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NASAP Newsletter

May/June, 2014

Jamie Stone O'Brien,
Editor

Next submission due date is August 1st, 2014.

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

PRESIDENT'S MESSAGE



Dear NASAP Family,

I am pleased and honored to begin serving you as NASAP president for the next two years. It is particularly a privilege to follow Richard Watts in this role. I met Richard approximately 15 years ago. He has served as my mentor and friend ever since. I am quite grateful for him and am so pleased to be able to continue to work with him on the NASAP board. (Thank you, Richard.)

I am writing this upon the day of my return from the NASAP conference in Chicago. Like many of you, I was moved and touched by so many kindred souls over the last few days. As I mentioned in my remarks on Saturday evening, the NASAP conference is similar to a family reunion. And if you were a first timer, I am hoping you experienced the conference with a desire to return! Your feedback is most welcome. For those of you who were not able to attend, we look forward to mingling and uniting with you at our next conference in Philadelphia, Pennsylvania on May 28-31, 2015.

Speaking of the conference, I do want to take this opportunity to follow up on a few items:

- Jamie Stone O'Brien, our (very talented) newsletter editor invited us all to submit comments and/or stories about our experiences at the conference. Please consider sharing your special moments with pictures. Please submit those to NASAPnews@gmail.com.
- All of us are "experts" in some particular area. Please consider sharing how you are using and applying Adlerian principles in your area of work. Even a brief submission to the newsletter of 300 words

could inspire others who read your story.

• I was blessed to have both my mother and (96 year old) grandmother with me at the conference banquet. I had remarked that they were the first to teach me about social interest. They modeled to me that despite my imperfections (during a scolding), I could still make a difference in someone's life. Before I chat with you again, may we all have the courage to accept our imperfections within any given relationship (whether it be with our child, our partner, or in the workplace) and still touch that person's life in a meaningful and compassionate way.

I look forward to connecting with you in the next newsletter in which I will outline my presidential initiatives and goals.

Warmly,

Jill Duba Sauerheber, Ph.D., LPCC, NASAP President
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Be Socially Interested, Touch a Life this Week.

EXECUTIVE DIRECTOR'S REPORT



I believe the NASAP 2014 Conference in Chicago was a wonderful success. One of the highlights of the conference was the wonderful reception that the Adler School of Professional Psychology provided for us at their new facility. Many thanks to ASPP for a great evening! In addition to the reception, most of our volunteers – not all – but most, were students from the Adler School in Chicago, so we want to thank them as well.

It was a pleasure also to have a visit from Wilfred Datler, the President of the International Association of Individual Psychology (IAIP). Professor Datler is from Vienna and was instrumental in setting up the Alfred Adler Center International. This is a beautiful headquarters for IAIP located on the Hernalser Hauptstrasse in Vienna's 17th District where Alfred Adler spent the major portion of his youth. The Alfred Adler Center International hosts the IAIP and the Austrian Association of Individual Psychology. It houses an exhibition space for presenting the worldwide activities of the IAIP as well as a library and museum. We have donated copies of our Journal of Individual Psychology to the library and they are on prominent display there. If you are ever in Vienna, go to the Center and also visit the Café Central and the home where Adler and his young family lived for many years. Of course, you can go see Freud's home, if you want, and get a feel for the difference

in lifestyle.

Just a re-reminder that the IAIP will be 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, 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.

And we still have room at ICASSI, so 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 will 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. See www.icassi.net for more information.

John Newbauer, Executive Director

CONFERENCE CORNER: FOOD, DRINK, AND COMMUNITY



Food and drink bring people together. This is consistent across cultures; the specific foods and beverages are elements that define societies. Where there are refreshments, there are people. Where there are people, there is food fare. This tradition occurs on holidays, at celebrations, at events large and small.....even at conferences.

I want to take this opportunity to thank those persons who contributed to this practice at the recent NASAP conference. We could not have the welcoming reception that follows the opening event each year without the constant sponsorship of the Willard and Marguerite Beecher Foundation. The foundation was established to keep in print the four books that the Beechers wrote following their training with Alfred Adler. What an inviting way to

kick off the conference! I am sorry that Joyce Kahle, Executive Director, could not join us this year.

The coffee (and tea) pot is a place we regularly see groups congregating and conferring. With the high expense of such beverages (\$120 per gallon!) we are happy that we had two coffee break sponsors this year. We appreciate both the Chicago Adlerian Society who sponsored one of the coffee breaks as well as the Adler Graduate School of Minnesota who supported two!

A highlight of the conference was the grand Open House where the Adler School of Professional Psychology (soon to be Adler University) invited the conference attendees to their "home." People were genuinely delighted with the gourmet fare and musical entertainment in the sophisticated setting. A huge thanks to President Ray Crossman who thought of everything, including transportation by trolley between the hotel and school.

A final thanks to all of you who registered for the full two-day conference. The registration fee helped to subsidize the wonderful closing banquet that occurred on Saturday evening where all full conference registrants had the opportunity to experience the NASAP community!

Becky LaFountain, Conference Coordinator
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NASAP, 2014

CHICAGO, IL





Thank you to all who submitted photographs from the conference!

WELLNESS FOR LIFE: THE LOOKING GLASS



Here I am before you in what seemed to be a finished column. Instead, thoughts appear to be mirroring as seen through a 'LOOKING GLASS'. These REVERSE impressions are emerging sharper, brighter and more vividly as if being seen for the first time.

It's as if the effect of 'The LOOKING GLASS' is energizing, yet soothing, as it circulates more life within these ideas. While gazing at it, there is a metamorphosis of expressing ideas to words, which is being aided by a steady radiance of light shone upon it.

At this point, you've most likely come to a few realizations. First and foremost, I'd like to state that your eyes and mind are sound. You are not in need of medical and or psychological assessment. Whew!

Second, you have decoded the unusual looking word in the first paragraph to read: REVERSE.

Third, you momentarily perceived, speaking psychologically more than medically, perhaps, I may be in need of assistance. So, before there are any suggested referrals....

Allow me to broaden your scope. You may find yourself utilizing these 'magic glasses' to which I introduced you to before things unfold.

The most common 'knee jerk' reaction of familiarity to REVERSE is of a car. Or, for the nautically-minded, REVERSE engines.

This brings us to the doorstep of the different belief systems related to REVERSE. On one hand we have those entrenched in the study of how sound is used in human language (world of phonology). This includes a word or combination of words that, when inverted, spell something funny or strange (palindromes): ward \leftrightarrow draw, rats live on \leftrightarrow no evil star, or stressed \leftrightarrow desserts. Other types of palindromes can be in the form of numbers, dates, or names and can be noted in modern or classical music. (Wikipedia)

The other belief is referred to as "REVERSE Speech" noted by David John Oates, an Australian researcher. He contends that human speech is based on two premises that are actively engaged daily in a backward and forward motion. It begins in infancy as we hear the coos and goos -backward speech, also referred to as free speech, so to speak, that isn't consciously controlled. Once conscious control emerges, there is forward speech. The conjecture behind REVERSE Speech is the following: "hidden within the ordinary things we say is a deeper meaning - words and phrases spoken unconsciously that are

revealed only when our recorded speech is played in reverse. The question is, are proponents of reverse speech just hearing what they want to hear or are they really on to something?"

[paranormal.about.com]

Moving right along, I believe the writers of "Fractured Fairy Tales" from the children's 1960's hit TV show, "Rocky and Bullwinkle", sparked a new creative way of looking at traditional folktales, fairy tales, fables and possibly some nursery rhymes. With a flip and wave of the magic wand, the "What if...." schooling of thought emerged, totally unencumbered. Why not see things from the flip or even diagonal side! I believe this opened the door to children's books i.e. Cinderella/Cinderella: The Untold Story (Upside Down Tales).

This may have prompted the movie industry to explore reversal roles via gender i.e. Some Like It Hot where Jack Lemmon reveals that he is actually a man, and his beau responds with "Well... nobody is perfect." This off guard, instant zing effect grabs both the character and the audience. Then there's parent/child or age switch, i.e. Freaky Friday, Vice Versa and 13 Going on 30, which lend awareness and appreciation of each other. These are just a few noted comedy classics.

This brings me to, "Are young people the only ones to benefit from these endorphin experiences?" What do you think? As it turns out, from 1978 - 1982 a highly unusual TV series sitcom graced our airwaves, Mork & Mindy, with a 'truly quirky' cast member, comedian Robin Williams, as one of the stars of the show. If you are familiar with Robin Williams, nothing more needs to be said. If not, you may want to take a stealthy gaze.

Mork & Mindy was highly entertaining: tapping, arousing and constantly giving your 'laughter muscles' a workout while simultaneously immersing and reflecting a certain wisdom and 'wide-eyed,' warming innocence that generated an overall satisfying fulfillment. At the same time, there was an apparent seed revealed.

This seed may impart the 'what if ' for humans, finding ourselves pondering, "What if the essence of being human, our DNA, was imprinted with the wonderment to see and live life, while developing and evolving like an Orkan? Keep in mind, Orkan physiology begins in an adult body with a child's mind, continually procuring knowledge to the body of a child with the attainment of all this knowledge. One further notation: our body physically would demonstrate and require less maintenance, while the mind is fully active and engaged with living life. A life that is enriching and where mind and body are one without the fragility or mind gaps associated today.

How's that for a reflection into 'The Looking Glass'?

Stay well and hydrated. Warm Fuzzies.

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