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**PRESIDENT'S MESSAGE**



Dear NASAP Family,

There are still plenty of leaves on the trees here in Kentucky. And the sun is bright and soothing. I have been making it a point all summer to spend at least 2 minutes walking barefoot in the grass (I know that does not seem like a lot, but when I am in the middle of a project that can feel like a huge sacrifice). It has been a wonderful centering exercise. I am determined to keep up the practice throughout the fall and winter particularly

when the holiday rush provokes me. Perhaps you will join me this fall and winter in giving yourself at least 2 minutes a day of a quiet respite (if nothing else, it's good for the soul).

In the last two newsletters I mentioned three of my presidential goals including: (a) calling the entire membership to take part in Missionary Efforts; (b) evoking a sense of Personal Responsibility particularly among younger Adlerians; and (c) working towards Increasing Visibility of Individual Psychology within the current mental health system (i.e., counseling agencies) and schools. I would like to the opportunity in this newsletter to touch briefly on NASAP membership. First, let's consider actual numbers. Today, we have approximately 456 members. In 2014, approximately 50 memberships have lapsed.

Approximate numbers over the last few years are listed below.

512 members	Last year at this time
632 members	2010, March
676 members	2009, March

NASAP Newsletter

**September/October 2014**

Jamie Stone O'Brien,  
Editor

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

Please send submissions, questions, and/or

665 members 2008, March  
649 members 2007, March  
756 members 2006, March  
722 members 2005, March

Many of you have been a part of the NASAP family much longer than I have. You have been part of a much larger family. I believe that these numbers need all of our **attention**. They are steadily decreasing. As NASAP members, each one of us has a responsibility to keep NASAP thriving in the international, national and regional communities. The most important priority of a thriving organization is its members.

I am calling all COR members recruit one member to NASAP yearly and am inviting them to report on how these efforts have gone at future COR meetings. Further, I am asking all NASAP Sections to include a message related to diversity that will perhaps elicit the message that we are a group that is open to all.

I am asking for your concern and consideration to be a part of addressing membership. I want to invite ALL OF US to recruit at least one new member (or previous member) to NASAP before our 2015 Conference. I am a text away at 270.996.7396. I would be delighted to hear about your efforts. We all must be a part of this effort in order to keep NASAP sustained.

Warmly,

Jill Duba Sauerheber, Ph.D., LPCC, NASAP President

Phone: 270/996.7396 Email: [illduba.sauerheber@wku.edu](mailto:illduba.sauerheber@wku.edu)

Be

Socially Interested, Touch a Life this Week.

## EXECUTIVE DIRECTOR'S REPORT



Congratulations to the South Carolina Society of Adlerian Psychology for another wonderful conference last month (September). It was truly a “practitioner’s conference.” There are more regional conferences coming up soon with the Ontario Society’s conference and another half-day workshop in Fort Wayne coming this month and then the Georgia Society’s conference in November, along with a program at the Adler Graduate School in Minnesota in

November and then Florida and Idaho conferences in the winter (usually late February and early March). Lots of great training going on in addition to other local programs. Check our Calendar for specifics

about these conferences. They are a great way to network between our annual conferences and to stay connected with other Adlerians.

Connecting with your local Affiliate Organization is a great way to continue learning and stay connected. At the same time, I want to encourage you to encourage others to join NASAP. As the continental association for Adlerian psychology, we are the only group that continues to publish a Journal of Individual Psychology on a regular basis and has been doing so for a hundred years. Without adding new members we won't be able to continue this kind of work, so whenever you are attending one of those regional conferences, please remember to put a plug in for NASAP as well. Let them know it's easy to join, and tell them to go to [www.alfredadler.org](http://www.alfredadler.org) to find out how. JOIN/RENEW is at the top of our webpage.

We will be launching a Job Board or Career Center soon on our website. This is a great way for you to post your resume if you are seeking a new job, either actively or passively, and also an excellent place to post a job announcement if you are an employer looking for Adlerian psychologists, counselors, therapists, family educators or other professionals. Needless to say, I will send you an email to let you know when the Career Center is being launched – it should be sometime soon this month.

The Council of Representatives (COR) Meeting will be here in Fort Wayne at the end of October. Representatives from Affiliate Organizations and Sections will be meeting here along with the Board of Directors. If you have anything you want them to bring up, now's a good time to contact your representative and let them know.

Well, fall has finally arrived in Indiana. At our house, that means a ton of leaves to rake – literally – and they're oak trees so they don't come off willingly and easily, which means the raking continues into the spring basically. But the colors are absolutely wonderful and worth the price, so enjoy the changes that come with this season!

John Newbauer  
Executive Director

## CONFERENCE CORNER: AWARDS



By now the proposals are in and the selection process for the workshops and presentations are under way for NASAP 2015 (May 28-31). The location is Philadelphia, the City of Brotherly Love. You will love our hotel and its location. The DoubleTree is in Philadelphia Center City. They are known for “putting the human touch back into your travel experience.” It will all begin with a warm welcome of their signature

chocolate chip cookie.

Carol Salwocki, whom many of you know after her many years of working at the conference registration, and I had the pleasure of visiting the conference site in September. We were impressed with the meeting space and opportunities for networking. Wait until you see the balcony where the Willard & Marguerite Beecher reception will be located following the Heinz L. and Rowena R. Ansbacher presentation!

Plan to add on a few days and take advantage of the many nearby sights such as the Liberty Bell and National Constitution Center, Independence Hall, Penn’s Landing Waterfront, Franklin Institute, Philadelphia Art Museum and much more!

The local host group headed by Betty Lou Bettner, Kathleen Cluff, and Suzanne Carlin is in the process of planning an unforgettable conference. It is exciting for me to have the conference return to Pennsylvania since the last one that was held in Harrisburg in 2008.

Becky LaFountain, Conference Coordinator  
rmlafo@comcast.net

## CONFERENCE COMMITTEE

*“How ‘ya doin?”  
That’s how we say hello in Philadelphia!*

*We the people (and Alfred Adler) proclaim Liberty, Rights,  
and Responsibilities for all!*

Your local NASAP conference committee is hard at work planning a great time for you in Philadelphia May 28 – 31, 2015. The Doubletree Suites is located just under the brim of William Penn’s hat who sits atop beautiful City Hall in downtown Philadelphia. This modern hotel is situated just a few blocks from Old Town Philadelphia where you will find the Liberty Bell, Independence Hall, the Constitution Center, and many other original historic sites. And we won’t forget to help you find the best cheesesteak, right here in Philadelphia!

**Yo, NASAP, see you there!**

## INTERNATIONAL ASSOCIATION OF INDIVIDUAL PSYCHOLOGY: FROM PARIS 2014 TO MINNESOTA 2017

Last May, Wilfried Dalter, president of the International Association of Individual Psychology (IAIP), joined us at the NASAP conference in Chicago and extended a warm invitation to the 26th IAIP in Paris, July 9-13. The Congress, hosted by the French Society of Individual Psychology, brought together individuals from over 30 countries. Paris, the City of Lights, was the ideal setting to “enlighten” us on solutions to the overwhelming feelings of instability and uncertainty, the theme of the Congress. For any of you who have attended a Congress, you know that it feels like you are at the United Nations as you sit in the auditorium wearing earphones as the plenary presentations are translated simultaneously in several languages. Despite the various languages, we all spoke in the same tongue, “Adlerian.” How interesting to see how the various cultures interpret and apply Adler’s Individual Psychology!

NASAP was well represented at IAIP. I appreciate that the following people served as delegates at our two delegate assembly meetings: Dan Dalton, Michele Frey, Tim Hartshorne, Marina Bluvshstein, Betty Lou Bettner, Wes Wingett, Julia Yang and Mark Blagen. These active NASAP members also served as presenters and session moderators.

Other NASAP members who were involved in the program were Eva Dreikurs Ferguson, Marion Balla, Bill Curlette, Gary Bauman, Eric Mansager and Roy Kern. (I apologize in advance if I forgot to mention someone and I ask people to visit the IAIP website, [www.iaipwebsite.org](http://www.iaipwebsite.org), to see the full program).

I am happy to say that the current officers of IAIP were re-elected for another term. In the accompanying photo you will see the following persons from left to right (Gianni Mazzoli, Secretary General; Wilfried Datler, President; Becky LaFountain, Vice President; and Horst Groener, Treasurer).

At the closing session of the Congress, two very important announcements were made. The first was that Eva Dreikurs Ferguson was named as Honorary President of IAIP (see accompanying photo where she is posing with Wilfried Datler). Additionally, it was announced that Minnesota was selected as the site of the 2017 IAIP where the Adler Graduate School will serve as the host. Marina Bluvshstein went before the group and extended an enthusiastic invitation to all to attend the next Congress in Minnesota! I hope many of you will attend IAIP 2017!

Respectfully submitted by Becky LaFountain, IAIP Vice President



## MIM PEW

Dear Friends of Adler,

I write this morning to share the news of Miriam Pew's passing. Mim, as she was known to the countless people who loved her, died early Monday evening, September 8, in her home; surrounded by her closest family members and friends. In recent years, while Mim's health was not always good, her spirit continued to soar and, consistent with the serenity that Mim always displayed, her last hours were characteristically peaceful.

Mim was and, since she remains with us in spirit, is one of the Adler Graduate School's founders. She is one of our treasures – the kind of person who made everyone around her feel a little cleaner. She made all of us want to be a little better and to try a little harder, although she

would never place that burden on us.

Mim served the Adler Graduate School in countless ways; most recently as a beloved faculty member and Didactic Instructor. Over the years, I had the privilege of spending many hours with Mim. She never failed to lift and encourage me as she quietly and gently offered her friendship and guidance. In short, Mim was an inspiration; for those of us associated with the Adler Graduate School and the countless others she touched.

As we shed our tears for Mim and her loved ones, I hope we can all smile when we reflect on memories of Mim and a life incredibly well-lived.

Sincerely,

Dan Haugen  
ASG President

## **RICHARD WATTS: REGENTS' PROFESSOR AWARD**

Richard E. Watts, Ph.D., the immediate past-president of NASAP, was recently notified that the Board of Regents of the Texas State University System (TSUS) selected him for the prestigious TSUS Regents' Professor recognition. The policy statement for the Regents' Professor appointment indicates that it is awarded to a faculty member who is "nationally recognized for achievements and exemplifies outstanding performance in teaching and service to the extent that he or she serves as a role model to the faculty. Appointment to a Regents' Professorship shall be made only when clear indication exists that an individual so appointed will continue to provide exemplary academic and intellectual leadership and continue his or her professional activities in such a way as to maintain national and international recognition and a commensurate level of accomplishment." Richard will officially be recognized as a Regents' Professor at the TSUS Board of Regents meeting on November 7, 2014.

## WELLNESS FOR LIFE: HONEYMOON RECIPE



Before images of cherry blossoms, tropical destinations, or other things of this nature take root (or you are overcome by an ARGH feeling/thought), stop and take a breath to consider the point of the 'honeymoon phase.'

And, before any other nerve endings might be nudged/tapped, let me expound. There's no better place to begin than at the beginning.

The reality of honeymoon lies in one's perspective. It can trigger an association/connection with a number of occurrences, for instance: thoughts like marriage, overall student actions/behavior at the beginning of school, or seen in terms of the relationship between student and teacher at the start of the school year. Another aspect might be of the uncharted new waters between step-parent and child. What about employee and boss or the individuals we choose to represent us? Now that would likely be an oxymoron for this type of column. So we'll just mosey along. What about your ongoing relationship with your children?

This takes us back to the core of the word honeymoon. Honeymoon can be viewed from two timelines, so to speak. Let's take a brief peek.

The once upon a time view centers on the origin of the word itself : hony + moone from the Old English. It is considered as the "indefinite period of tenderness and pleasure experienced by a newly wed couple". Honey, we know to be sweet, pertains to the sweetness of a new marriage while the moon indicates the span of time it might last by way of the moon phases which total a month. It seems they felt some "zing, fervor, oomph, fire" was missing. Now add a month's supply of mead (fermented honey + water ~> alcoholic liquor.) The reaction might be, "Lo!", or in other words, "Did we have a good time!?" "Baby?"

From today's standpoint, historically speaking, two newly wed people become "tunnel" contact - wise and visioned with each other, focusing for a period of time on the development and enhancement of love in their relationship. Who's to say how long the duration will be? It's more of a subjective matter. There an overall ambience of happiness and compassion emerges → noted in both conversation and actions. During this period, the likelihood of different points of view, at times, would pop up. Somehow, an amicable solution would materialize. It's a time when endorphins are at their highest!

Bluntly speaking, “What happened?” A number of interpersonal relationships seem to get ‘bogged down’ in disagreements and problems or reflect the ‘tunnel/me syndrome’ with a ‘cassé’(French word for broken), ending of the relationship. Ever hear of problem solving? What about utilizing the term ‘challenges’ instead of ‘disagreements’ while expressing, viewing and, ultimately, resolving mutually?

I once learned respect of a person, no matter the age, is the most powerful treasure tool you can possess. When put into practice, it becomes mutual respect.

A HONEYMOON RECIPE may resemble the following: procurement of mutual respect as the main ingredient and adding the “5C’s” of a relationship: “Connect, Capable, Count, Courage and Contentment.” (Lois G. Marecek, Relationship Reflections, NASAP Newsletter © March / April 2012).

Could this be the key to living life beyond/extending the honeymoon: warm fuzzies versus cold prickles? (I couldn’t resist) It sure beats waning or whining. What can you cook up?

Before we bring this to a close, let me mention a few other celebrations on the upcoming horizon - like “Gone-ta-pott Day”. Believe it or not, it happens to really exist. It appears to be an outgrowth of the phrase, “to go to pot” debuting around 1542, referencing the fate of leftover cuts of meat to a stew pot.

For those of you who may not be familiar with the idiom, “Gone-ta-pott”, allow me to clue you in. How many of us have experienced a time or two or three when that horseshoe got turned around, upside down, directing matters to go south, down, down, down what seems to be a never ending rabbit hole or being under a rainy cloud all day - so much for your luck!

How about ‘unmarking’ a bad day’s humor with a get together laugh-a-thon of your worst day stories while indulging in a bowl of stew? Its noted calendar date of celebration is on September 28th.

Remember a time or two at school when you had a question you were dying to ask YET not sure or afraid to actually say it? It could have been because others might make fun of you for asking ‘a dumb or stupid’ question. So you buried it.

Guess what? You can now say, shout, or finally disclose it on “Ask a Stupid Question Day”, without reprisals from others because we all can relate. Where? The best place is a school classroom since it is observed on the last school day of September. This year it is 28th. [TIP: Having a teacher present couldn’t hurt. Teachers are known for saying there is no such thing as a stupid question, or that no question is too stupid to ask.]

You may take a shine to it or you might squint as it mirrors the sun's rays. I'm referring to "Bald and Free Day", which I discovered is reflected on either October 7th or the 14th yet why split hairs?

Seriously, a lot can be said in the plus category about having the dome look. For instance, as my husband puts it, you save a 'scrunch' of money on getting haircuts or buying all those hair products like shampoos, conditioners, sprays, gels, combs, or even dyes, which some guys won't admit to. There's also the 'psyche' plus ==> no trauma associated with loss/gray hair or having a 'bad hair day'! So acknowledge their 'free dom' by joining in the festivities.

Last but not least, we can thank our cousins from across the pond for, "Tell a Story Day". There is a bit of uniqueness behind this day ==> celebrated in Scotland and the UK on October 27th and in the United States on April 27th.

It's quite the event across the pond. It appears many different aspects of storytelling are tapped, from folklore, tall tales, and non-fiction to fiction. It can even originate from memory or have pictures as the source. The idea is two-fold, to enjoy the shared stories and have fun with each other, whether it is with family, friends, or colleagues.

That about covers it for today. Until next time. Stay well & hydrated.

Warm Fuzzies

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