



TABLE OF CONTENTS

- **PRESIDENT'S MESSAGE**
- **EXECUTIVE DIRECTOR'S REPORT**
- **CONFERENCE CORNER**
- **CALLING ALL MENTORS**
- **AFFILIATE: POSITIVE DISCIPLINE ASSOCIATION**
- **AFFILIATE: IDAHO SOCIETY OF INDIVIDUAL PSYCHOLOGY**
- **AFFILIATE: MILWAUKEE AFFILIATE FOR SOCIAL LIVING**
- **ALBERT ELLIS REMEMBERED**
- **IN MEMORIAM: MOYA JACK**
- **IN MEMORIAM: CAMERON W. MEREDITH**
- **ANNOUNCEMENT: EDNA NASH SCHOLARSHIP**
- **MARK YOUR CALENDARS**
- **WELLNESS FOR LIFE: HOPE - AN ARRAY OF POSSIBILITIES**

PRESIDENT'S MESSAGE



To the NASAP Community,

Recently, I was perusing the list of presentations for 2013 NASAP Conference and was impressed by the number of outstanding presenters and presentations for this year's conference. It will be difficult to choose which sessions to attend because of the quantity and quality of the presentations available. What a nice problem to have. If you have not looked at the list of presentations and presenters, you can find them by clicking on the following link:

<http://www.alfredadler.org/presentations-at-nasap-2013>

Congratulations to Dr. Jill Duba Sauerheber, the new elected President-elect for NASAP. I've known Jill for a long time and am confident she will do an excellent job. Thank you, Jill, for your commitment to NASAP as evidenced by your willingness to serve. I also offer a hearty "thank you" to Dr. Stephen Saiz for his willingness to run for the office of President. I have also known Steven for a long time and am grateful for his commitment and service to NASAP. Jill and Stephen, I appreciate both of you.

I hope you all have a wonderful Spring and I look forward to seeing you at the 2013 NASAP Conference in San Diego.

Warm regards,

Richard E. Watts, Ph.D., NASAP President

- **STUDENT SUBMISSION: PLAYING FOR KEEPS**
- **CONFERENCE ANNOUNCEMENT**

Phone: 936/294-4658 Email: watts@shsu.edu

EXECUTIVE DIRECTOR'S REPORT

NASAP Newsletter

March/April, 2013

Jamie Stone O'Brien,
Editor

Next submission due date is June 1st, 2013.

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



Well, we completed the election of our new President-Elect and my personal congratulations go to Jill Duba Sauerheber on her election. As many of you know, the President-Elect serves on the board for a year before assuming the presidency and then has another two years after her presidency to serve as Past-President. This has offered a great deal of continuity for our governing body in the past and gives the new President-Elect a year to learn more about the overall

operations of NASAP before assuming the presidency. We had two very good candidates for office this year and the willingness of Jill and Steve Saiz to run for office is to be commended.

You may want to spruce up your profile on our Online Directory by adding your picture or favorite Avatar or perhaps a business logo to appear on your profile when people look for you. Once you log in to the website, you'll see an "Edit My Profile" tab. If you click on it, you will find your profile. You won't have a picture there unless you put it there. If you move your cursor over the "My Profile" a drop down menu will appear and one of the item is "Change Profile Picture" – you can put whatever mug shot you like in there for other members to see when they search for you. While you are there you can also "Edit Profile" and update your address, your new email or any other item that appears under your profile. This is where you can make your password into something you can remember.

If you continue under "My Profile" you'll see Contact Preferences and there you can control the email address to which your emails are sent. If you look under "Email History" you will find all the emails that were sent to you by myself or anyone using the Memberclicks System. This is a good way to find old emails that you know you received but can't find. The system makes a copy of all E-list emails and all administrative emails that I sent to you.

While on this subject, look at "My Features" and you'll find the E-lists that you belong to as well as any committees that you belong to. The "Continuing Education" feature is not yet fully developed so you won't find anything useful there at this point. They are working on developing that module for the future.

Some news for those of you who have been using AchieveLinks. You

can now cash in your links for a \$55.00 voucher to pay toward your dues or toward registration at the Annual Conference. I know that “earning Links” is not high on most people’s agenda because only 31 of you have signed up for this so far. However, it’s something worth considering if you purchase things online, if you book your own flights and hotels, etc. because you’ll be earning points that you can spend on over 1000 different vendors or redeem to pay your dues or conference fees. If you use Chrome or Internet Explorer there is a plug-in that goes on your browser and reminds you that you are now shopping at a site that will give you Links if you spend any money. I don’t pay close attention to this and do not consider myself an internet shopper but I’ve got a couple thousand points already without even trying. Plus, if we get enough people using this, they will give us (NASAP) a bit of a return on money spent. So, to get activated all you have to do is click on the link at the bottom of the Event Calendar section on our home webpage.

Don’t forget to register for the conference. See you in San Diego in June!

John F. Newbauer

CONFERENCE CORNER

I always knew that the quality of the NASAP presentations was over the top, and my assessment was confirmed recently when John Newbauer reported that the average rating for all presentations at NASAP 2012 in Atlanta was 3.8 on a 4 point scale! If you have registered for the 2013 conference in San Diego, or if you are still contemplating it, please be assured that this year’s line up of presentations appears to be of the same caliber! You can read the presentation descriptions in their entirety by going to www.alfredadler.org. Even if you miss the April 15th (earlybird) deadline, registration will be open and available to you through the conference dates.

Additionally, remember that you will need to contact the hotel, Town and Country Resort, for room reservations. To be guaranteed our special conference rate you will need to register before May 26. For reservations, call (619) 291-7131 ext. 3810 or (800) 772-8525 and specify you are with NASAP. Again, you can find more info at www.alfredadler.org. We count on you to stay with us at the host hotel and to register under the NASAP contract (rather than booking through other plans such as your auto club, etc.). We hope you will do this since our contract stipulates that we will book a minimum number of rooms, as well as purchase a set number of meals, and if we do not meet our room or food goals we will be assessed a significant fee. If you are looking for a roommate to perhaps help with expenses and/or for companionship, please contact the NASAP office at info@alfredadler.org and inquire about the roommate list. See you

soon in San Diego!

by Becky LaFountain

CALLING ALL MENTORS

URGENT HELP NEEDED!!!!

Mentoring is an easy way to give back to those who are new to NASAP and our annual conference. Membership is a huge portion of NASAP's budget, and we need your help in showing first-time conference attendees and students what our NASAP community is like.

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. By the beginning of May, 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. By May 15th (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

AFFILIATE: POSITIVE DISCIPLINE ASSOCIATION

Developing respectful relationships in families, schools and communities . . . This is the central mission of the Positive Discipline Association (PDA), a non-profit organization committed to teach, develop and promote the Adlerian-based Positive Discipline model. Comprised of over 240 members from 16 countries, the PDA provides a forum for the certification and professional development of Positive Discipline Trainers and Trainer Candidates. The organization also coordinates and promotes a variety of educational workshops and classes designed to teach Positive Discipline with families, schools, communities and organizations.

Positive Discipline (PD) is a program based on the books and training materials developed by Dr. Jane Nelsen, Lynn Lott and others. Based on the work of Alfred Adler and Rudolph Dreikurs, it was designed to teach young people to become responsible, respectful and resourceful members of their communities. Congruent with this, PD teaches important social and life skills in a manner that is deeply respectful and encouraging for both children and adults. The model focuses on children at all ages – from infancy to teens. It can be used in a variety of settings – in homes, classrooms and therapeutic relationships, as well as in residential or juvenile justice programs. It can be applied to enhance leadership capacity, and to promote staff development and team building.

To provide some specifics, Positive Discipline:

- Emphasizes respect, connection and encouragement, and teaches how to be both kind AND firm.
- Helps develop an understanding of the key role of belonging and significance.
- Provides tools for understanding the belief behind the behavior, the significance of early experiences and the concept of private logic.
- Helps clarify their long-term goals for the children they work with – plus learn the means to foster these through day by day life situations.
- Teaches valuable communication skills; fosters empathy, cooperation and self-regulation; emphasizes solution-focused problem solving; and encourages resiliency, self-reliance, character development, and authenticity.

Significantly, Positive Discipline does this through a very encouraging and respectful experiential approach. Workshops include a host of very real, fun and pragmatic activities – activities that speak to people’s heart and transform “from the inside out.” They provide those personal “ahas” that motivate change – and give parents, teachers and organizational leaders the tools to translate values into day by day practice.

The membership of the Positive Discipline Association comprises a dynamic and passionate learning community – and, as an organization, a structure for sustaining and expanding this work. We provide a broad program of professional development, including:

- An annual members’ conference.

- Monthly teleconferences -- in fact two on Adlerian theory coming up soon -- and a large audio-conference library.

- Special training and marketing resource materials.

- A very dynamic, collaborative list serve.

- A self-paced certification program that offers mentoring, nurtures individual growth and culminates in an advanced intensive that emphasizes both knowledge of our Adlerian roots and capacity to facilitate in a way that models and demonstrates it.

- “Back office” and marketing services for Positive Discipline Parenting Educator and Classroom Educator workshops.

- Numerous mentor groups both in the US and internationally, including large groups (and some affiliated non-profits) in San Diego, Santa Cruz, and Seattle, as well as in China, France and Latin America.

Each summer, the PDA hosts an annual conference, open to the public. This year it will be held on July 12 at the Town and Country Resort in San Diego -- also the site of NASAP’s 2013 Conference. We’ll have over a dozen workshops on various applications of Positive Discipline, facilitated by PDA Trainers familiar to many NASAP members – Lynn Lott, Dina Emser, Lois Ingber, Jody McVittie, Penny Davis, Deborah Owen-Sohocki, and many others. You’re invited to join us!

The PDA is also involved in a number of research projects – and hoping for more – to validate parents’ increased effectiveness using PD, and movement toward authoritative parenting. Initial impressions of a qualitative study (still in progress) seem to indicate that PD parents are more mindful, thoughtful, less worried and more satisfied with outcomes. For some, it seems to raise awareness and teach basic parenting skills; for others, it seems to be a deeply life transforming experience. We’re looking forward to formal analysis and further follow up!

Below is an excerpt from a personal reflection on Adlerian theory. This was shared by one of our PDA members, Casey O’Roarty, as part of her application to attend our Advanced Certification Training program. This may give you a sense of PD in action:

What would Adler see if he could come and observe our family for a day? I think he would notice that we have created an environment where we are encouraging our children to be socially useful. There is evidence of agreements made on the refrigerator, a cup with family work sticks in it, on the counter, and our family meeting agenda book on the shelf in the kitchen. He would watch my kids making their own school lunches, using a list of acceptable items that they helped to create. He would probably laugh as he saw me try and not be bothered by my children’s messy rooms, because I am working on letting them know what I will do, rather than telling them what they should do. Adler may even notice me suppressing a smile when my 6 year old son came bounding out of his room dressed as a ninja, and asking me to call him “Cobra,” which I kindly and firmly respond to with, “Sure Cobra, and I’ll bet a ninja as fast as you can pick up those Legos in the living room in under 3 minutes.”

I’m sure that Adler and I could have some long discussions about my relationship with my daughter... Adler would probably ... recognize that much of the conflict that occurs between my daughter and myself is rooted in her need to make decisions and feel as though her voice is being heard...I think Adler would see the work that I am doing for myself, as a mom, to better my own understanding of why I do the things I do. ... His kind encouragement would be exactly what I would need to hear to change my own private logic and nurture my own self-worth...

Further information on the Positive Discipline Association, our summer conference, certification programs and training resources can be found on our website, www.positivediscipline.org or by writing information@positivediscipline.org. Many of our members are social workers, counselors and psychologists – and we especially welcome Adlerians as members and contributors to this work.

AFFILIATE: IDAHO SOCIETY OF INDIVIDUAL PSYCHOLOGY

ISIP presents two levels of training in Adlerian Psychology, a Basic and an Advanced Series. ISIP has been in existence since 1977, and was created as a way to get mental health professionals together in order to share information and developments regarding Adlerian Psychology. This training grew out of the ISIP’s annual conference, which is held in Boise, Idaho. The annual conferences in Boise draw between 300 and 450 participants for the two day events. The

organization initiated the training workshops at the request of members who desired further, more in depth information which would support their practices in Psychology, Social Work, and Counseling.

The Basic Series was initiated in 2001. It is the creation of Dr. Steven Maybell, who studied with a variety of Adlerians, most notably Dr. Bob Powers and Dr. Jane Griffith, in the Seattle area. Dr. Maybell utilized many resources to create the Basic Series in three parts. The three parts are:

- Adlerian Theory
- Adlerian Psychotherapy
- Adlerian Family Psychotherapy.

The Basic Series has expanded and now includes additional presenters who have worked with Dr. Maybell to facilitate the series in other communities using his material.

In 2005, ISIP added the Advanced Adlerian Studies segments. The advanced classes are presented by various Adlerians, many of them internationally known. In order to take the advanced classes, one must complete all three basic classes, and attend one annual conference.

Over 2000 professionals in Idaho have attended one or more of the Basic Series. More than 250 of them have completed the Series requirements and attained the Certificate of Professional Studies in Adlerian Psychology. There are more than 50 Basic Series Graduates who are actively involved in the Advanced Program, which also offers a Certificate in Advanced Studies in Adlerian Psychology. This requires attending 5 advanced classes and at least one more annual conference. Professionals from Oregon and Utah who have attended one or more Idaho presentations requested that the ISIP extend its offerings to their states. The ISIP has achieved the necessary certifications from state organizations approving CEU credits for Social Workers and Counselors in both states. ISIP first offered the Basic Series in Utah and Oregon during the Fall of 2011. One professional in Utah has already received the Certificate of Professional Studies in Adlerian Psychology, and we look forward to more as we progress into the future.

Basic Series graduates clamor for more as they unlock the secrets to Alfred Adler's Individual Psychology. It is a holistic approach to supporting clients in a positive, encouraging, and empowering manner that is unmatched in other modalities of practice. Many of the creators of other modalities credit Alfred Adler for his practices and insights that they have taken into varied paths and approaches. None, however, offer the rich approach that Adler generated. Graduates report that their new understanding has allowed them to become far more effective practitioners in the art of mental health services. That effectiveness includes better rapport building, shorter

term interactions, and positive outcomes.

Here are our training offerings for this spring:

April 12 and 13; Adlerian Theory of Personality Development, Salt Lake City, Utah

April 19 and 20; Adlerian Theory of Personality Development, Lewiston, Idaho

April 26 and 27; Adlerian Psychotherapy, Pocatello, Idaho

May 3 and 4; Adlerian Family Therapy, Boise, Idaho

May 31 and June 1; Adlerian theory of Personality Development, Portland, OR

Thank you for the opportunity to briefly introduce you to ISIP.

Dale

AFFILIATE: MILWAUKEE AFFILIATE FOR SOCIAL LIVING

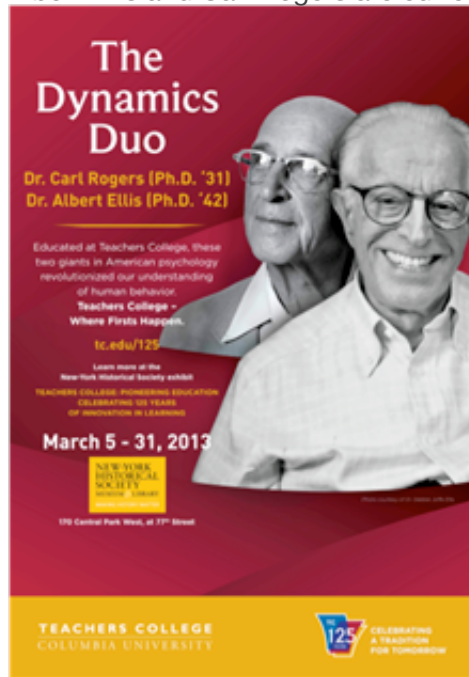
The Milwaukee Affiliate for Social Living (MASL) is a new affiliate of NASAP, having just had our first official meeting in September of 2012. We hold monthly meetings at the Sebastian Family Psychology Practice, a community psychology practice in Glendale, Wisconsin that works largely with the urban poor and refugees. As a NASAP affiliate, MASL remains committed to the promotion of social interest and to disseminating greater understanding of Individual Psychology.

MASL meets monthly, with an interest in developing Adlerian perspectives and with an overarching ambition to promote social wellness across the Milwaukee area. We look forward to providing training in Individual Psychology, healthy social living, and cultural competence. As a coalition of active community members (including mental health professionals, educators, and parent educators), MASL is also interested in facilitating dialogues and social exchanges across the city directed at the promotion of individual wellness and social wellness, through bringing people together and actively addressing the need for healthier community living.

On March 15th, 2012, the MASL hosted its inaugural workshop, Early Recollections of Urban Youth, at Mt. Mary University in Milwaukee. The event was well attended and generated quite a buzz regarding the relevance of Individual Psychology when working with this at risk population. MASL has also remained involved in an ongoing relationship with a local high school, directed at gaining insight and appreciation for resilience as a necessarily pro-social response to adversity, and the impact of community contexts on the development of the self.

ALBERT ELLIS REMEMBERED

Albert Ellis and Carl Rogers are currently on Broadway in New York.



Well, they aren't "playing" on Broadway but their billboard is prominently displayed on the bus shelter on Broadway between 75th and 76th Streets. It is also on exhibit at the New York Historical Museum and Library. The poster was developed by Teachers College of Columbia University as it celebrates its 125th Anniversary. Ellis and Rogers are both graduates of Teachers College. Albert Ellis will also be honored at the APA Annual Convention in August as this year will be his

100th birthday, September 27.

Albert Ellis was one of the current psychotherapists who always honored Alfred Adler as the forerunner of his rational-emotive therapy and of cognitive therapy in general. He was also a long time member of NASAP. Debbie Joffe Ellis will be presenting at NASAP in June on Albert Ellis Centennial Session: The Gift To Us From This Master Healer who Healed Himself. She also has another presentation with Teal Maedel on Dealing with the Loss of a Loved One: Personal and Professional Perspectives. If you haven't signed up for the Conference yet, go to our website and register. We need to have room reservations made before May 26!

IN MEMORIAM: MOYA JACK



Moya lived a long, happy, and very active life for 96 years. She was born in Saint John, New Brunswick and grew up in Halifax, Nova Scotia. During World War II she served as a nursing sister with No. 7 Canadian General Hospital in Camp Debart, Nova Scotia and overseas in England, France, Belgium, Holland and Germany. She worked in Public Health for many years in Winnipeg and then Vancouver, retiring in 1981.

Moya became involved in the Adlerian Psychology Association of

British Columbia (APABC) as one of its founding members. The historical documents reveal that in 1973 at the initial meeting Edna Nash was chairwoman and Moya Jack was Treasurer and the Adlerian Society, the precursor to APABC, started its operations with two hundred and forty dollars and forty-six cents. Moya was immediately involved in teaching parenting courses and served on the APABC Board of Directors for 20 years. During that time, Moya was awarded an honorary Masters Degree in Adlerian Psychology to recognize her commitment and contribution to the society. Whatever needed to be done, Moya rolled up her sleeves and went to work. She organized the entire library of APABC and continued volunteering with the library project for a number of years.

In recognition of her many years of dedication and work as a military nurse, as well as her community contributions and involvement, Moya was awarded the Queen's Jubilee Medal at the same time that Edna Nash was given the same award.

Moya's retirement years were enriched by a busy social life, extensive travel, active participation in her church, the Positive Thinkers Toastmaster Club and the Stanley Park Lawn Bowling club, which she joined at the age of 83. Moya was very much loved by her many friends all over the world, and I know that we will all miss her here in Vancouver. Moya always had a kind encouraging word and her inspiring positive spirit will never leave us.

Sincerely,
Susan Burak

IN MEMORIAM: CAMERON W. MEREDITH

Cameron W. Meredith, Ph.D., Professor Emeritus at Southern Illinois University at Edwardsville, passed away on Friday, March 29, 2013, at his residence. He was 96.

Born in Norfolk County, Ontario, Canada, on Dec. 12, 1916, he was raised in Flint, Mich., and lived in Alton for more than 50 years. He received his bachelor's, master's and doctorate degrees from the University of Michigan. He was the son of the late Lorne and Pansy (Myers) Meredith.

Dr. Meredith joined the faculty of Southern Illinois University Edwardsville in September 1959. He became Dean of Education in 1960, a position he held until he was named Director of State and National Services in 1966. He moved to Assistant to the Vice-President for Area and International Services in 1968. He held the tenured position of Professor of Educational Psychology and taught in the Counselor Education department as well. After his retirement in 1980, he and his wife, Betty Jane, entered private practice in Marriage and Family Therapy. They practiced together for more than 20 years.

Dr. Meredith was a veteran, serving in the U.S. Army during World War II.

Active in his community, he served many years on the Hayner Public Library Board, as well as the Lewis and Clark Library District Board. He was an active member of the Alton/Godfrey Rotary Club. He was a member of the First Presbyterian Church and was a ruling ordained Elder.

He was the author of numerous publications and books. He was a contributing author of the ASCD 1962 Yearbook, *Perceiving, Behaving, Becoming*, which sold more copies than any other in the association's history. He was a column editor for the *Journal of Individual Psychology*. In 1959 he was honored by the American Association of Nurse Anesthetists for his many years of educational consulting to the association. He was made an Honorary Nurse Anesthetist for accrediting more than 100 schools nationwide for that association.

He was also honored and named the outstanding contributor to Adlerian Psychology by the North American Society for Adlerian Psychology. He was well known in St. Louis for his guest shows over many years on "At Your Service" on KMOX radio. He was dubbed their "resident child psychologist." He conducted many parent study groups in the Alton and St. Louis area, as well as nationwide.

He is survived by two daughters, Marcia and spouse, Holger Paetau, of Claremont Calif., and Jane Meredith of Alton, Ill.; four grandchildren, Dana Engelking, Justine Paetau, Cameron Pursley and Michael Pursley; and five great-grandchildren, Matthew and Jace Engelking, and Olivia, Cameron and Seth Pursley.

In addition to his parents and siblings, he was also preceded in death by his wife of 64 years, Betty Jane (Santee) Meredith, in 2004; and son, Cameron Meredith Jr., in 1997.

Visitation will be from 4 to 4:30 p.m. on Friday, April 5, 2013, at the First Presbyterian Church in Alton with a celebration of Dr. Meredith's life at 4:30 with the Rev. David Crowley presiding.

Burial will be private.

Memorials may be directed to the Beverly Farm Foundation in Godfrey or BJC Hospice.

Online condolences and guestbook may be found at www.eliaskallalandschaaf.com.

ANNOUNCEMENT: EDNA NASH SCHOLARSHIP

When Mom passed away last Spring, the family decided to establish a

scholarship in her memory. I am very pleased to advise that a scholarship has been established at UBC and will be called the Edna Nash Graduate Scholarship in Family Education and Family Counselling. The scholarship will be awarded to an outstanding graduate student who is concentrating his or her studies in the area of family education and counselling. The scholarship will provide much needed assistance to students who we hope will carry on with the work Mom was dedicated to for much of her professional life. This will be an endowed scholarship meaning that the capital will be preserved and the interest income will provide the funding for the annual award. UBC has established a web page for the scholarship with the following link:

<http://www.memorial.supporting.ubc.ca/edna-nash/>

Mom believed passionately in the value of a healthy and positive family environment and that healthy families were central to the achievement of healthy societies. It was her dream that one day there would be family education resource centres where every family could go to seek advice and support from skilled professionals. It is our hope that this scholarship will inspire and assist members of the next generation of educators as they work towards making their own contributions to this important field.

We hope you will have a chance to visit the web page and pass the link on to your friends and contacts who may be interested in supporting this scholarship. Any support you can provide will be deeply appreciated by all of us.

Many thanks

Sylvia Martin (Nash)

MARK YOUR CALENDARS

Two exciting Adlerian events will be held back to back in July 2014. The next Congress of the International Association of Individual Psychology will be held July 9-13, 2014 in Paris. This Congress immediately precedes the International Committee on Adlerian Summer Schools and Institutes (ICASSI) which will be held July 20 – August 2 in 2014 at the University of Kent in South East England. These dates and locations will make it suitable for individuals who would like to attend both events since the University of Kent has very convenient access to Paris due to its proximity to the channel tunnel and South London airports. So mark you calendars and look for forthcoming information on both websites. IAIP is in the process of revising their website and a call for programs should be available soon at www.iaipwebsite.org. ICASSI's website is www.icassi.net and it currently has information on the 2013 summer school which will be held in Wageningen, The Netherlands. Individual Psychology is alive

and well in North America and internationally!

Becky LaFountain

WELLNESS FOR LIFE: HOPE - AN ARRAY OF POSSIBILITIES



When we last connected, I touched on the power of Positive 4 Letter Words., one being hope. The word in and of itself may appear as small based on its number of letters and can be easily skipped over. Nevertheless, it may be viewed as one of the most unique powerful words in the English language and, for that matter, also in other languages.

However, it radiates a “multi-facetness”.

(I’m not even sure that is a word!) It may be viewed artistically for example as a color spectrum wheel, spiritually in terms of courage and strength, and theologically based on three virtues - God as its primary focus along with faith and charity as the other two. And what about medically, culturally, and through daily life practices?

There is an inherent weaving, so to speak, in words that naturally go together – sun and moon, horse and carriage or, by today’s experiences, mouse and computer. Hope is synonymous and intertwined with optimism, faith, prayer, courage, and strength.

In reality, it stems from a person’s mindset or goal-setting, frequently referred to as “positive attitude,” possibly mixed at times with hopeful thinking. We have discovered that everything has a purpose or goal, whether we are aware of it at the time or not. It can be positive or negative reflected by the results.

Those of a positive nature have a way of building and validating confidence and self-esteem. There is also a release of body chemicals, such as endorphins, that act as the body’s natural ‘warm and fuzzy’ good feeling of well being that also decrease the hormone cortisol usually connected with stress. As a bonus, these endorphins that have been introduced into the body also promote healing!

Taking this a step further, this link of hope / optimism noted in research studies by Townsend, Kladder, Ayele, Mulligan, and Bussing, et al. discovered anxiety and depression are halted by a positive attitude, especially when combined with peaceful alone time (prayer). Cardiovascular health indicators, such as heart rate and blood pressure, improve and pain associated with cancer and arthritis is decreased, along with other significant findings. Doctors have begun to acknowledge more and more the emphatic contribution

hope has on a patient's healing and recovery. No telling what can be accomplished when you get the mind and body working together – limitless!

Alfred Adler discovered early on that a goal is the true heart of things, for “a person can't think, feel, or act without the perception of a goal.”

Hope might be perceived as a 'vision' at times. In some ways, Navahos have been practicing this for years. People from around the world have appreciated the Navaho rug, which identifies the reservation region in which that distinct pattern was originally woven. They reflect both the essence of the weaver and the love of beauty. How does the pattern emerge or where to start or end a particular color? It comes from within, the belief in self and creative instincts, for there are no pencil and paper drawings.

You may relate to when you first were learning how to ride a bicycle from training wheels to Dad/Mom/person supporting you and, finally, your ability to solo.

So how can one begin the journey of developing a positive/hopeful attitude? Here are a few strategies to guide you along with some words of wisdom:

- Keep in mind that it takes one step at a time, focussing on a single goal.
- Knowing there will be “learning challenges”, formerly known as set backs, along the path. We can't change what happens to us or our loved ones, however, we can change how we react to it.
- Have courage to lift oneself up from the end of a very challenged path and seek a new one - for you have the 'power'. Remind yourself how well you've been coping and how others appreciate you.
- Utilize humor – laugh, even in “the try one's patience” times and at yourself.
- Encircle yourself with people who are positive and supportive. You will find yourself energized and optimistic. (Negative people have a draining effect).
- Exercise routinely at least three days a week. Exercise assists with the release of endorphins in the body – positive disposition and reduction of stress.
- Express gratitude for both the big and little things in your daily life – the kids making you soup when you're not feeling well or a stranger going a little out of the way to hold the door open for you. Remember to include your contributions. (* You might want to make and keep a list of things you are grateful for, especially to look at when you may need a boost and remind you that you are part of life's merit.)

- Replenish your “warm fuzzies” by means of daily affirmations like, “I choose to make positive healthy choices that are good for me.” How about, “When I believe in myself, so do others.” Become uplifted, inspired and positively motivated!

Then you will become more aware, apt to demonstrate and internalize the many benefits of hope/optimism. For this, you may want to keep a list.

“Hope deferred makes the heart sick but when the desire is fulfilled, it is a tree of life”. Proverbs 13:12

Before I close, a particular idiom comes to mind. You may want to keep this in mind as a guide. “Is the glass half full or half empty?”

As always, stay well and hydrated. Catch you on the flip side!

Warm Fuzzies

STUDENT SUBMISSION: PLAYING FOR KEEPS



It was a cold winter day in Chicago. But it was February, so that is to be expected. For the local Adler School of Professional Psychology’s Adlerian Society, which is an affiliate of NASAP, we know that cold

weather also brings the warmth of the Annual Adlerian Networking Event. This event is held each year for the purpose gathering students, faculty, and other local professionals who all share a common bond and interest: Adlerian Psychology.

This year’s networking event will not soon be forgotten. For starters, we gathered over an Italian feast that was enough to make anyone go back for seconds (and even thirds in my case). While the food was certainly not the main focus, Maslow might argue that we had to meet our physiological needs before we could work our way up the hierarchical pyramid and create a sense of belonging. However, I think the twenty-plus people in attendance would agree that we successfully achieved both.

For over an hour, we shared a meal and talked about theory and other related matters. We introduced ourselves, met new colleagues, and perhaps even made a few new friends. We shared our passion and love for a theory that we either hold near and dear to who we are, or for the newcomers, a theory that demonstrates promise and spurs an interest. But, at this point in the evening the night was young and we had yet to move on to the main attraction.

The night's main attraction consisted of a friendly game of Jeopardy. However, leave it to those involved in mental health to create a psychology version of the game. We attempted to use a random system to assign teams, but as we all know, it is hard to depart from our newly formed bonds, and so it was determined that we could remain in the teams that we had formed throughout the evening. The stage was set and we were off and running with a multitude of questions covering the field of psychology. What year was the APA formed? Who was responsible for this study or for the creation of that theory? These basic questions left some of us scratching our heads and laughing as we realized it had been many years since we opened our college textbooks. The second round included questions about Adler's life. What was the name of the group formed by Adler that departed from Freud's circle? In what year was Adler born? In what year did he die? These were just a few of the thought provoking questions that we all scrambled to share quietly amongst our group. The game ended and all of us received a prize.

Those in attendance might be reading this and saying that only the "winning" team received their choice of Adlerian books. However, the real prize was the evening we shared together. We came together as a unified group, we took time out from our busy schedules, we shared a delicious meal, and we enjoyed ourselves. I can't think of a better prize than that. I'd like to thank everyone who helped put the event together and continue this much appreciated tradition. For those who couldn't make it, there is always next year. Hopefully I'll see you there!

By Korey Watkins, Psy.D. Student

CONFERENCE ANNOUNCEMENT

Positive Discipline Conference



Annual Conference & Benefit
Friday, July 12, 2013 – San Diego, CA
Town and Country Resort and Conference Center
9:00am – 3:30pm
CEUs Available For MFTs and LCSWs

MORNING SESSION, 9:00am - 12:15pm, CHOOSE ONE AT EACH TIME SLOT

9:00am - 10:15am

- **Strategies For Working with Students Exposed to Trauma - Part 1 of 2**
Jody McVitie, M.D., CPDLT, co-author of *Positive Discipline in the School & Classroom Teachers Guide*
- **Lead the One You're With**
Dina Emser, M.A., CPDLT, co-author of *Roadmap To Success*
- **Born for Love**
Penny Davis, CPDLT
- **Disciplina con firmeza y habilidad y obtendras responsabilidad**
Tony and Liseth Orozco, CPDTs

10:45am - 12:15pm

- **Strategies For Working with Students Exposed to Trauma - Part 2 of 2**
Jody McVitie, M.D., CPDLT, co-author of *Positive Discipline in the School & Classroom Teachers Guide*
- **Leveraging Your Signature Strengths To Manage Top Card Mischief**
Dodie Blomberg, CPDLT
- **Tantrums, Meltdowns, and the Truth About Time Out**
Tracy McConaghie, LCSW, CPDT
- **"Doing With" Children: Empowerment and Encouragement Through Connection**
Lois Ingber, LSCW, CPDLT, co-author of *Bridges*
- **Disciplina Positiva: Liderando con amor y respeto**
Gigliola Nunez, CPDT

AFTERNOON SESSION, 1:30pm - 3:30 pm, CHOOSE ONE

- **Creating a School Culture and Climate That Fosters Engagement:
Putting the Pieces Together From Top Down To Bottom Up**
Teresa LaSala, CPDLT, co-author of *Positive Discipline in the School & Classroom Teachers Guide*
- **Parenting Through and After Divorce**
Sally Schmid, CPDT
- **PHPPSS Clinic**
Lynn Lott, M.A., MFT, Co-Founder and author of PD books and manuals
- **HELP! I've Flipped My Lid**
Deborah Owen-Schock, MS, LPC, CPDLT

For Conference registration and details, go to www.positivediscipline.org

Advanced Registration through June 1: \$120 Full Day

Regular Registration: \$130 - Late and Onsite Registration: \$145

5 CEUs - CA BBS Provider # PCE3902 - Cancellation Policy and Objectives at www.positivediscipline.org

One Day – One Location – Many National PD Presenters!