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NASAP Newsletter

May/June 2015

Jamie Stone O'Brien,
Editor

Next submission due date is August 1st, 2015.

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

PRESIDENT'S MESSAGE



Dear NASAP Family,

I recently attended my grandmother's 97th birthday party. She was in terrific spirits and led a group of the great-children around the dining room table in a chant of "We want cake! We want cake!" Everyone was smiling and laughter filled the air. She truly came to 97 years old with grace, love and a focus on family. She lived her life for what mattered. She continues to live for what matters; namely, by focusing on others

and maintaining good relationships. Perhaps I need to tell her that she is an Adlerian. (Or perhaps she already knew that when she attended the conference last year!)

Isn't that what being Adlerian is all about? We help the individual grow so that he or she is more inclined and interested in others. (We also choose to focus on our own wellness. In doing so, we can be more interested in our relationship with others.) We believe that strong, good and healthy relationships bring health to the individual. It's all rather simple. And yet the premise of Adlerian Psychology is so great that it separates itself from other psychological theories. This is what we need to tell others about.

My message is rather brief this time but similar to my previous messages. Go Tell Others About Adlerian Psychology Today! And if yourself hearing a little voice inside you saying, "What do I know Adlerian Psychology." Rest assured. It's rather simple. Adlerians are interesting in helping people feel good about themselves, in mind,

emotion, and body. We are interested in helping those around us sustain and maintain good relationships that contribute to a greater whole. We focus on the good that matters in the moment and the good that will matter tomorrow.

Warmly,

Jill Duba Sauerheber, Ph.D., LPCC, NASAP President
Phone: 270/996.7396 Email: jillduba.sauerheber@wku.edu
Be Socially Interested, Touch a Life this Week.

EXECUTIVE DIRECTOR'S REPORT



As you have probably heard by now, the results of the election for President-Elect are in and Jim Bitter is our new President-Elect. Jim assumed office at the close of the 2015 Conference. The President-Elect serves on the Board of Directors for one year and then serves as President of NASAP for the next two years and then serves as Past-President on the Board for another two years. I would like to thank Jim and also the other candidates that ran for President-

Elect, Joyce Devoss and Tim Hartshorne.

NASAP 2015 is now history. The local team, Penn-Del Adlerian Society did a great job. We had almost 300 participants and now we are busy processing the CE forms and the evaluations of the sessions. If you attended you will receive an evaluation form to complete about the overall organization of the conference and future conferences.

You will soon be receiving by email a proposal form for the conference. These will be due on October 1 so that we have time to review them by the COR meeting October 23 and 24. They will also be available to download from our website.

Next year in Minnesota, May 12 to 15!

John F. Newbauer, Ed.D., DNASAP

CONFERENCE CORNER



I just returned home after the 63rd annual NASAP conference and am reflecting on all the generosity, social interest and kindness of those involved with the event. Much thanks to Betty Lou Bettner, Kathy Cluff, and Suz Carlin, co-chairs of the Penn-Del Affiliate of the Individual Psychology of Alfred Adler, and committee members Inna Pavlova Rosenfeld, Pat Rambo, Joe Cice and Fran Cuneo. They all had much

going on in their personal and professional lives, yet they made sacrifices in order to carry out so many conference responsibilities. For example, can you believe that Sue participated in this role while still attending her son's high school graduation that occurred in the midst of the conference? We could not have carried out the conference without the hard work of their committee members and volunteers.

Many thanks to the presenters who spent their time and talents making proposals, preparing for and presenting their sessions. The presentations are the heart of the conference!

Much social interest transpired under the radar. Thank you to all those participants who donated items to the silent auction, with proceeds going to scholarships. A number of persons donated meals so that many students could partake in the lunches and several volunteers could enjoy the closing banquet. I was especially touched by what occurred at the Heads and Tails game that we played at the "tail-end" of the banquet. The game concluded with a spirited tie breaker between Roy Kern and Leigh Johnson-Migalski, with Leigh winning the free registration to next year's conference. Upon leaving the stage, I heard Leigh say so generously to Sterling Travis, a PhD student at the College of William and Mary, "I want to give you this free registration." The humble interchange occurred, "No, I couldn't accept that." "Yes, I really want to." It later came to my attention that Leigh had acquired her tickets from Sterling when he so graciously shared his tickets with his table mates. I know that Sterling's actions were done totally altruistically, but I do find it heartwarming when nice things happen to nice people!

Becky LaFountain, Conference Planner

YOUNG ADLERIAN CONFERENCE REFLECTIONS

What an Experience! Western Kentucky University Graduate Students Reflect on their Experiences at the 2015 North American Society of Adlerian Psychology Conference

When Alfred Adler first introduced his theory of Individual Psychology, one of his core beliefs was that everyone has a need to belong. In attending my first North America Society of Adlerian Psychology (NASAP) conference in Philadelphia, I truly felt like I belonged. Everyone there was so warm and welcoming, and they opened my eyes to an amazing community that I am excited to join. Not only was this conference my first NASAP conference, but it was my very first conference to ever attend. I was not sure what to expect, but the NASAP conference completely exceeded my expectations. I came out of every session with enthusiasm and a brain full of new techniques and ideas. The session that stands out the most to me was a session on early recollections in which Dr. Wes Wingett was the speaker. Dr. Wingett gave an outstanding demonstration, and I was inspired by the insight that he had and the ease and comfort he showed with the technique. Throughout the sessions that I attended, my biggest take away was from a session on case conceptualization by Dr. Len Sperry and Jon Sperry. As a student, it can be difficult to know what to do with different information once it is gathered, and their session was enormously helpful! In order to further spread the word of Individual Psychology, I plan to pursue future leadership within the NASAP community, become an active member in my local NASAP affiliate, and present at future conferences about Adler's Individual Psychology and its impact on my life. It is important to me to become actively involved in a community that has taught me so much, given me a framework in which to work with clients, and has graciously welcomed me with open arms. I am so thankful to have found NASAP, and I look forward to my future as an advocate for Individual Psychology and an active member of the Adlerian community! **Bethany Bea**

The NASAP conference brought forth a plethora of experiences, lessons, and a strong feeling of what the counseling community can be. In regard to the last point, my favorite experience was definitely the (second) reception at the end of the conference Saturday night. Seeing these presenters who have been impressing me all weekend with their skills, knowledge, and high level of respect really begin to unwind and show me that they are just people at the end of the day was a very satisfying experience. Talking to them as though they were just any other person, knowing that I had just seen them give a workshop that I learned so much from was something that I did not expect to experience at all. It's very difficult to say what one thing I

learned from this experience, given that I learned so many things. It's like trying to find hay in a haystack. Overall I'd probably say the one that really sticks out is a workshop on Early Recollections that Dr. Wingett performed. I was literally in awe at how flawlessly he performed this technique. It was a very satisfying experience to see something you've read about and thought "I don't know if I would like this" and then see it performed in front of you, completely shattering my previous perception of it. It was such an effective technique that afterwards I realized how little I knew about anything just by reading about it. After this amazing experience, I don't see how I couldn't see myself advocating and spreading the word of how great Adler's Individual Psychology is. I think a big challenge to myself is to see just how far I can go to help support NASAP. Future leadership was brought up as a wonderful opportunity to both progress the organization as well as myself in the community. Having talked with a handful of NASAP leadership members, I've practically been dared to try and work my way up into the leadership ranks. The encouragement from the members of the community and my newfound love for NASAP more than pushes me to want to pursue such a great opportunity. I hope this is just one of many opportunities I get to promote Individual Psychology and eagerly await to see what lies in my future. **Dylan Camacho**

The first aspect of Adlerian psychology that appealed to me is that there is a reason behind why people are the way they are. It is unlike the medical model, which purports that something is wrong with an individual and the mental health professional fixes the distortions or illness. Rather, Adlerians take the time to investigate the individual and use processes such as "early recollections." That is, it is our first memories that form who we are today. At first I was hesitant of early recollections. I thought that these memories would not be able to help me understand the person in the chair in front of me. I did not understand the true meaning behind "early recollections." While at the NASAP conference, I saw an early recollection demonstration by Wes Wingett. The way that Wes was able to analyze these early memories and be able to predict the person's conceptualizations of the world was truly astounding. I then understood that it's not the memories that form the people; it is the complexity of these memories that help inform the person about how to interact in the world. **Lexie Sheucraft**

Alfred Adler's theory and practice of Individual Psychology has been a longstanding and quite useful aspect of the psychology and counseling fields. After attending the South Carolina Society of Adlerian Psychology in Myrtle Beach I knew that there was something unique and very comforting about Adlerians. Just recently I attended the North American Society of Adlerian Psychology conference in Philadelphia, Pennsylvania along with three other classmates of mine. With this being my second conference, I instantly felt bonded and had a sense of belonging within this warm and caring community; Adlerian or Individual Psychology has a core basis in all behaviors being purposeful and that we as individuals have a need for belonging and

social interactions, and you can certainly feel this energy when you are involved with anything Adlerian. After each session, I left feeling as though I had gained some new insight, learned something new about myself and feel as though I had gained a new tool to add to my counseling tool belt. In particular, the session held by Dr. Wingett about early recollections was incredibly insightful to me as I was able to see how influential delving into the past and relating it to a person's present moment really is through the use of live demonstrations. I look forward to continuing my educational experiences and attending more Adlerian conferences in the future. I also plan to apply some of the many techniques that I learn with future clients. **Caleb M. Harper**

ADLER GRADUATE SCHOOL: A CELEBRATION

Grand Opening of the Expanded Library

and

Dedication of the New Research Centers:

Café Central – An Adlerian Research Center and the Harold H. Mosak Adlerian Mastery Lab

On April 25th, 2015 the Adler Graduate School hosted more than 100 people who came to celebrate the grand opening of two Adlerian research centers: Café Central and the Harold H. Mosak Adlerian Mastery Lab.

During day-long activities, participants attended a workshop Understanding Gender – An Adlerian Perspective presented by Marion Balla, listened to Dr. Harold H. Mosak speaking on How to Like Yourself, enjoyed live music with Aaron Swestka and a meal during social time, and guided themselves in the new research centers. A culmination of the festivities was a Dedication Ceremony. During the ceremony, participants listened to Marion Balla, the President of the Adlerian Counseling and Consulting Group in Ottawa, Canada, Dr. Harold Mosak, Dr. Jill Duba Sauerheber, President of the North American Society of Adlerian Psychology, Ellen Mendel, President of the Alfred Adler Institute of New York, and Dr. Marina Bluvshstein, the Adler Graduate School's Director for Adlerian Studies and Online Education. A symbolic ribbon was cut jointly by Dr. Mosak and his grandson DJ.

Marina Bluvshstein

Below is what participants shared with us about their experience during the entire day:

There is a distinct Adlerian ethos. It is hard to describe, but unmistakable when enough Adlerians get in the same room at the same time. That happened at Adler Graduate School on April 25th with the dedication of the Mosak Library with Dr. Mosak there to grace the occasion. I came away from the day and evening reminded again that we have from Adler, and now between each other, not only a

philosophy of life and a theory of psychology, but a way of being in the world and with other people. Adler Graduate School now has the privilege and responsibility of being the custodian of one of the most comprehensive repositories of Adler's legacy in the country. All of this, in typical Adlerian fashion, was embedded in a day of learning, socializing, and fun.

Richard Close, MDiv, LICSW, LMFT

As a young Adlerian attending the event at AGS, I felt as though I was in the company of many with wonderfully diverse backgrounds and who all shared a common vision; spreading ideas that promote healthy communities through Adler's ideas. I was particularly encouraged when listening to Dr. Mosak speak; while he spoke, I could not help but think of the passion for people he must have to continue his work into his 90s, it was a truly inspiring moment that I am thankful to be part of.

Kyle Ross, MA

"From Mouth to Ear" is the phrase I think of as I recall my attendance at the recent Grand Opening of Adler's Expanded Library and Dedication of the New Research Centers. Mouth to ear is how so much rich tradition and knowledge has been passed on from the elders in my Southern family for years. My newfound family--my Adlerian family--continued that tradition. Not written; not recorded. Just spoken among my new friends and family, my Adlerian family.

Hallie Williams

Simplistically profound and a true Adlerian experience.

Rashida Fisher, MS, LADC, LGSW

The dedication of the Harold H. Mosak Adlerian Mastery Lab and the Adlerian Research Center was an evening of pure delight. I had never seen Dr. Mosak in person, but his presence always seemed to be around the AGS - in the classrooms, the library, and in the frequent stories and reminiscences of those who knew him. To see this elderly man, so sound and yet so frail, inspiring and filling the room with his

insight was extraordinary. The love he had for the audience, and particularly for his family, who accompanied him, was poignant, almost heartbreaking. Then he would crack a joke and we'd laugh like loons. Really, the whole event was like that for me, start to finish.

Bonne Chandler, MA

It was a time to open up tucked away treasures and share a wealth of knowledge. The atmosphere of ease and legacy of warmth brought a smile and deep sense of gratitude to my heart. And as a graduate student navigating the room full of great Adlerian minds, I found it was easy to be, as Mosak put it, okay.

Karen Haeg

A true Adlerian experience

Starla Moore

I shared with some of my friends that attending the class this weekend and the Grand Opening of the Expanded Library and Dedication of the New Research Centers was "mental stimulation and very inspiring," it truly gave me insight into what being an Adlerian Therapist is all about. Other words that explained my experience would be informative & fascinating. To have met Harold Mosak was very much a highlight of my experience this past weekend and observing a noted therapist like Ellen Mendel take notes as John Reardon taught our class solidified that learning occurs every day of our life and every opportunity with other Adlerians is an opportunity to learn!

Jeff James

Inspirational. Hearing the passion that the speakers had for their topics and how much they pride themselves on being Adlerian made me realize how deep the words of Adler really go into your heart and soul.

Brook Chace

I really enjoyed presentations by Marion Balla and Dr. Mosak. I felt as if I was in presence of Adlerian royalty. Still, he was a plain human, like the rest of us. It felt like a family event. Very pleased to be there.

Amy-Ann Mayberg

For me, the takeaway feeling from Saturday was a sense of connectedness to Adlerians past, present, and future. To lay hands on the items in the libraries created such a visceral sense of connection with the past; books, pictures, and mementos from Adlerian luminaries of the past. Hearing memories from Ellen Mendel reminded me that Adlerian scholars and teachers were people too, with rich lives, senses of humor, family tales, friendships, hopes, and dreams. I felt that same connectedness to Dr. Mosak. His words, his energy, filled the room. And his message, after decades of scholarship and living, was so beautifully simple: like yourself. The fellowship of the moment, looking at all the faces in the room, gave me a connection to the present and an optimistic sense for the future. As people and as professionals, we absorb and integrate Adlerian ideas into our lives and practices, carrying them with us into the future, breathing new life into Adler's ideas. It is a practice in the truest sense of the word: we use it and we live it. It's this sense of life, vibrant, vital life, that remains with me most strongly after Saturday's events.

Leah Macpherson

A celebratory energy filled our school as we learned and heard stories from our fellow Adlerians. The thrill of hearing Harold Mosak's talk, and meeting him, were my personal highlights. And what elegant new library rooms!

Richard Chandler, MA

My main takeaway from the night was that the event connected many Adlerian dots for me: chronologically, cognitively, and emotionally. It was amazing being in the same room with so many generations of Adlerians.

It seems like a simple and obvious takeaway, but it was great to see past and present in the great world of Adlerian Psychology.

Andy Carson

What a delightful weekend at Adler Graduate School; so well-orchestrated and hosted by Dan Haugen, Marina Bluvstein, and all the people at AGS who helped in a myriad of ways to make the entire event a very special occurrence. It started with hugs and reconnecting at a well-chosen restaurant of all present, including Herb Laube, John Newbauer and Marion Balla, and breathing in the heady excitement of that lively Adlerian interaction. Saturday's extensive program, beginning with Marion's dynamic all day workshop on Understanding Gender - from an Adlerian Perspective, lunch all together with vibrant interaction and then more of Marion's scintillating wit and expertise, left nothing to be desired. Brief intermission and then back in time for Harold Mosak's delightful presentation of "How to Like Yourself" a twinkle in his eye and nuggets to take home.

Listening to the musical interlude before the evening's program and guided tours through the two special libraries - both decorated with collages, photos, and furniture of the times - creatively set up by Marina Bluvstein and her staff: the Harold Mosak Adlerian Master Lab of his entire private library and Cafe Central - An Adlerian Research Center, which featured a donation of most of the library from the Alfred Adler Institute of New York, complemented by a significant donation of books from the personal library of the late Margot Adler and by a collection of letters, periodicals and books of Mim Pew. It was a privilege for me to briefly share the treasured books of the AAI-NY collection and to point out some of the early founders and key players on the nearby collage of photos.

Next came the official Dedication ceremony, with Dan's gracious introduction for each speaker, starting by hearing how Harold Mosak had developed his vast library collection; listening to Marion warmly share her appreciation for all the Adlerians she had experienced and learned from; after beautifully thanking her mentors for their encouragement, Jill Duba Sauerheber, inviting the next generation to also take an active role in moving the Adlerian ideas forward. It was wonderful seeing so many of these younger Adlerians in the large audience! And then my having the opportunity to be able to take the audience on a journey to explain the beginnings of the Alfred Adler Institute of New York after the sudden and tragic death of Alfred Adler, and to share what had been accomplished in the ensuing years by the cooperation and dedicated work of those early Adlerians in New York; coming together to make sure that the Adlerian ideas would continue. After this came Marina's loving words at the end to add the perfect touch to the ceremony. And, finally, having Harold's grandson cut the ribbon of the collections of the expanded library; a perfect metaphor for passing the Adlerian torch forward!

The next day, I had a great time together with John Newbauer, enjoying the beauty of Minneapolis with its many lakes on an excellent guided car tour by Herb Laube and ending with several splendid hours in the Minneapolis Institute of Art museum. Capped by the

opportunity of sitting in on an excellently developed and planned hybrid session of an on-line class by John Reardon and later being whisked off to dinner together with Marina, her husband, John Newbauer and his assistant Renee, a perfect ending to a fulfilling weekend with Adlerian spirit permeating throughout.

Ellen Mendel, LCSW

President of the Alfred Adler Institute of NY





WELLNESS FOR LIFE: THE POWER OF JUNE - OH BOY!



JUNE might be viewed as the “cause and effect” month. For some, it is the anticipation of vacation - planning the where, seeking/searching the most ‘bang for the buck’. A time to get away from routine and add a bit of change, excitement, leisure, fun and frolic. The effect, in some instances/cases, to come home needing a vacation!

Parents discover that their children have been paying attention at school, though some may not have given any indication all year until now. They are applying their knowledge of mathematics, ability to count and tell time. For you see, for young people, it is the countdown of school to freedom and fun. The flip side for parents - what to do? Have them under foot, as both adrenalin and blood pressure rise? By all means necessary - keep them active and busy out of the house via sports, gymnastics, summer camp, etc.

There is also that auspicious day, graduation, that both young person and parent have been anticipating for eighteen years - each for different reasons. For one, it is a sense of freedom at last, and the other, empty nest. You can’t decide which is which or who is who. For both, it is recognizing the culmination of all that hard work

celebrated by both students and families.

Let's not forget the long awaited weddings that for years, not just months, have been an experience of nail biting, painstaking planning and re-planning, while crossing one hurdle after another. All of this culminating in a day of joyful tears, followed by the bucket of tears for the days upon days or years of paying for it all.

This could be viewed as STRESS month. There is a flip side, not to be confused with "Flip a Coin Day" observed on June 1st. Yet, its principle might come in handy. It's a matter of perspective.

All kidding aside, it is taking time to recognize all the great Dads out there who have encouraged, guided, been the family's moral compass and stand for D.A.D. 'Devoted Awesome Delightful'.

A little look further into the month of JUNE may unveil some new insight for some of you. We celebrate Thanksgiving by eating turkey. Are you aware that JUNE is considered National Turkey Lovers Month? Americans especially savor tasting this fowl all year round. In fact, more than two-thirds of the turkeys raised are eaten over the course of the year, excluding November, being high in protein and low in fat and prepared by roasting to grilling. (Brian Waddingham, Executive Director of the Coalition to Support Iowa's Farmers)

For all you bacon lovers out there, June 20th is Flich of Bacon Day. This occurs every four years on Leap Year where the dates vary. It originates in the town of Dunmow, England, in which the last 103 annual ceremonies have taken place. It is a celebration dedicated to married couples who can swear to not having regretted their marriage for a year and a day, thus becoming a tradition. In recent times it is a carving over the fireplace. (Wikipedia) Congrats - to the marriage part, that is. Now how many of you can actually attest to this?

On a more practical side, so to speak, is Fight the Filthy Fly Month - no joke. In fact, where history sheds some light, it is based on an excerpt from the life of a monk named St Leufredus. He lived, give or take, around A.D. 738. The story told is that he had difficulty falling asleep one night. So he sought to prayer. As he lowered his head to pray, all the flies flew away. Henceforth, he became 'the patron saint against flies'. He has been bestowed his own day, St. Leufredus Day on June 21st. (Robin Hoselton, Boomer Style Magazine). So whether you use a fly swatter, traps or home remedies, let's keep those pesky, disease-toting bugs at bay for the good health of both you and your two-legged and four-legged family members.

To round out the month is Hug Holiday Day on June 29th. Behold a hug: miraculous touching sensation, key to enumerable positive facets of living and life itself. It embraces physical, mental and spiritual entities which generate harmony and balance from within oneself and extending /sharing outward. Physically, it is noted to lower blood pressure and strengthen the heart. Mentally, it provides an overall

sensation of feeling good, reducing fear, while increasing self-esteem. As for spiritually, it imparts a connection of belonging & bonding, stating euphorically that you are not alone while it embraces, empowers & uplifts a person's heart and spirits.

So, in the spirit of the creation of this day, take time to share the warmth, joy and affection of a hug with those of the seasoned persuasion at senior citizen centers, children and adults in hospitals, cancer centers and other places. You may want to consider 'Joining Hugs for Health' by checking out the Hugs for Health Foundation website.

In the words of renowned family therapist, Virginia Satir, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need twelve hugs a day for growth." This can make a great prescription to live by as we fulfill and replenish on a daily basis. Don't you think?

P.S. Coincidentally, it is also Professional Wellness Month. Tune in next year for more.

On this note, I will bid you adieu until we meet again. Stay well and hydrated.

AFFILIATE LINKS

Mid Atlantic Adlerian Psychology Society
(MAPS): <https://www.mapsadler.org>

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