look for the toolbar banner on the AchieveLinks home page.

Additionally through the program, you can invite family and friends to participate and help you earn your Links faster. Simply click on the Group Earn tab, once you have signed in and send an invitation. Through Group Earn, you can pool all the Links and redeem them for a group trip or experience or you can simply redeem them for each individual you invite. Either way, everyone will benefit from the AchieveLinks program.

Remember, there is no cost, no risk, and no obligation. Now you can boost your potential with the AchieveLinks Visa Platinum Rewards Card. With this card, you can greatly increase your potential to earn Links through every purchase you make— all while enjoying a low introductory APR and no annual fee. And, when you shop with AchieveLinks affinity partners, you have the potential to earn extraLinks! Check out the details on their website.

John F. Newbauer, Ed.D., DNASAP

PRESIDENTIAL CANDIDATE STATEMENT: JILL DUBA SAUERHEBER



Why I Wish to be NASAP President:

I am dedicated to Adlerian principles in both my professional and personal life. The way I live my life and the way I believe my life should be conducted is a natural fit with Adler's descriptions of community feeling/social interest and social equality. These principles drive who I am and what I do as a Professional Counselor and a Counselor Educator. I would like to be president because I

would have the opportunity to give back to the community that has privileged me with such a foundation for my life. Second, I would have the opportunity of working with Adlerian colleagues in an intimate and personal way in our efforts to co-create a positive and productive future for the society. And third, I am at a point in my career when

serving in this role is possible: I have the time, the energy, and the enthusiasm for the mission.

How I See Myself Qualified:

I am humbled to consider ways in which I believe I am qualified to serve as President. I “grew up” Adlerian in the shadows of three of the most devoted and committed Adlerians of my time; Jon Carlson, Jim Bitter, and Don Dinkmeyer Jr. I earned a Master’s degree in Marriage and Family Counseling from Governors State University in 1999. It was during this time that one of my professors introduced me to Adlerian counseling. I am privileged to continue a working relationship with Dr. Jon Carlson, including our newest project co-editing with Drs. Len Sperry and Jon Sperry on the new edition of *Psychopathology and Psychotherapy* (focusing on the integration of the diagnostic features of the DSM with systems-based theory of Individual Psychology). In 2002, I was introduced to Dr. Jim Bitter who has, since then, mentored and provided me with at least 100 hours of formal individual training in Adlerian Psychology over the course of the last 4 years. In 2004, I secured my first faculty position in the Department of Counseling and Student Affairs at Western Kentucky University. It was then that I had the honor of meeting Don Dinkmeyer Jr. I had the benefit of assisting Don in accumulating evidenced-based research in support of STEP: Systematic Training for Effective Parenting, which Don co-developed and produces today. From each of these men, and others with whom I have had the opportunity to work more recently, I have experienced the value of collaborative efforts, the importance of dedicated service, and the effectiveness of demonstrating and living what you believe. Although I am a newcomer to COR, I already feel that my contributions are both useful and welcomed. To me, the Presidency is not about what I can do to make NASAP better; it is about offering leadership and creating opportunities for those who wish to contribute to effectively develop both NASAP as an organization and the living, evolving theory and practice of Adlerian Psychology. While I am a young Adlerian, I am confident that I have received remarkable training and mentoring. But even better, I maintain relationships with my extraordinary teachers who will sustain me, contribute to my Adlerian foundation, and support my efforts on behalf of NASAP.

What I Hope to Bring:

In addition to providing strong leadership, there are two areas of focus to which I will dedicate my attention. First, membership in NASAP has decreased significantly. In working with the COR and fellow board members, I will consider ways in which to increase membership including (a) revisiting the structure of the board; (b) considering how to secure additional membership through active relationships with graduate programs in Counseling and Psychology; and (c) supporting the development of additional local and regional Adlerian groups. Secondly, I am very cognizant of managed care’s impact on clinical

practice. This is a structure that is not going away in the near future. Consequently, I would like to help NASAP engage the mental health system in a way that gets Adlerian practice noticed, acknowledged and competitive among other “evidenced-based practices” currently in use. I would like to support Adlerians skilled in practice-based research, to create an agenda that will help to bring Adlerian practice to the forefront of other evidence-based treatment modalities.

Jill Duba Sauerheber, Ph.D., LPCC, NCC, RTC, EMDR Certified

Associate Professor, Department of Counseling and Student Affairs
Western Kentucky University

PRESIDENTIAL CANDIDATE STATEMENT: STEVE SAIZ



I would like to thank the Nominating Committee for thinking of me as a viable candidate for the NASAP Presidency and the Council of Representatives for putting my name forward to the voting NASAP members. It is not a cliché or inauthentic to say (similar to actors nominated for an Academy Award) that it is an honor just to be nominated.

In 1993, while a school counselor in Fairbanks, Alaska, I made a call to the NASAP office late on a Friday afternoon (it was much earlier in Alaska) and asked what doctoral program I might attend to learn more about Adlerian ideas. The previous week I had been introduced to a few Adlerian ideas by the charismatic trainer, H. Stephen Glenn. Those ideas rejuvenated my counseling career and forever changed my understanding of the students I served. Dr. Glenn encouraged me to contact NASAP. The person who took my call was probably on her way out the door, but you would not have known it by the care and attention she gave to my request. I have that NASAP worker to thank for her help in putting my career and my life on a trajectory that lead to this day, where I am crafting a statement to perhaps serve as NASAP's president. She recommended that I contact Dr. Frank Main at the University of South Dakota. I did, and after three years of saving money, I entered the doctoral program at USD. It was there that I learned both the breadth and depth of Adler's teachings.

To many the NASAP Conference is the point of entry for Adlerian ideas. It is within this organization and within its members that these ideas are housed and nurtured. Many NASAP members have a story similar to mine where in some context whether it was a classroom, a workshop, a parent training, or a conversation these ideas liberated them from a sullen, pessimistic view of humankind. The ideas gave me hope. The ideas encouraged me.

The President of NASAP is, for a period of time, entrusted to work collaboratively with the Board of Directors to determine how these wonderful, radical, common sense ideas of Adler will be presented to the world outside of NASAP. It is here that I believe I am able to make a useful contribution. My past 14 years as a counselor educator have taught me about the changing student and the changing therapeutic climate. Unlike myself, who found comfort, coherence and purpose within Adler's theory, today's students often see theoretical orthodoxy as an encumbrance.

Today students want to know what works. They want a thoughtful way in which to better understand their clients. They want to practice within a framework of understanding that allows them to access a variety of useful clinical responses. When I look at the offerings of our conference I believe we are doing this. The variety of areas we contribute to is extensive. Our challenge is to let the world outside of NASAP know what we are doing. To me that means inviting more students to our conference, offering more scholarships, hosting seminars for student attendees and introducing them to a variety of expert practitioners. NASAP's future lies in broadening our audience and promoting the benefit of these wonderful ideas.

My qualifications for this position are 19 years of living and practicing these ideas. I have done research in the area of using early recollections as both a clinical and research tool. Plus, I have worked for years as a parent educator. I was the recipient of two State University of New York teaching awards, the Dean's Award for Outstanding Teaching in 2004 and the Chancellor's Award for Excellence in Teaching in 2009. I have been a frequent NASAP presenter and originator of the Professor's Forum, a yearly sharing at the conference of how to effectively present Adlerian ideas to future practitioners. It would be an honor to serve as President of this organization that I care so deeply about. Thank you.

Steve Saiz, Ed.D

Associate Professor, Plattsburgh University of New York
Director, Counseling Services Clinic

CONFERENCE CORNER

As each article deadline approaches, it reminds me that the 61st annual NASAP conference is drawing closer and closer at an exhilarating rate. You won't want to let the time get away from you...NOW is a great time to grab the colorful four page brochure that you should have received and fill out and submit the enclosed registration form (or go to www.alfredadler.org and do it at an even faster pace). Another timely idea, given that it is tax season, consider using your conference-related expenses as a deduction (but be sure to check with your tax consultant). I can't think of a sweeter way of

gaining a tax write-off. Another great idea for making some money to apply to your conference expenses is to sell your Adlerian publications in the NASAP bookstore. Please see the invitation below:

Invitation to Authors to Sell Books at NASAP's 2013 Conference

You are invited to sell your Adlerian books and materials at the NASAP table in the conference bookstore. This is a great opportunity for you to make your Adlerian publications available to others and, in turn, for conference participants to have many resources at their fingertips. No merchandise may be sold in the presentation rooms. To take advantage of this opportunity, you must adhere to the following procedures:

1. Either hand-carry or send your merchandise (addressed to yourself) to the conference site. (See sending instructions below.)
2. If you hand-carry your merchandise, take it to the bookstore location and check in your materials.
3. If you send your materials in advance, collect them from the hotel storage and take them to the bookstore upon your arrival (in conjunction with the bookstore hours).
4. When you initially take your materials to the bookstore, make arrangements to pick up remaining materials at the close of the book sales (making sure to find out the closing time) since all unclaimed materials will be donated to the local group. If you are not attending the conference, you will need to make arrangements for a friend to be responsible for your materials since the local group will not be sending back any materials.
5. Please note that 20% of the proceeds will be donated to NASAP for providing this service.
6. Also note that that if you coming from outside of the United States that you may be asked to claim merchandise for sale on your customs forms when crossing borders and when sending merchandise.
7. Mark each individual book, tape, etc. with the selling price.
8. Enclose a packing list enumerating each title, number of each and price.
9. Because storage at the conference site is very limited, make arrangements with a shipper to have your materials arrive no sooner than 5 days prior to the conference. Also be aware that many hotels are now charging fees for handling and storage your packages so you may want to check on these prior to sending them. The hotel phone number is (619) 291-7131.
10. Address packages as follow:
Town and Country Resort
500 Hotel Circle North
San Diego, CA 92108
Attention: Guest for the NASAP May June 20-23 Conference,
(and then include your name).

By Becky LaFountain, Conference Coordinator

NASAP CONFERENCE 2013 WELCOME MESSAGE

From Host: The San Diego Positive Discipline Group
(Sung to the tune of "Home on the Range")

Oh, give me a home, where Adlerians roam,
Where we help one another along,
On a path of respect, there we all can expect
A place where we all can belong.

Refrain: Gemein-Gemeinschaftsgefuehl!
The strength of connection is real!
As humans we're meant, to live with Encouragement,
It's how we can help the world Heal.

Come join us in June, when Adlerians commune
To share, to confer, and to grow.
San Diego is home, to attractions well known,
You'll have fun, and you'll learn, this we know!

Refrain: Gemein-gemeinschaftsgefuehl!
Connection is a strong pull!
Come find out your role, to help make the world whole,
And you'll leave with your heart feeling full!

61st NASAP Conference: "ENCOURAGING EACH OTHER, HEALING
OUR WORLD"

June 20-23, 2013 at the Town and Country Resort, San Diego

Submitted by Lois Ingber, LCSW, CPDLT
Local Co-Chair

ANNOUNCEMENT: NEW MEMBERSHIP CATEGORIES

At the October Council of Representatives meeting in Hershey, PA, the NASAP membership categories were discussed, revised, and approved by unanimous vote of the COR members present. The new categories are as follows:

Professional Member \$135.00
(add a family member for \$25.00)

Professional Member Introductory Rate \$75.00
(good only for 1st year of membership)

(add a family member for \$25.00)

Student/Retired \$55.00

(add a family member for \$25.00)

Associate Members \$25.00

Affiliate Organizations \$150.00

Professional, student, retired, and family members are still considered General Members of NASAP and are, thus, entitled to the same benefits as before the change (i.e., print journal, voting in elections, access to members' area of website, ability to serve in leadership roles for NASAP, conference discounts, etc.). Associate members receive conference discounts only.

These new membership categories will go into effect as of March 1, 2013. Stay tuned for further updates in a future issue of The NASAP Newsletter.

CALLING ALL MENTORS!

For those members of NASAP who are planning on attending the Annual Conference in San Diego, I need your help. The Council of Representatives decided in October to resurrect the conference Mentoring Program. This means that I will be matching first-time conference attendees and students with a NASAP member willing to serve as a point of contact prior to the conference and during our time in San Diego.

Being a mentor is easy! Here's what you do:

1. Send me an email (susanbelangee@aol.com) and let me know you want to help out.
2. In the next month or so, I will send you a list of first-timers and/or students (the more mentors we have the lower the number of "mentees" each one will have). In addition, I will provide you a template for a letter/email you can send to your mentees about the program and the conference.
3. At the beginning of May (if not sooner), send a letter/email to each mentee and introduce yourself. Share with them what NASAP means to you and what you love most about the conference. Offer to answer any questions they might have about the conference. If you want to, send them your cell phone number so you can chat with them via phone.
4. At the beginning of June, send a follow-up email/letter and remind them about the Vice President's reception Thursday where you can meet them face-to-face and visit before the Ansbacher Lecture. Yes

there will be food at this reception and each first-timer will be receiving a special invitation. As a mentor, you can accompany your group of first-timers to this lovely reception.

5. During the conference, check in with your mentees as you see them around the venue. Or better yet, plan to meet up for one of the lunches or invite them to join you at the banquet.

6. After the conference, send a follow-up email and see what they thought of the conference and ask whether they plan on going to Chicago in 2014. Encourage them to join NASAP if they haven't already.

That's all there is to it, and I will be available to help you in any way I can. I served as a mentor in previous years and I am still in touch with some of my mentees. If the heart of Adler's theory is belonging and social interest, this is a great way to foster belonging in someone brand new to the NASAP family and for you to exercise your social interest! I look forward to hearing from you soon!

Thanks, Susan Belangee

SECTION NEWS: ADLERIAN COUNSELING AND THERAPY (ACT)

Using Adlerian Psychology to Empower People with Chronic Illness and Physical Disability

In addition to serving as co-representative for the Adlerian Counseling and Therapy (ACT) section of NASAP, I also recently completed my Master's degree in Adlerian Counseling and Psychotherapy at the Adler Graduate School (AGS) in Minnesota. Fulfilling the roles of graduate student and NASAP leader simultaneously was an interesting challenge, exacerbated by my chronic illnesses. I also am a caregiver for my husband, who is disabled. Because of these experiences, I chose to focus My Master's Project – which is the final capstone experience of graduate training at AGS – on developing and sharing the tools that I learned to cope with illness and disability (Merriam, 2012).

People with chronic illness and their care providers frequently feel disempowered – even helpless – when facing an ongoing medical condition or pain. Chronic illness deprives individuals of their independence, confidence, quality of life, and often their primary support groups while leaving them with depression, anxiety, and uncertainty regarding a cure or a treatment for their pain.

Counselors and therapists can assist people with chronic illness or physical disability, their caregivers, and healthcare providers in gaining empowerment and practical tools to manage any health condition. A

biopsychosocial approach, addressing a variety of interconnected factors including biomedical, cultural, and personality, helps us understand their influence on the subjective experience of chronic illness (Sperry, 2006). Counselors can utilize several Adlerian concepts, including holism, social interest, and encouragement.

Sperry (2011) found "that Adler is recognized as the founder of modern psychosomatic medicine and that his view of mind-body interaction has been empirically validated (p. 1)." Noncompliance with treatment is a major obstacle to positive outcomes for people with chronic illness. Sperry (2009) describes a link between situational beliefs of illness and Adlerian lifestyle convictions, and he felt that psychotherapy could address treatment noncompliance by working with the lifestyle.

Social interest, or social feeling, or community feeling, is about one's sense of belonging in the community. People who do not feel this community feeling are usually discouraged and dealing with feelings of inferiority. Feelings of discouragement and inferiority could also describe the experience of coping with chronic illness or disability, as it is easy to get depressed or feel disempowered when doing anything hurts or is difficult.

Social interest can contribute to feelings of empowerment. However, there are special challenges to social interest faced by people with chronic illness. Managing social relationships can be made more difficult by illness-related behavioral limitations, such as an inability to go for a day of shopping with friends.

To overcome these special challenges to social interest and to take advantage of the empowering effects of community feeling, it is valuable to identify and engage with one's team. The team is defined as caregivers, including partners, family, friends, etc.; healthcare providers; patients; and social support, including partner or spouse, family, friends, and society/community/culture.

We can encourage people with chronic illness and their caregivers to communicate effectively with their healthcare providers, express their needs directly, ask questions, repeat instructions received, and communicate candidly. We can also encourage them to get social support for their goals and changes, taking advantage of the impact of social influence, increasing the likelihood of success of change.

We can discuss with our clients various techniques of working with social relationships. Applying the Adlerian concept of feeling with the heart of another, etc., is useful through imagining what it is like to be in the role of others in one's life, such as one's caregiver, or patient, or loved one with an illness.

Another significant element to working with one's team is getting appropriate help for one's needs. It is most effective to let others know, directly, what kind of help one needs, and to avoid the

temptation to be passive or manipulative in communicating needs. Patients also must work together with their spouses or partners as a team. It is important to see the illness is a mutual challenge, and to nurture the relationship and keep it solid. To be most successful, it is helpful for partners to consider treatment a joint effort. Family support is an important component in recovery, and the family's success in adapting to the challenges of the disease may have a major effect on the individual's success with self-treatment.

The patient's partner should come with the patient to healthcare appointments as much as possible. This allows the partner to hear for him or herself from the professional what the patient's limitations are with things such as housework, exercise, and the challenges of self-care. The loved one can help the patient remember which questions to ask and what the doctor said. The patient's partner can ask his or her questions and participate as both consider options for treatment and make decisions, giving him or her more ownership in the process. Also, the partner can provide encouragement and support. If one does not have a partner, one can ask a close friend or family member to be a teammate at appointments.

For further application of these and other Adlerian concepts, including encouragement, see <http://www.sherrymeriamcounseling.com/wp-content/uploads/2013/02/final-paper-11132012.pdf> for my full Master's project paper at the Adler Graduate School (Merriam, 2012). A video of my community presentation on this topic will be available soon at www.sherrymeriamcounseling.com and <http://www.alfredadler.edu/library/masters-projects>. If you are a member of the ACT section, please also join my ACT co-representative Kathy Cluff and me on the ACT email listserv for further discussion. We look forward to continuing the conversation with you.

Sherry L.M. Merriam, MA

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AFFILIATE NEWS: THE CREATION OF AN AFFILIATE

How Does an Affiliate Come About?

I got my M Ed in Guidance and Counseling from Bowie State University in 1979. Naturally I become involved with MAPS, the affiliate that, at least back then, was centered by the Adlerian Graduate program at Bowie. MAPS helped me stay anchored in my Adlerian beliefs and kept me connected to a lot of good people. When I moved to South Carolina about 12 years later I was able to be involved in an affiliate thru SCSAP. Again, that anchor that keeps an Adlerian fortified and up to date was alive and viable in Columbia. So when I moved back "home" to Pittsburgh in 1993 I had no Adlerian base. My brother, Dr. Frank Walton, always the encourager and supporter, said "Pat, start a society". Well, it took almost 10 years but I finally got the courage to talk some folks into starting one.

We had our first meeting in January 2001 and, according to our November 2001 newsletter, we elected our first officers in September 2001. Back then we had our meetings bimonthly on a week night in space wherever one of us was working. The first few years we had a member bring an article that we would distribute and discuss. We had, and continue to have, a core group that is very dedicated. Dues were \$15.00 and we had a lending library! Then we got the courage to have an all day workshop! We sought reputable agencies to co-sponsor and help us with upfront funding and in November 2003 we did it! To adhere to our Adlerian ideals we had a free seminar for parents the night before the workshop in a local library and the place was packed!

In September 2004 we applied for affiliation with NASAP and we were very proud of that accomplishment! For the next 3-4 years we managed to keep the organization going financially through annual workshops and a small membership fee. We were able to widen our Adlerian sphere of influence. Folks came and went as their lives changed and the group admitted to being weary of the work needed for what had become our annual conference and we agreed to give it a break. Officers were elected for a year and we finally realized we needed more stability in our board for planning purposes. We changed the society's bylaws so that the officers stay in office for 2 years and then the Vice President becomes the President.

We realized we were not providing a good venue by having our meetings/programs on a week night so we changed to Saturday mornings every other month at a local library. The library advertises our educational programs for us which we plan a year at a time. Our library support is wonderful and provides us with technical support and copying services when needed. Last January 2012 they even agreed to open up for us when the rest of the library was closed due to the weather! We had about 10 people come out for that one.

This last year we got up the courage to sponsor another conference. We sought financial support through local non-profits and our own

NASAP and got it. Our biggest supporters outside of Pennsylvania, Frank and Kathy Walton, were our presenters. Frank did the all day workshop and Kathy did the parent night we had for free at the local library as our contribution to social interest.

We learned how to partner with the local NASW and NASAP to secure CEs for the professionals who attend our programs. We are very proud that we are our own sponsors for the Pennsylvania ACT 48 credits for educators. Our president, Vicky Rumpf, worked very hard and drove the guy at the State office crazy to get that. Once they agreed to it they even made it retroactive to the beginning of our education programming for 2012-2013! Vicky has also been a representative to the COR meetings for us in the past year. This was a first for WPSAP.

We've been able to bring some fellow Adlerians to town to add some new faces and perspectives to the group. All of us have taken a turn at presenting and I am always amazed at the quality of the programs we are able to offer to professionals and the community at large. We have a core group that attends regularly but we are always pleased when newcomers arrive and are so open and responsive to Alfred Adler's message.

We are a small but active and dedicated group and would encourage anyone who needs the Adlerian "anchor" to consider starting their own affiliate. Have the courage to be imperfect! NASAP can help!!

Check us out at our website www.wpsap.org

Pat Walton – Donalies
WPSAP Charter Member

ACCOUNT FROM ICASSI 2012

As the two of us set out from Toronto on what would be a nearly twenty-four-hour journey to Druskininkai, Lithuania for the ICASSI conference, we were faced with feelings of apprehension. We wondered whether two weeks would be too long to spend in a foreign land and at a conference we had only recently learned about. We worried that we had made a mistake. These fears were immediately put to rest from the moment we set foot in the airport in Vilnius. We were greeted by Karen John, a British member of ICASSI faculty whose warm welcome was a precursor to the immense warmth and hospitality that we experienced throughout our participation at ICASSI. Soon, we were surrounded by other faculty members and returning participants who all enthusiastically relayed their previous experiences and assured us that this trip would change our lives.

ICASSI is an annual international Adlerian conference that is hosted by a different country each year. This year's conference was held in Druskininkai, Lithuania: a little resort town in the south of the country.

Along with an extensive selection of workshops, ICASSI boasts a variety of additional colloquiums and social events/activities. There was a different social event each evening, each of which was based on Adlerian concepts of collaboration, social interest, lifestyle, and creativity. The overall feel of this conference was very collegial. Faculty and students conversed and socialized with no formalities or presumptions of hierarchy. This relational environment enabled participants to forge strong connections with each other, and promoted the type of positive atmosphere that Adler himself would have been happy to see.

The workshops were enriching, challenging, and engaging. The small group sizes enabled deep discussion that allowed participants to both explore their own personal experiences and to integrate the learning into their own professional experiences. ICASSI draws a diverse crowd each year, and this year's conference featured over two hundred participants from twenty-three different countries. This classroom diversity enabled participants to gain a holistic view of treatment approaches and course concepts. This was a rare opportunity to gain insight about how Adlerian psychology – and other approaches – differ from country to country. Faculty worked hard to integrate this learning into course learning in meaningful ways. The learning that we both experienced at ICASSI was practical, clear, and extremely useful to our personal and professional growth. In addition, the morning colloquium series were delivered by a different faculty member each day and gave participants snippets of what could be expected from the workshop course delivered by that person. It was a great way of diversifying learning and exploring new areas of interest.

This was our first experience of a conference of this magnitude, and we are so pleased to have been a part of it. The ICASSI staff and organizers did an excellent job of creating an experience that people from so many different backgrounds and orientations could all enjoy equally. The environment created was warm and encouraging, and allowed participants the opportunity to open up and explore old and new ideas. We at no point expected to attend a conference at which the majority of participants grieved its end because they had enjoyed the experience so tremendously. Such is the ICASSI experience, and it is now so easy to understand why so many participants become lifelong attendees. We will never forget our ICASSI experience, and both of us hope to continue attending in the years to come.

*This article first appeared in the ONSAP Newsletter – ONSAP is the relatively newly formed Ontario Society of Adlerian Psychology. The Ontario Society of Adlerian Psychology (ONSAP) is an organization made up of educators, counselors, social workers, professionals, psychologists, parents and individuals seeking to enrich their understanding of Adlerian principals as it applies to the individual as well as Adlerian concepts such as lifestyle and social interests. This organization is also dedicated to encouraging participants to promote Adlerian psychology through relationships, publications, presentations

and workshops. Rebecca reports: From attending my first ONSAP conference, I had the opportunity to witness these concepts being utilized as well as participate in professional and personal development; this experience reminded me deeply of ICASSI.

By Rebecca Walker and Zuwaina Murad

WELLNESS FOR LIFE: A NEW YEAR DIRECTION



We are embarking on a new year, yet I find myself a bit “betwixt” as to the direction of this column. A situation like this can sometimes be attributed to what I call, “guacamole brain”(being of the Southwest). You may refer to it as “writer’s block or brain freeze”.

However, that’s not the case. This is one of those times that my neurons seem to be firing in several directions at the same time, as they are picked up and relayed by the connecting synapses, thusly producing several thoughts, bombarding like a meteor shower. And as for those of you who would better relate as car enthusiasts, it’s like a car’s spark plugs firing simultaneously on all cylinders. What are spark plugs?

My last writing focussed on “Counting Our Blessings”. This led me to what may be perceived as a “natural” outgrowth of Positive 4 Letter Words. I found myself recording words as they came to mind - on the pad located by the phone on the night table, in the family room and even while taking a bath. Utilizing these words sets the foundation of positive and inspiring thoughts.

Here are some of the words which came to mind: able, best, bless, bond, calm, care, cool, free, glad, good, grow, heal, help, home, hope, jobs, kind, kiss, life, love, nice, play, pray, rain, team, wise ...

As I delved into this, I discovered some Adlerian connections like, “The 5 C’s” (Marecek, 2012 based on “4 Crucial C’s, Bettner & Lew, 1996) utilizing word association. Who would of “thunk”! Let’s first take a moment to refresh the “C’s”: CONNECT – having the belief that I belong and have a place; CAPABLE –having the belief that I am competent & can do it by taking responsibility; COUNT – having the belief I can make a difference; COURAGE – having the belief that I can handle whatever the situation with resilience, overcoming fear; and CONTENTMENT – having the belief of feeling good about who I am & my contribution, peace of mind & harmony. For example: bond - CONNECT, able CAPABLE, help COUNT, hope COURAGE, and glad CONTENTMENT.

Taking it a step further within the Adlerian realm: jobs - a way of contributing to the family, love - of others & self: becoming the love you see in others and most importantly, include the love of self, and free - striving toward and becoming independent, your own person. One added footnote: help can also be viewed as assisting from time to time and having the opportunity to demonstrate and learn from, "Having the Courage to Be Imperfect".

There is also a "power" attributed to some of these 4 Letter Words as noted in scripture, Luke 6:27-28 where Jesus said, "But I tell you who hear me: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you". Love wields a strength capable of conducting multi change - in everyone including ourselves and all things around us.

And then there is Proverb 16:24 "Gracious words are like a honeycomb, sweetness to the soul and health to the body". Here, kind words, sugary in nature, have the tendency to cheer up one's spirits and at the same time provide a feeling of strength.

And last, what might be considered the "true essence of Faith", Hebrew 11:1 "Now Faith is the assurance of things hoped for, the conviction of things not seen". We are steadfast - not giving up or losing hope.

The time in between columns reflected some incidents in the United States, of Mother Nature and an event that alludes words based on its horrific nature other than tragedy.

I mention this because of the enlightenment that was bestowed in assisting with those affected by Super Storm Sandy. For those of you who are not aware, I am part of our state's DMAT: Disaster Medical Assistance Team which deploys to catastrophic events. Our team was given the task of initially working with the Special Needs Population based at one of the shelters on Long Island, NY. This particular population was comprised of the "seasoned" generation from ages 60 to 86, mostly single with a few married couples, sprinkled with a variety of personalities ranging from happy-go-lucky, reserved to highly dependent and dotted here and there with manic depressant to bipolar. This created quite a unique family to say the least.

When you enter the room, you're drawn to one of the couples, married 60 years, beds side by side in the first row. Sandy had taken their home with all of its contents. Some people may feel they lost everything. Oh contraire! Remember, I mentioned that you find yourself looking at them when you arrive? You also find yourself glimpsing at them during the day and that you must have a glance at the end of your shift as you leave. You see, they were constantly holding hands: upon waking up to greet the other, before taking a nap and after their prayers before bed. They felt they have the most valuable thing in their life - each other!

I would be remiss, if I didn't mention, "Stan the Man". This gentleman of 86 years young, independent, drives himself and very much in control of his mental faculties. He was "the ray of sunshine" for both storm residents and staff alike. He did everything except soft shoe dancing, only because he said that he never learned how to dance, to put and keep a smile on your face. He was quite the trip! For example, he developed pneumonia and was sent to the hospital. About 6 days later, he comes walking through our doors much to our surprise. When asked as to why he is here, he replied, "I had to come home to get a good night's sleep!" FYI - he drives himself and has terminal cancer. As I mentioned, he was quite the character. I only wish that I have at least half my faculties at his age.

Sometimes an opportunity presents itself from an encounter with a person or animal that is so rare and unique in nature that its touch has changed your life forever. This was one of those times. From all what they have endured and will, they have given us a peek into the window of hope.

Hope is something available to both young and seasoned alike. It can provide many benefits including having a positive impact on one's health.

As we look at putting into practice Positive 4 Letter Words, how about starting the year with hope? My next column will focus on hope's characteristics, development and benefits.

So before before I close, I'd like to leave you with this thought, "Where there is hope,
there is life.
And where there is life,
there is hope."
Stay well and hydrated.

Catch you on the flip side. (If you are interested in my deployment adventure, let me know.)

Warm Fuzzies

ANNOUNCEMENT: POWERS AND GRIFFITH WEBINARS

Because of Bob Powers's continuing illness, he and Jane Griffith have cancelled future ADLERWORKS WEBINARS. They extend their thanks to those who participated in the webinars in September and October, 2012.

ANNOUNCEMENT: POWERS AND GRIFFITH TEXTS AVAILABLE

Powers's and Griffith's three texts are now available through LULU, the print-on-demand company. To order, go to www.Lulu.com.

Books include their lifestyle text, formerly titled Understanding Lifestyle, in hardcover, paperback and e-book versions under the new title *The Key to Psychotherapy: Understanding the Self-Created Individual* (2nd edition, revised and expanded, 2012) with a Foreword by Robert Armstrong, Ph.D.; *The Individual Psychology Client Workbook with Supplements* (3rd revised edition, 2012) in e-book and paperback formats; and *The Lexicon of Adlerian Psychology: 106 Terms Associated with the Individual Psychology of Alfred Adler* (2nd revised edition, 2007), available in e-book and paperback versions, with a Foreword by Guy J. Manaster, Ph.D.

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