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**PRESIDENT'S MESSAGE**



Dear NASAP Family,

We are rapidly approaching the 2014 NASAP Conference in Chicago, IL where we will celebrate the original Positive Psychology! Marty Seligman, considered the “Father of Positive Psychology,” stated that it “is not a new idea. It has many distinguished ancestors.” Although rarely mentioned in the context of Positive Psychology, Alfred Adler clearly addressed most of the key tenets emphasized long before those typically identified as “ancestors” (e.g.,

Gordon Allport, Abraham Maslow, Carl Rogers) of Positive Psychology. Although not exhaustive, the following list identifies several key points of focus shared by both Adlerian Psychology and the proponents of contemporary Positive Psychology: normal human growth and development; prevention/education rather than mere remediation; movement away from a medical model perspective; mental health and clients’ strengths, resources, and abilities rather than psychopathology and clients’ disabilities; and holism, spirituality, wellness, multiculturalism, and social justice.

Over 15 years ago, Jim Bitter astutely stated that, “the more the fields of psychology and psychotherapy develop, the more relevant the ideas and processes of Adlerian Psychology become.” This is certainly true in the case of Positive Psychology.

The 2014 NASAP Conference will be an outstanding event in wonderful Chicago, IL. I hope you will be able to attend as we

## POSSIBILITIES

- **CONFERENCE ANNOUNCEMENT: ASIIP**

NASAP Newsletter

**January/February, 2014**

Jamie Stone O'Brien,  
Editor

**Next submission due date is April 1st, 2014.**

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

celebrate the original Positive Psychology. There will be something original and positive for everyone.

Richard E. Watts, Ph.D., NASAP President  
Phone: 936/294-4658 Email: watts@shsu.edu

## EXECUTIVE DIRECTOR'S REPORT



The Board of Directors just held their winter meeting and we reviewed plans for the upcoming conference in May. Online registration is open and you should soon be receiving a preliminary flyer about the conference if you haven't already.

The Nominating Committee, headed by Steve Stein, our immediate Past-President has not received any additional nominees and so we are ready to proceed with the election. Nominees for each office will be

presenting a short biography in this newsletter and you can then vote for them online or send in a ballot by March 21, 2014. The voting ballot can be found later in this newsletter. You cannot vote twice, so if you vote online, please do not send in a paper ballot. If you send in a paper ballot, be sure to sign your name or print your name on the envelope so we know that the vote is coming from a current member. We do not look at who voted for whom but we need to verify that the ballot is being turned in by a current member.

A couple of major training events are coming up shortly: the Florida Society's Annual Conference, February 27 to March 1 (<http://www.adlerflorida.org>), and the Idaho Society's Annual Conference, March 7 and 8 ([www.adleridaho.com/annual\\_conference.html](http://www.adleridaho.com/annual_conference.html)). Yes, you could actually go to both of them. Check their websites in the link above or our events calendar for more information.

February is birthday month for some Adlerians, including Alfred Adler himself, born on February 7, 1870. Adler's birthday celebration is followed immediately by Rudolf Dreikurs', who was born on February 8, 1897. If you plan on celebrating their birthdays, please take some pictures as it might be fun to have some pictures from local birthday celebrations for the next newsletter.

Last year on Adler's birthday, February 7, 2013, Moya Jack, a long-time Adlerian, passed away. We mentioned her last year in one of the newsletters, but what we did not know at the time is that she left a generous donation to NASAP and to APABC in her estate. We are

very grateful for Moya's donation to NASAP and even more appreciative of her life-long work as a dedicated nurse and public health worker. Moya was one of the founding members of the Adlerian Psychology Association of British Columbia, taught parenting courses for them, and served on their board for 20 years. Thank you, Moya!

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. See you there!

John Newbauer  
Executive Director

## **LETTER FROM THE EDITOR**

Dear NASAP Members,

Greetings from the wintry wonderland of Chicago! Though the city is frozen and slumbering, plans for the conference are heating up, promising to bring forth one of the best conferences yet. Don't miss the Conference Corner submission, which keeps us all in the loop of conference happenings. Even aside from Conference Corner, this edition of the newsletter is brimming with useful news: we have bios and ballots for those in the running for VP, secretary, and treasurer of NASAP; we have calls for Emerging Leaders; and, ahem, we have the first ever Letter from the Editor.

Thus far in my role as Newsletter Editor, I have chosen to sit back and corral submissions, making sure they are composed and timely delivered; however, I have failed to use this role in a way to actively contribute to the growth and forward movement of NASAP. I was recently given the opportunity to voice some of my personal concerns to the board of directors, the members of which proved to be incredibly supportive and encouraged the proposition I now make to you all as members of NASAP.

In short, I would love to start a dialogue here, if possible, regarding the movement of NASAP. Many years ago, I was brought into the NASAP fold as a student eager to learn about Adlerian Theory. I came in wanting to find information and friendship and mentorship, much of which I did find; I also found encouragement and an expressed interest in cultivating a new generation of the NASAP community. Over the years, I have had the good fortune to be included in many of the discussions held by NASAP leadership and I continue to see an intent to move NASAP forward so that it can continue to thrive;

unfortunately, despite that intent, I do not see much forward movement. I see young/new members questioning their membership with alarming ambivalence. I see more established members musing on the great Adlerians of the past rather than pushing themselves to BE those great Adlerians in the now. I do not see progress in the areas of diversity, multimodal/evidence-based therapy, or many of the other areas that are of interest to young clinicians. In sum, I fear for the future of NASAP.

Over the next few newsletters, I will be bringing forth discussions about these various concerns, but for this newsletter, I would like to begin with an open call for opinions. Please send me your thoughts, your concerns, and your ideas regarding the future of NASAP. I would love to hear ideas for how to connect a new generation of Adlerians to the current crop of mature members. The COR did have a great idea for a mentorship program; however, when implemented, it failed to thrive. Why? I would also love to hear your ideas about including elements of diversity and multi-cultural therapy into the way we practice and teach Adlerian Theory. From newer members, I would love to hear what NASAP could provide that would feel more useful/relevant to you – what can it offer that would increase your interest and dedication? Or what elements of NASAP currently discourage you? This is an open discussion and one that only works if you, each of you, contributes to it. So please take the time to respond. My email address is [NASAPnews@gmail.com](mailto:NASAPnews@gmail.com). In general, I will be using your comments for two purposes: to create a general summary for the board and to create a dialogue here in the newsletter. I will be very discrete and no names shall be named unless otherwise requested.

Thank you all for taking the time to read this letter. I wish you all a happy end to winter and hope to see you all at the conference. In the meantime, please share your thoughts with me so that we can work together in the useful movement of NASAP.

Best,

Jamie Stone O'Brien

## **CONFERENCE CORNER**

INVITATION TO AUTHORS  
TO SELL BOOKS AT  
NASAP's 2014  
CONFERENCE

You are invited to sell your self-published Adlerian books and materials at the NASAP table in the conference



bookstore. (See #10 below if your book is published by a publishing house.) 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, please note that you will be responsible for the receiving and holding fee that the hotel charges. You will want to call the hotel (312-944-4100) to get specifics. Upon your arrival, pick up your materials and take them to the bookstore (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. Please note 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. Again, note that you will be charged a holding fee per day that your materials arrive before you do.
10. As usual, we will have a local retail bookstore ordering books from publishers and selling them in her side of the bookstore. If your book is produced by a publisher from which bookstores are unable to order, you will NOT be able to sell yours in the bookstore UNLESS you contact the retailer that we have contracted with and confirm with her that she has not ordered the book and that there will not be any overlap with her. These retailers are offering us a service and we do

not want to compete with their efforts. So before you ship or pack your books, be sure to contact Teresa Kirschbraun at City Lit Books. Her phone number is 773-235-252-32523 and her email is [teresa@citylitbooks.com](mailto:teresa@citylitbooks.com).

11. Address packages as follow:

Intercontinental Chicago Magnificent Mile

505 North Michigan Ave.

Chicago, IL 60611 USA

Attention: Guest for the NASAP May 28-31 Conference,  
(and then include your name).

12. If you have any questions, please don't hesitate to contact Becky LaFountain, Conference Planner at [rmlafo@comcast.net](mailto:rmlafo@comcast.net).

## PRESENTATION OF NOMINEES

Below are pictures and bios of each NASAP candidate. voting ballots are attached separately to the newsletter email and you can also vote online at [www.AlfredAdler.org](http://www.AlfredAdler.org).

### VICE PRESIDENT NOMINEE: SUSAN BELANGEE



I am quite honored to be running again for the position of Vice President of the North American Society of Adlerian Psychology. These last 3 years have been wonderful working alongside Richard Watts and the rest of the Board and COR members. While membership is still not where we would like it to be, I think we are moving in the right direction with various initiatives being considered and the continuation of the Emerging Leaders (EL) Program.

The EL program was born out of many discussions I had with students and newer NASAP conference attendees over the last several years. I was thrilled when the COR voted a couple of years ago to make this program a reality. The first group of ELs has gone on to bigger and better things personally (babies, marriages) and professionally (internships, first jobs, promotions), including positions on the COR. I am very excited to be reviewing applications for the next group of ELs, which will convene for the first time in Chicago at our Annual Conference. This program has been a blessing to me in many ways

and I hope it continues to build the next generation of NASAP leaders.

The focus on building NASAP membership is a crucial one, and it is my mission to pursue connections and relationships with individuals and groups who share our affinity for Alfred Adler but who are not yet members. Recently, we became aware of another group in the Atlanta area who are using Adler's theory in a variety of settings. I intend to outreach this group with the hope of beginning a dialogue and building a bridge between NASAP and that organization. If any NASAP members are in a similar situation, where they know of other groups who like Adlerian Psychology but who are not yet members, please let me know and we will find a way to reach them and share all that NASAP offers.

Thank you for the chance to serve you for another term as Vice President. My email address is [susanbelangee@aol.com](mailto:susanbelangee@aol.com) and please contact me any time to discuss membership, the Emerging Leaders program, or anything else about NASAP.

## **VICE PRESIDENT NOMINEE: WILLIAM PREMO**



Bill has been a member of NASAP since 1992 when he was a student at Adler Institute in Minneapolis. He has a Diplomate in Adlerian Psychology, which was recently awarded at the last NASAP conference in San Diego; additionally, he has been presenting at NASAP conferences for the past 10 years and has also

contributed his time and energy to NASAP by being the Transformational Leadership and Change Section Co-chair for the past 6 years.

He enjoys combining Adlerian concepts and methods to organizations to help them achieve their corporate goals. Specializing in helping executives understand their natural leadership tendencies and hone their abilities, Bill combines Adlerian concepts and methods to further their ability to operate authentically in a highly competitive business environment. He has a proven track record of accomplishments in working with senior executives and helping them make critical choices that are best for the company and themselves.

Dr. Premo focuses on improved organizational effectiveness, the achievement of specific and measurable goals, and leadership skill development to enhance productivity, retention, morale, and profitability. He has provided organizational development assessment

and training programs to organizations such as Rockwell International, American Express, Motorola, Dupont, Medtronic, and IBM. He has specialized in coaching senior executives, assessing organizational problems and instituting corrective interventions related to teams, individuals, and the overall organization.

His transformational leadership style combined with his ability to communicate authentically with others and take risks that he believes in, helps him to navigate complex environments both in personal and business arenas. He uses out of the box methods for gaining consensus with others and enjoys working with others in a collaborative fashion by integrating disparate concepts together towards increasing performance standards for both the person and the company for which he works.

Finally, Bill has also helped NASAP in COR meetings by updating the Constitution and Bylaws and by providing an Organizational Life Style Analysis of NASAP, whose profile is one of being a “Connector.” Bill looks forward to continuing to help NASAP and the Adlerian community by sharing his expertise and talents in an effort at increasing the membership and strengthening the commitment to Adlerian practices in a leadership role.

## **TREASURER NOMINEE: SUSAN BURAK**



I was born in Hungary and grew up in Canada. Having a background in public health, and also as a lawyer, I have worked in the areas of Mediation, Conflict Resolution and Collaborative Law for over 20 years in Vancouver’s multi-ethnic and multi-cultural communities. I have always been motivated by a love for learning and spiritual development.

Very early in my career and working with Moya Jack out of the same public health unit in Vancouver, I identified with

Adlerian Psychology because it was a values-based psychology. Having two active young children, my husband, Jack, and I became very interested in the parenting programs offered by APABC in the early 1980s. Together we attended many Adlerian workshops and conferences from the early 1980s onwards. We continue to be grateful for all the valuable principles we learned and have engaged actively in Adlerian learning throughout our 40 years of marriage. I

completed my M.A. in Counselling Psychology at the Adler School of Professional Psychology, Vancouver Campus. I am a Certified Adlerian Parenting Facilitator and a Certified Adlerian Counsellor through the Alfred Adler Institute of the Adlerian Psychology Association of British Columbia (“APABC”). Most recently, I was a founder of the Alfred Adler Western Canada Society (“A.A.W.C.S.”), now an Affiliate of NASAP and, through my work with the board, endeavor to develop the connections with my fellow Canadians and NASAP. Through the AAWCS we provide tutorials and workshops to students at the Adler School of Professional Psychology here in Vancouver.

In the past, I also served on the Board of APABC and was “Nash Napped” by Edna Nash to assist with NASAP conference planning since 2000. I have been actively involved in assisting with all the NASAP Conferences that have been in Vancouver and Victoria since 2000.

Internationally, I was selected to train administrators and teachers in Ethiopia in a Peacebuilding Conflict Resolution program funded by Canadian International Development Association and the Canadian Network of International Surgery. I also taught Conflict Resolution: Conflict Solving and Mediation for ICASSI in Romania in 2010 and in Switzerland in 2011. Presently, I am the Associate Director for the Lawyers Assistance Program of British Columbia and a Continuing Studies Instructor at Langara College in Vancouver, British Columbia. I am also an adjunct professor with the Adler School of Professional Psychology, Vancouver Campus. I was awarded a silver pin for my twenty years of assistance with the Access to Justice program of the Canadian Bar Association.

My other passion besides golf, tennis, and skiing is community work and community enhancement. In the past I have served on a number of Boards including:

Vancouver Executives Association;

Starlight Starbright Childrens’ Charity for Seriously Ill Children;

Rotary Club of Vancouver Arbutus, Past President and Paul Harris Fellow Award;

College of Dental Hygienists of British Columbia, and

The Adlerian Psychology Association of British Columbia and the North American Society of Adlerian Psychology as a COR Representative

If elected I hope to continue serving on the NASAP Board as treasurer assisting with funding and scholarship development.

## **TREASURER NOMINEE: SUSAN BROKAW**

I first became interested in Adlerian Psychology when I



took Introduction to Adlerian Psychology from Bill Pew in the late 1960s. Soon after that, I joined NASAP for the first time. I was a founder of the Adler Institute that later became the Adler Graduate School in Minnesota. I have been using the Individual Psychology of Alfred Adler

ever since, both in my practice as a marriage and family therapist and as a core faculty member at the Adler Graduate School. I have been presenting at NASAP conferences for many years and have twice been elected to the COR. Since Adlerian Psychology can be applied in every task of life I am a strong believer that more professionals and laypeople need to see the value of this psychology in order to function better in all the tasks of life. NASAP needs to find ways to expose more people in the community to this Psychology.

## **SECRETARY NOMINEE: BEN RADER**



Ben Rader is a community psychologist who lives and works in Milwaukee, Wisconsin with his wife and three children. Ben graduated from the Adler School of Professional Psychology in 2008 where he did his dissertation on styles of resilience from an Adlerian theoretical perspective using subjects from Chicago's homeless population. He has clinical experience serving urban youth and families, refugees, the homeless, and the elderly. Ben is also active at the community level, providing consultation to Head Start educators

regarding the broad range of behavioral disruptions in today's urban classrooms as well as guidance and feedback to parents and parent groups regarding behavioral concerns they observe in their children at home. He is an active advocate for the provision of holistic mental health services and the need for systemic change and community betterment. He is active with the Wisconsin Psychological Association where he serves as the Public Education Coordinator and sits on the Board of Directors. As an educator, Ben teaches at Milwaukee's Mount Mary University in the graduate degree program in

counseling, where he has taught courses in counseling techniques, theory, and psychopathology. In 2013, he developed and taught Mt. Mary's first ever course on Adlerian Psychology, theory and practice.

Ben is a torch holder for Individual Psychology. He is the cofounder of Milwaukee Affiliate for Social Living, which has remained active in the promotion of improved social wellness and facilitating trainings in Individual Psychology across the greater Milwaukee Area. Ben has presented to the Wisconsin Psychological Association, Wisconsin Counseling Association, to numerous parent groups and educator groups, and is a recurring presenter at NASAP.

Ben has long and deep ties to NASAP and is interested in serving a role as NASAP's next Secretary. As Secretary, Ben will take careful and considered notes regarding the operations of NASAP executives for the purpose of disseminating necessary information to the rest of the body of NASAP. Ben will also maintain an active and visible place in the NASAP community to ensure that members can stay connected to the governing body. As a member of the executive leadership, Ben will dedicate his energy and enthusiasm for Individual Psychology towards bringing in a diverse and committed generation of proponents of Individual Psychology and its principles of holism, social justice, human purpose, and community betterment.

## **SECRETARY NOMINEE: MICHELE FREY**



I cannot believe it has already been two years since I was elected to the position of Secretary for NASAP. When I first ran for this office, I wrote that I was interested in taking on more of a leadership role within the organization. However, I had no idea about the other benefits and

positive experiences that would come with the position and with the close collaboration with other NASAP officers. As Secretary, I have been privy to the inner workings of NASAP and have been especially impressed with the dedication and commitment of the other officers and representatives who make up the leadership in NASAP. As a 15-year member of NASAP, I was already actively involved in the teaching and practice of Adlerian Theory. In addition, I am a 14-year participant in the annual Adlerian summer school experience, ICASSI. I am also a member of the International Association of Individual Psychology (IAIP) and will be attending my third IAIP conference this summer in Paris. On a local level, I have been a member of the Georgia Society of Adlerian Psychology (GSAP) and an active participant on the GSAP Core of Representatives for the last five years, and I teach Adlerian Theory in the master's community mental

health program at Mercer University in Atlanta, GA. For the last year, I have offered clinical supervision from an Adlerian theoretical perspective and have helped to develop and coordinate Adlerian presentations and workshops with students and other professionals. All of these different experiences give me added resources for inviting new students and therapists – as well as experienced therapists – to join NASAP. My commitment level to Adlerian organizations is very high, and I work diligently to encourage and educate others on the benefits of being connected to these organizations, especially NASAP as our parent organization in North America.

My first two years as secretary comes to an end this year. However, I believe I still have much to bring to the leadership of NASAP and that my first two years have only prepared me to be more active and influential in the next two years. I now have a much better understanding of the duties of a board member and the opportunities available to share with others the benefits of belonging to NASAP. My position as secretary has given increased value to my initiatives for the Adlerian community on a local level. There is still much to do as the mental health profession is changing daily and as the Affordable Care Act is implemented. For those of us who view Adlerian Psychology as a way of life rather than simply a psychological theory, the importance of having a strong organizational resource cannot be undervalued. We as a group must continue to provide consistent theoretical foci, opportunities for research and community involvement, and a forum for teaching others about Adler's philosophy of life. It is my belief that I am a strong resource for NASAP and that my commitment to the organization will continue to serve the organization and its members in a very positive way. I ask you to vote for me for another two years as secretary of NASAP. I would very much like to continue the work I started.

## **SEEKING APPLICANTS FOR EMERGING LEADERS**

### **Application Process for the Emerging Leader Program**

An Emerging Leader in NASAP is defined as someone:

- who has extensive knowledge of Adlerian psychology and utilizes the theory, research, and techniques in his/her life and career;
- who has a strong desire to get involved and remain active in NASAP;
- who has an observable commitment to the field, evidenced by regional, NASAP, or international (including ICASSI) conference attendance and/or presentations.

The purpose of the Emerging Leader Program is to identify and train the next generation of NASAP leaders. Those currently serving in leadership positions, including as an Affiliate Representative on the Council of Representatives (COR) are not eligible to apply for this

program. To be considered for this program, please electronically submit a letter of intent and a resumé/vita that demonstrates how you fulfill the traits of an Emerging Leader as outlined above to John Newbauer, NASAP's Executive Director, at john.nasap@gmail.com. If you have any questions, please contact John by email or phone (260)267-8807.

The deadline to apply for this program is February 23, 2014. Decisions will be made by March 10, 2014, and those who are chosen will be notified by March 11, 2014 and are expected to attend the training day (beginning approximately 9 AM on Thursday May 22, 2014) at the annual conference in Chicago, IL.

## CALLING ALL SOCIAL WORKERS

**Dignity Respect Equality Courage Purpose Belonging**

Does this sound familiar? It should!

Individual Psychology and Social Work are both strength-based applications with origins under the same roof. Our goal is to learn more about Adlerian Theory in Social Work and provide effective techniques to social workers through NASAP. It would be wonderful to connect, explore, and share ideas and techniques with each other! Please contact Kathy Cluff, MSW at kathleencluff@verizon.net

## WELLNESS FOR LIFE: NEW YEAR POSSIBILITIES



Ahhhh, the start of a new year. For some, it characterizes a time of reflection. For others, a projectional snippet into the realm of possibilities: making positive life changes possibly regarding health, family and relationships. It may also be a time of mentally noting desires, new challenges or goals. Additionally, it may be perceived as a fresh start reflecting a clean slate, so to speak.

Whatever the focus may be, there are fundamental elements that may be considered helpful toward attaining success. To begin, the human mind is a powerful entity in and of itself. I guess that the term "mindset" can be best described as mental inertia (Wikipedia).

Time and again, there have been medical accounts where strength of mind and body (including faith) is cited as being responsible for relief / recovery.

How many of us are aware of “mindset”? Mindset is like a coin – 2 sides to it. It is not usually recognized as a part of every day conversation yet is demonstrated daily in our lives. One side can be seen as preset, ‘Routine Minded’, like the way you dress in the morning. You tend not to give it a second thought. Having no need to work on it further - an automatic response. The other side can be referred to as ‘Open Expansion’ – as a foundation of motivation, productivity and continual resiliency that is created and demonstrated reflecting no boundaries. The possibilities are endless! An end result of continued dedication and hard work can be felt and observed as ‘self accomplishment and satisfaction’.

Once there is an internal awareness and recognition of ‘I Can’ – it creates a belief in self → SUCCESS! (Keep in mind that it is built on the steppingstones of enthusiasm and dedication, in addition to seeking alternative paths, should any arise.)

It was fun introducing the ‘I Can’ concept to young people in school by dramatically reading the children’s book, “ The Little Engine That Could” –“I think I can, I think I can, I know I can”! Afterwards, we engaged in discussion and brainstorming implementation.

Another is humor sprinkled with fun. Our response to humor is laughter. Many a time or occasion has someone said that they felt better after laughing. I don’t know about you, having just laughed, I don’t find myself doing a diagnostic analysis as to why I feel better. I just do! Laughter produces a chain of positive benefits for the mind, body and soul. It’s been said, “Laughter is the best medicine.”

Last adding to the mix is kindness. When it comes to selecting what to do, you might say the choices are astronomical. Acts of kindness can be as simple and creative as revealed by your ‘mindset’.

Here’s a few to get those juices and endorphins flowing. You may have become familiar with the bad rap holiday fruit cakes have been given. Well, now they can be put to good use. When it comes to tossing out the old and bringing in the new, there’s “Fruitcake Toss Day”, acknowledged around the U.S., like in Manitou Springs, Colorado where fruitcakes are tossed, hurled, launched, made airborne.... (Wikipedia).

How about thoughts of those who are close to you? Sending warm / loving wishes at the beginning of the year as a manner of speaking to “Come In From The Cold Day” (actually celebrated January 22).

Then there’s “Don’t Cry Over Spilled Milk Day” February 11, which lets us know that we all have spilled a few drops now and then. It’s part of being human. Rather than be fretful, angry or stay in the ‘Valley of the Glooms’ – remember that ‘poop’ happens. While you’re taking a few deep breaths as you go back to the drawing board to find a solution – discover YOUR COURAGE TO BE IMPERFECT!

Last but not least: February is “National Blah Buster Month”. Side note: you can learn a lot visiting card shops!

There you have it! Only you can light and continue the pathway. Just like where Queen Latifah records her inner most dreams in her journal “Possibilities” from the movie, “Last Holiday (2006)”.

Some of you are familiar with that infamous porchlight ad for Motel 6 where Tom Bodett says, “We’ll leave the light on for you.” Only you can turn it on and work at keeping it lit even during the dim challenging times. HINT: Have some new lightbulbs handy.

Now you have a few ingredients to get you and this year started. Until next year. Stay well and hydrated.

For the record, postscript, some of you are aware that in addition to working in education, I am part of our state’s disaster medical assistance team which deploys to catastrophic events under austere conditions. My focus is twofold - keep the team functioning and assist survivors including first responders. As to my goal: to become a recipient of a local organization known as Ben’s Bells. By taking it with me, it would remind, support and encourage the work we do while being a ray of light to all the survivors we encounter.

Warm Fuzzies

## CONFERENCE ANNOUNCEMENT: ASIIP

**Adlerian Society UK**  
Institute for Individual Psychology



**What is it to be Human?**

- **Prof. Colwyn Trevarthen**  
*'Human Nature and Early Experience'*
- **Alison Still**  
*'A Secure Base as a Necessity for Being Human'*

**asΨiip**

**2014 Spring Conference**  
.....  
**Fri 25 & Sat 26 April**  
**Woodbrooke**  
**Birmingham**  
.....

For details of residential and non-residential bookings please visit **[www.asiip.org](http://www.asiip.org)** or contact Conference Administrator Harry Dowling 07957 516385

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