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NASAP Newsletter

March/April, 2014

Jamie Stone O'Brien,
Editor

Next submission due date is June 1st, 2014.

Please send submissions, questions, and/or

PRESIDENT'S MESSAGE



Dear NASAP Family,

This will be my last President's message. It is hard to believe that my two-year term has already passed. At the end of our conference in May, I end my tenure as NASAP President and Dr. Jill Duba-Sauerheber begins hers. I'm looking forward to Jill being President. She has excellent leadership skills and will do an outstanding job.

I want to say thank you to the NASAP family for affording me the privilege of serving as

NASAP President. Working with the Council of Representatives and the Board of Directors has been a wonderful experience and I am grateful to all of our leaders for their service to NASAP. I am also thankful for the support I received during my time as President from all of the NASAP family. Thank you for your encouragement-focused way of being. I appreciate you very much.

I look forward to seeing you in Chicago in May as we celebrate the original Positive Psychology. It will be an outstanding conference. See you there.

Warmly,

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

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

EXECUTIVE DIRECTOR'S REPORT



Not a lot new to report, other than we have a conference coming up, but you've heard that from me before. Please invite your friends and colleagues. I do believe this will be a particularly good year for our conference. We have almost 50 poster sessions for Saturday evening before the closing dinner. This was a great success last year and it was amazing how much research and new ideas were presented at the poster session. So, don't forget to register for the 62nd

Annual NASAP Conference in Chicago! This year we will have continuing education credits not only for psychologists and counselors and the California Board of Behavioral Sciences but also for NASW members through cooperation with the Illinois Chapter of NASW. Also, teachers in most of the Illinois school districts should be able to get professional education credit for attending.

The International Association of Individual Psychology is also meeting this summer in Paris. Those of you who haven't been to IAIP or Paris should plan on going. It's a great Congress and you will have your eyes opened and your mind broadened by the variety of Adlerian perspectives you encounter at the International Congress of Individual Psychology – Paris – 2014, July 9 – 13. You can get information about the Congress and registration by going to their website –

<http://www.iaipwebsite.org> or going directly to the Congress link:

<http://www.iaipwebsite.org/congresses/item/26th-congress-of-the-international-association-of-individual-psychology.html>. Their website also has necessary information about where the Congress is held and some hotels recommended by the French organizing committee. You'll definitely find this to be an exciting event.

While you are in Paris, you may as well take the tunnel over to England and join us at ICASSI for this summer's 2-week training event. You can also come for just one week if you want but ... We'll be at Kent University in Canterbury, UK. It's the beautiful southeastern part of England. Be sure to read at least one or two of the Canterbury Tales before you come so that it's fresh in your mind. Kent University overlooks the city of Canterbury and the cathedral looms large in the distance from the commons where we'll be studying. A great faculty of Adlerians from many different countries will be teaching at ICASSI as always. See <http://www.icassi.net> for more information.

John Newbauer, Executive Director

LETTER FROM THE EDITOR: AN AMUSE BOUCHE WITH GERRY MOZDZIERZ

Dear NASAP Members,

The following is a brief interview with this year's Ansbacher Lecturer, Dr. Gerald J. Mozdierz. I've never met Gerry, but as a clinician who often works within the experience of trauma, I was thrilled to hear that he would be the keynote speaker at this year's conference. However, I found that I just couldn't wait for the conference and I reached out to Gerry to get a little taste of what was to come; luckily, he carries a wealth of social interest and he was kind enough to answer a few questions - so here is an "amuse bouche," so to speak. Enjoy.

E: In your experience of working with members of the military, did you find yourself modifying Adlerian Theory to fit the institutional/clinical context or did you find an easy natural alignment?

G: It is not a perfect fit, but there is no other model that genuinely matches with the PTSD experience. The foremost variable is connectedness, as people the military, beginning with Vietnam, do not trust the government on a post-war basis. Thus, the first order of business is to establish a treating therapeutic relationship; that's the major task.

E: Do you find forming that therapeutic relationship within that population markedly different from other populations?

G: There is a unique estrangement that people in this population feel from the community. Who in the community can understand, or purport to understand, what [the military experience] is like? Who are they supposed to disclose to? To someone who doesn't have the same experience? What lexicon, what words, do they use? How do they put it in the background and move on with the business of living?

E: What advice would you give to emerging clinicians who want to work with a military-based population?

G: Same as what I was given by the Clinical Director at Loyola University. First, find out what it's like to be with people in general before you select a specialty. Then you can adapt and modify and refine for people in the military, or with a background in war-related trauma.

E: For new clinicians emerging into a culture of evidence-based bias, it can be difficult to publicly label oneself as an Adlerian Psychologist. How have you, as an Adlerian, navigated this pressure?

G: Evidence-based treatments were not en vogue when I trained. Now it is very popular to establish therapy guidelines for each illness, but many of them cannot accommodate additional problems aside from

the original troubles for which they sought treatment. Evidence-based theories cannot account for individual differences; for me, the biggest understanding comes from the sorts of beliefs they have, their general attitude to the world, to the role they feel they play in the world, to their basic convictions from which they reason about life and the world. Those are the biggest factors in understanding and they help me to identify with a person I'm dealing with and how to help. It boils down to this: nothing really happens with evidence-based therapies unless you establish a positive rapport with a person, then a therapeutic relationship, then a therapeutic alliance. It is the height of therapeutic arrogance to say, "I have the treatment to cure you," and you don't even know their first name.

CONFERENCE CORNER



This is the last newsletter you will receive before the NASAP Conference 2014 in Chicago. If you haven't already, I encourage you to go to www.alfredadler.org and register for it. I think you will be happy that you do! What I remember most about my first NASAP conference held in Toronto in 1993 is the number of live demonstrations that took place there. Prior to that, I had been to many national

conferences and had never experienced anything like it. I was used to sitting there and having individuals read their papers to me. As a wide-eyed newbie to Adlerian Psychology, it was such a rewarding experience to not only hear the presenters talk about the theory, but to see them demonstrate the approach. At NASAP 2014, there will be numerous opportunities to watch live demonstrations. In fact, I recently reviewed the proposals and I noted that almost one-third of the presentations involve demonstrations. This return to an emphasis on demos is the result of a specific initiative recommended by the Council of Representatives two years ago. As a result, the Board decided that the 90-minute sessions would be allocated only to those presentations including demos. Many of the hour long sessions will include demonstrations as well. Most of the demos will involve volunteers who are participating in the sessions themselves, while a few other sessions will include volunteers, such as families, who join the conference for that purpose.

Additionally, to highlight this commitment to having the presenters exhibit their skills, we are moving the annual Open Forum Family Education Demonstration from a daytime slot, where it fell opposite

seven other sessions, to a time period all of its own. In fact, we are kicking off the entire conference with an Open Forum Family Education Demonstration by Dr. Jay Colker on Thursday, May 22, 2014 at 7:00 p.m. It will be followed by the annual Beecher Foundation Reception that is sponsored by the Willard and Marguerite Beecher Foundation that highlights the four books written by the Beechers.

I appreciate the presenters who will demonstrate their skills at the conference and I admire them for their courage. If you are someone who learns best by seeing and by participating, this NASAP conference is definitely for you.

Becky LaFountain, Conference Coordinator

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CONFERENCE PARKING

REMOTE PARKING (fee represents total for May 22 6 AM-25 6PM) described by location, cost, and distance to conference:

O'Hare Valet Parking, \$60, 18 miles

3950 N Mannheim Rd, Valet, \$30, 20 miles

3950 N Mannheim Rd, Indoor Valet, \$51.80, 20 miles

Cumberland Blue Line, Park and Ride, \$35, 14.7 miles

DAILY PARKING:

5801 N River Rd, Rosemont, Blue Line, \$12/24 hours, 16.1 miles

5800 N Cumberland Ave, Blue Line, \$12/24 hours, 14.2 miles

4612 W. 59th St (Midway), Orange Line, \$5/12 hours, 13.3 miles

5106 S Pulaski Rd, Orange Line, \$5/12 hours (weekdays), \$4/12 hours (weekends) 11.8 miles

For those of you who are tech savvy, you may be able to reserve parking spots around the city using an app called Spot Hero.

ELECTION RESULTS

I am pleased to announce the results of NASAP's recent election. Vice-President: Susan Belangee was reelected; Treasurer: Sue Brokaw was newly elected (by two votes); and Secretary: Michelle Frey was reelected. The voter turnout and count is reported below.

To all those that ran for office, your participation in NASAP's electoral process will inspire and encourage many to follow. Our psychology prepares us to be world class citizens. Leadership engagement at the local, national and international level adds inestimable value to one's personal and professional Adlerian journey.

Respectfully submitted,

Steve Stein, Past President & Nominating Committee Chair

WELLNESS FOR LIFE: GIVE ME an L, an A, a U, a G, an H



What was that? Glad you asked. Before another word is shared, I'd like to reassure you that you will not require any pom poms or sports-related paraphernalia. We are about to embark on an unusual journey - one that is rarely seen, heard or felt by most.

So gather up all your ha ha's, hee hee's and ho ho's. Away we go! On to discovering the giggle-giggling, feather-tickling, snick-snickering, tummy-tumbling, gut-wrenching, infectious non-stopping, tinkle in your pants laugh that fits each of us. Now that was some breath-controlling sentence!

I'll just take a moment to pause, gather thoughts, and take that needed breath to move forward. In doing so, I find myself in a pleasurable moment where life and things around me seem to be in the pause or frozen mode. Although, a word to the wise, should your laughter experience culminate in the 'tinkle in your pants' mode, it would be wise/prudent to take nature's call and not put it on hold.

A laugh is a positive strand/fiber that weaves as both a connection and necessity of life. On one hand, the ability to laugh may be considered innate, even as young as a baby. (I'll come back to this.) It is a response to sound, movement, jokes or stories. By definition it, "Is an involuntary reaction to certain external or internal stimuli." Thus, resulting in laughter, "An audible expression or appearance of excitement, an inward feeling of joy and happiness." (Wikipedia)

Speaking of audible sounds, each can be viewed as the imprint, which the laugh form is expressing. These forms of expression can vary in volume, intensity and duration from a chuckle/chortle, which is quiet, controlled and limited at one end of the spectrum; to a giggle/titter, which is of a nervous nature; and, at the far end of this spectrum, a guffaw, howl, or bray, demonstrating the loud, at times uncontrolled and full of body, like a good wine. Keeping in mind there is the

possibility of the crack up that may show itself somewhere in the middle.

At this point, some of you may encounter the triggering of your inner green, preferring to address/approach things from a logic mindset. [© True Colors] The question being, “Are you a ‘snorter’ or are you a ‘giggler’?” This shall be revealed shortly.

A laugh can be noted by type. I came across 10 such classifying types documenting the range of different laughs. [Molly Edmonds & Joseph Miller] Let’s take a peak. A few of the titles are quite curious. There is ETIQUETTE - simply, a way to communicate or connect with others [belong], whether it’s funny or not or if your pinkie is in the upright position in drinking a cup of tea; CONTAGIOUS - somewhat infectious; NERVOUS - an uncoordinated de-stressing attempt; BELLY - the crème de la crème, illustrates ‘true laugh essence’; SILENT - provides super inner harmony & balance; PIGEON - you may be mistaken for sounding like a pigeon by the humming sound; or CANNED - associated with laugh tracks. While in the midst of it, I came across the tidbit about snorters and gigglers. Not only do people generally laugh differently, it can be viewed as another one of those men versus women things. The premise is that when something is perceived to be humorous, males will grunt or snort while females tend to giggle and chuckle. [Vanderbilt University, Bachorowski] There you have it!

There are countless medicinal benefits experienced each day and documented by research. Most of us are aware that it is a natural stress buster (lowers body cortisol levels & blood pressure) and gives that extra zip of energy. Laughter generates and releases that “one-two punch” in fighting disease, referred to as salivary immunoglobulin A or (S-IgA) for short - a bacteria & virus fighter.

Caution: the how, when, and where of laughter can be beneficial. Keep in mind, there are flip side effects - based on unkindness/cruelty, as well as too much of anything So use wisely.

A laugh helps us connect more positively with each other.

Parents begin a form of communication with children through those ‘peak a boo’ baby moments. Research indicates, in addition to being a positive bonding element, it aids and strengthens the ability to deal with challenging situations, as well as experiences of achievement and great joy.

In addition, it provides an awesome bonus - good exercise: picture this - laughing 100 times is way better on the body & mind than being on a stationary bike for 15 minutes!!

Aha aha aha. Time for a break. Here’s something a bit off the beaten trail. Some years back, my younger sister came out to visit. Having

grown up as part of the merry-go-round generation, she thought she'd like to experience riding a 'real, live horse'. Background notation: grew up mostly 'city like' and likes animals. After going over the basics: reins, stirrups, body kept in the middle of the saddle, etc, we were off, so to speak. We rode at a leisurely pace, reassuring her along the way. Before returning, I thought it might be a good idea to demonstrate how to dismount. Ever have one of those, "do as I say, but not what I do moments"? You might say I miscalculated the distance and landed square on my butt! It was a moment of moments. All I could do was laugh!

Let's get our laugh on. Here are a few sure fire ways:

- * First give yourself permission to view life from the funny perspective & laugh - especially if you can laugh at yourself

- * Start with smile and go from there

- * Surround yourself with laugh Zen - fun photos, funny screensaver for phone & computer, or a toy to keep in your car or at work

- * Take time with your children, for they do & "Say the Darndest Things" [Art Linkletter]

- * Whoop it up on Belly Laugh Day, celebrated around the world, January 24th

- * When challenged/confronted with a situation where you feel your body is beginning to automatically react rather than enact, mentally give these a quick run through:

- Is this something truly worth getting unnerved about?

- Is it so important?

- Is it worth distressing others?

- Is it unfixable?

- Ask yourself, "Who owns the problem?"

- * If we follow in the footsteps of children known for providing a laugh or two - on the average laugh 400 times a day compared to an adult average of 15 times a day, we would have better insight into happiness and know the answer to that age old question. "Why do babies laugh? It's because they are happy."

Laughter researcher Robert Provine said: "Laughter is a mechanism everyone has; laughter is part of universal human vocabulary. There are thousands of languages, hundreds of thousands of dialects, but everyone speaks laughter in pretty much the same way."

Here's a little momentum that will hopefully get you started.

"What is comedy? Comedy is the art of making people laugh without making them puke." - Steve Martin quotes from BrainyQuote.com.

"Laughter is the sound of the soul dancing. My soul probably looks like Fred Astaire." — Jarod Kintz, This Book is Not for Sale

"Laughter is carbonated holiness." — Anne Lamott

"Laughter is America's most important export." — Walt Disney

Company

“Laughter is the shortest distance between two people.” — Victor Borge

“Laughter is wine for the soul - laughter soft, or loud and deep, tinged through with seriousness - the hilarious declaration made by man that life is worth living.” — Seán O'Casey

"I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living. It's a way of looking at life through the wrong end of a telescope. Which is what I do, and that enables you to laugh at life's realities." Dr. Suess

For me, “laughter is the sight & sounds of the vibrant colors of a prism / kaleidoscope dancing.”

So get out there GIVE YOURSELF an L, an A, a U, a G, an H
Stay well and hydrated.

Warm Fuzzies

A LESSON ON DISTANCE-TRAINING

The Experience of Distance-Training in Classical Adlerian Depth Psychotherapy from the Perspective of a Training Analyst and Certified CADP Therapist

Dyanne Pienkowski, CADP Training Analyst

Erik Mansager, CADP Therapist

Dates & Locale:

- 24-25 April – Adler Graduate School, Richfield MN (contact Marina Bluvshstein: 612-767-7051)
- 26-27 April – 6406 N. Kilbourn Ave, Lincolnwood IL (contact Marni Rosen Saltzman: 646-831-9165)

Format:

- First hour : Dyanne's and Erik's personal stories about professional training
- Second hour: Discussion of a case presented by one of the participating student's, using electronic process notes to illustrate how we use Adler's constructs in case analysis;
- Third hour: Q and A, and possible Skype with Henry Stein.

Topics Covered:

1. Variety of course work
2. Impact of the mentor relationship
3. Value of a study analysis
4. Case consultation and supervision
5. Using all of Adler's theoretical constructs in computer-assisted case analysis
6. Monthly group case study (via international telephone conferencing)
7. Annual 3-day experiential workshop
8. Published resources:
 - a. CADP: Theory & Practice: Volume I: A Socratic Approach to Democratic Living, by Henry Stein, Ph.D.
 - b. The Collected Clinical Works of Alfred Adler (CCWAA), edited by Henry Stein, Ph.D.
 - c. A Clinician's Guide to the CCWAA, edited by Henry Stein, Ph.D. & Laurie Stein, M.A., M.S.
9. Introduction to the website: www.Adlerian.us for information about the complete distance-training program leading to certification, as well as books and other available material

Participants will:

1. Have the opportunity to question two Certified Classical Adlerian Depth Psychotherapists who are continuing their advanced training and case consulting
2. Learn about all aspects of Classical Adlerian distance-training
3. Examine desk copies/samples of CADP: Theory & Practice, Vol. I & A Clinician's Guide to The CCWAA
4. Engage in a Q & A session with Henry Stein via Skype (video) connection.

WORKSHOP FOR POSITIVE THERAPEUTIC MOVEMENT

Strategies will be identified and demonstrated to facilitate positive therapeutic movement through the use of family constellation information, early recollection analysis, daydream and night dream interpretation, childhood disorder information, and childhood stressor information. Therapeutic encouragement, relationships, and outcomes will be included in the workshop. The workshop will use the combined methodologies of: lecture, large group discussion, demonstration, small group work, and role-play

Alfred Adler was a pioneer in psychotherapy. His approach to therapy can be considered the first of the positive psychologies to emerge in the last century. A forerunner of cognitive therapies, Adler focused on understanding clients and helping them understand themselves while encouraging change in beliefs, feelings and behaviors that would lead to positive outcomes.

Objectives: Participants will develop an appreciation and

understanding of Adler's five trustworthy approaches to facilitating and encouraging the therapeutic process. They will also identify strategies to use these approaches in therapy to facilitate movement toward positive outcomes.

Schedule: Start at 9:00 and lunch is at 12:00 with a break somewhere in mid-morning. Afternoon will resume at 1:00 and continue until 4:00 with a mid-afternoon break. There will be a brief evaluation of the day's work and we will be finished by 4:15 for certain.

Cost: \$100 for the workshop and CE hours.

Target Audience: Clinicians, psychologists, counselors and clinical social workers as well as graduate students in these disciplines.

About the Instructor: Dr. Wingett is a graduate of the University of Wyoming Counselor Education program and is an Adlerian Counselor in private practice as well as an international trainer of Adlerian Counselors. Dr. Wingett has spent the last several years on numerous training trips to Romania, Turkey, Ireland and has consulted and presented programs at the South Carolina, Florida and Idaho Societies of Adlerian Psychology in the United States as well as at other professional conferences. We are pleased that Wes will be coming the Fort Wayne area.

*CONTINUING EDUCATION: This program is co-sponsored by the North American Society of Adlerian Psychology (NASAP). NASAP is approved by the American Psychological Association to offer continuing education for psychologists. In addition, NASAP is an NBCC-Approved Continuing Education Provider (ACEPTM) and a cosponsor of this event. NASAP maintains responsibility for the program. NBCC-Approved Continuing Education Provider Number 5263

TO REGISTER: REGISTER HERE

ONLINE: <https://nasap.memberclicks.net>

For special arrangements or directions, contact: Jenny Seiss by phone at 260-750-6461 or at Jenny.Seiss@theaberdeengroup.com. Use that same number for any special accommodations you might need. Please feel free to pass this information on to friends and colleagues. In case of cancellation, an email will be sent from Jenny.Seiss@theaberdeengroup.com.

CANCELLATION: If you need to cancel, fees will be refunded minus a \$25.00 cancellation charge until April 30. No refunds will be given for cancellations after April 30.

Register by Mail by filling in the form below and sending it along with your check for \$100.00 covering the cost of the workshop.

For more information: Contact: John Newbauer Phone: 260-267-8807
Email: john.nasap@gmail.com

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