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PRESIDENT'S MESSAGE



Dear NASAP Family,

Jon Carlson recently invited me contribute to a monograph that he and his son, Matt Englar-Carlson are writing entitled Adlerian Psychotherapy. He asked me to share my thoughts related to any suggestions that I had regarding the future development of Adlerian Psychology.

Given his permission, I would like to share what I contributed. In the meantime, look for a 2016 publication date of Carlson and Carlson!

Counselor Education in 2015 and Beyond. Counselors are increasingly graduating from programs that are not "theoretically pure." Accreditation standards, such as those from the Council for Accreditation of Counseling and Related Programs (CACREP) require a curriculum that incorporates a wide variety of learning and experiential objectives, thus making it difficult for programs to sustain a theoretically pure orientation. Students are to graduate with a survey knowledge and the ability to apply more than a few counseling theories. Additionally, in order to pass state licensure exams, they must be prepared to demonstrate the basic tenets of various counseling theories. Word of caution - unlike the past, new counselors may not have graduated with an in depth training of any one theory.

What does this mean for the future of Adlerian Psychology?

Upcoming generations of Adlerians will come to the table having been

July/August 2015

Jamie Stone O'Brien,
Editor

**Next submission due
date is October 1st,
2015.**

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

exposed to a variety of counseling theories. Depending on the influence of their mentors, they may sway in more directions than one. They may even identify as “eclectic.” Furthermore, they may attend NASAP conferences with more questions about the worth and usefulness of Adlerian Psychology than they will with a burning desire to become one of us.

So what is our responsibility to bring Adlerian Psychology into the future? While our initial impulse may be to focus on increasing NASAP membership, we will not be successful unless we have buy-in from the consumer. So I want to suggest a couple action steps. First, when we encounter new Adlerians or those whom are at least willing to listen to our ravings about IP, we must (gently) share with them that the tenets of many counseling theories developed after 1930 can actually be traced back to Adlerian Psychology. We must also publish and present the genealogy of counseling theories (while illustrating that Adlerian Psychology is one theory with actual roots) in non-Adlerian forums and in places where students and new professionals are attending and reading. Secondly, we should listen. Adlerians must consider that time is moving. For example, more and more research is available on how the functioning of the brain impacts emotions, thoughts and physiology. Many of our new mental health professionals are graduating having been briefed on this. We should listen to them. Attending and incorporating new information does not mean we are becoming less pure or are betraying our roots. Rather, it implies that we are in tune with the research that has come with the time and we are adding it to our depth of and roots in Adlerian Psychology.

In summary, help new counseling graduates connect the dots. Share Adlerian Psychology. And listen. Dialoguing with others may be our best strategy aimed at maintaining the visibility and future of Adlerian Psychology.

Warmly,

Jill Duba Sauerheber, Ph.D., LPCC

NASAP President

EXECUTIVE DIRECTOR'S REPORT



I'm back from ICASSI 2015 and happy to report that we had a good attendance at this two-week international summer institute in Adlerian psychology. If you haven't attended ICASSI yet, be sure to put it on your bucket list. It is one of the best Adlerian intensive training programs that you'll find. This year in Dublin, it was a bit rainy but we managed to have a couple of days of "Irish Summer" – when it was warm and sunshine was aplenty. Check it out at www.icassi.net.

I made a decision last year to resign as the administrator of ICASSI. It was with some sadness that I made that decision as ICASSI is a wonderful international community of Adlerians and it was my honor to help organize their annual institute, each year in a different country. I stayed only for the first week this year as I thought it best to get out of the way so that their new administrator, Becky LaFountain, could take over on her own. It was very comforting to me to have Becky take over this position, as I know that she has the administrative skills to do a great job with it as she had done with NASAP and is still doing with planning our conferences. So, if you had some slack in responses from the NASAP office in July it was because I was involved so heavily in ICASSI. While I hope to return to the ICASSI faculty some day in the future, I won't be involved in the administration any longer.

We are now gearing up for the COR Meeting in October here in Fort Wayne. It will be held on October 22 to 25. Representatives should plan on arriving on October 22 and can leave Saturday evening, October 24 or on Sunday, October 25. Board members will have a meeting on Sunday morning, October 25 so don't plan on going home too early if you are on the board. I will be mailing out registration forms to the affiliate representatives that I have on file of those affiliates who have 5 or more general members (i.e., professional, retired, family or student members). Section representatives and board members will also be receiving a registration form. Please fill it out by the deadline indicated so we can make plans for the meeting.

You should have received by email a proposal form for the conference. These will be due on October 1 so that we have time to review them at the COR meeting October 23 and 24. Our 2016 Conference theme is Born to Connect, so please try to address the theme in some way, although it is not absolutely necessary. The

proposal form is available for download from our website. The poster proposals are not due until March 1 but the proposal form is also available now on our website.

Next year in Minnesota, May 12 to 15! Put it on your calendar – now!

JUST IN FROM OUR EXECUTIVE DIRECTOR

TherapySites Announces New Affiliation with the North American Society of Adlerian Psychology The new affiliation aims to provide all mental health professionals with the necessary resources for an effective online presence. TherapySites, the leading website and online marketing company for mental health professionals, announced today its affiliation with the North American Society of Adlerian Psychology (NASAP). This new relationship will allow TherapySites to continue to extend their online marketing solutions to NASAP members with the addition of exclusive benefits and promotional offers. “When it comes to searching for goods and services, the Internet is the number one place a person turns to. As people turn to the Internet, it’s important businesses are found where clients are looking. “ said Denise Marshall, Business Development Manager at TherapySites. “That is why we are so excited for the new relationship with NASAP, so that we can provide their members with a valuable resource for professionals starting and growing their practice.”

About TherapySites: Websites for Therapists

TherapySites specializes in creating mobile responsive websites that are engaging, professional, cost-effective, and extremely simple to maintain, helping mental health professionals successfully market and manage their practice online. The TherapySites package includes everything necessary for a professional online presence, including basic search engine optimization (SEO), integrated email & editing tools, credit card processing, and online appointment notifications, all with no contracts or setup fees and unlimited technical and customer support. For more information, contact us at 866-288-2771. As an added benefit, NASAP members will receive their first month free with TherapySites by entering promo code "NASAP". For more information about how to start building an online presence, visit www.therapysites.com.

CONFERENCE CORNER



I hope you are all having a wonderful summer. By the time you get this, school will be starting or, in many cases, already be in progress. With the commencement of the school year, many people start thinking of their professional commitments for the upcoming year. Hopefully, one task that you have in mind is NASAP 2016. If you were at our recent conference in Philly, you were there for the 2016 kickoff by members

of the Adler Graduate School of Minnesota, our host group. They have chosen an exciting theme “Born to Connect.” The conference will be held May 12-15, 2016 in Bloomington, Minnesota. I hope you will also consider presenting. The proposal forms can be downloaded from our website, www.alfredadler.org, and are due by Oct. 1, 2015. If you are considering doing poster sessions, you will have until March 1, 2016 to submit your forms. So mark your calendars now, take a look at the website, and please consider making a contribution to your fellow NASAP members by submitting a proposal!

Becky LaFountain, Conference Planner

adler | GRADUATE
SCHOOL

MAY 12 - 15, 2016

Born to connect,



NASAP 2016
Twin Cities, Minnesota



NASAP CONFERENCE 2015: LIFETIME ACHIEVEMENT AWARDS



Betty Lou Bettner



Ellen Mendel



Marion Balla

STUDENT SPOTLIGHT: APPLYING ADLER'S HOLISTIC PERSPECTIVE IN PRACTICUM

Rather than subscribing to a culture that tends to highlight the presence of mental health disorders and various diagnoses, it is important to consider clients as more than just a list of symptoms. The wellness model, or the cornerstone of the counseling profession, suggests that the counselor helps the client learn how to help themselves instead of the counselor trying to fix their problems. Thus it is necessary when working with clients to have faith in their ability to make changes for themselves. This can be difficult when counselors are bogged down by the demands of third party payers to make a diagnosis and list their respective symptoms.

As a counselor-in-training just beginning to get my feet wet in clinical practice, I recall many times in which I felt overwhelmed by the pathological descriptions noted in many clients' charts prior to meeting them. I remember one of my first client's file described him as 'lower cognitive functioning, cross-dressing, interested in little girls, having experienced physical abuse from father, having witnessed father sexually abusing his sisters, being anxious and depressed.' I was overwhelmed by his extensive list that I began to doubt if I was going to be able to help this client; however, I was reminded by a peer (also an Adlerian) that this client was a person and was not a diagnosis. It dawned on me that my growing knowledge and exposure to Adlerian Psychology provides just the direction that I need to work with clients such as the client noted above.

Adler emphasized thinking about an individual as a whole, not by his or her parts. This is a principle of Adlerian Psychology called holism. Holism purports "...the whole is greater than the sum of its part..." and "...the parts constitute a new and unique whole" (Griffith & Powers, 2007, p.55). This notion is especially important when dealing with clients who exhibit severe symptoms or have experienced trauma because it can be overwhelming to only concentrate on those characteristics. Additionally, it can be detrimental to the counseling process to harp on one aspect of an individual. The Adler Institute explains it as "The individual is not internally divided on the battleground of conflicting forces. Each aspect of the personality points in the same direction" (alfredadler.edu). That is, each component of a human being works together to create the individual. This idea of holism encouraged me to look at my client as a person with having all types of characteristics that do not include a list of diagnoses and related symptoms.

Further, Adlerian counselors do not become overwhelmed by the problem; they learn how to examine the purpose the problem has in the client's life. Belangee (2012) writes, "So, as the client narrates his

or her story, the counselor is listening for the purpose behind the symptom — the “benefit” the client experiences in continuing the behavior” (p. 48). So when I thought about this client again, I reconsidered my first impression and experience of feeling overwhelmed. By considering Adlerian Psychology, I reframed the way I looked at my client by realizing that his symptoms of depression and anxiety served as a reaction and coping mechanism to the trauma he endured.

Diagnosing clients can often feel like a process of categorizing clients based on presenting negative symptoms. However, all aspects, good or bad, are important in counseling a client, which is emphasized in “holism.” You cannot just “divide” a problem out of a client (Griffith & Powers, 2007, p.55). People are indivisible. In conclusion, I have realized that looking at a list of symptoms and disorders can be overwhelming and is not helpful when working with a client. This only made me feel like I was over my head. It is more helpful to consider the client as a person who is made up of and represents many parts. Individual Psychology taught me that treating one part of an individual affects the individual as a whole.

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Lexie Sheucraft

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STUDENT SPOTLIGHT: PERSPECTIVE OF A FIRST-TIME CONFERENCE ATTENDEE

Over the course of the past three years at Adler University, I have spent a significant amount of time engaging in research and debate about the true meaning and definition of Alfred Adler’s concept of social interest. While I have come to a greater appreciation for its complexity, I have yet to arrive upon a singular and all-encompassing definition of its true essence. Therefore, when I was asked to describe

my experience of social interest as a first time attendee at the 2015 NASAP conference, I felt like a deer in headlights and wasn't sure where to start or what to write. However, after taking time to reflect on the three days I spent in Philadelphia, I realized that it was the first time I can say that I experienced the spirit of social interest, and I will do my best to put this experience into words.

At the outset of the conference, I felt a mix of anxiety and uncertainty about what to expect and where I would find a place for myself. However, my nerves and feelings of inferiority were quickly transformed to feelings of excitement and self-confidence as a result of the welcoming, encouraging, and inclusive atmosphere at NASAP. I felt a sense of community, built upon mutual respect, equality, and true interest in the advancement of Adlerian principles and practice. Everyone I encountered at the conference actively made an effort to involve new attendees in events within and outside of the conference. I was encouraged to actively participate in conversations and to share my ideas about the future of NASAP as well as my research and career interests. I found that, regardless of standing within the field, individuals at NASAP were eager to listen and to share personal experiences, insights, resources, and even research opportunities. Additionally, many individuals took the time to introduce me to other professionals in the field in order to foster my development as a young Adlerian. Through these experiences, I felt a greater sense of connection not only with other graduate students and young professionals, but also with long time Adlerian scholars and practitioners.

Taken together, my experiences at NASAP have fostered my sense of connection and belonging within the Adlerian community, and have prepared me to contribute in useful ways to the Adlerian community and society at large. I have also come to the understanding that the concept of social interest, though complex, can take the form of small acts that promote belonging, cooperation, connection, and contribution in the spirit of continued progress. It is my opinion that through these small acts, the NASAP community provides a meaningful place for the development of social interest and progression of the field. I look forward to becoming more involved in the future, and attending NASAP 2016 in MN!

Colleen Monn
Graduate Student, Adler University



Photos from NASAP Conference 2015



CALL FOR EMERGING LEADERS

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;
- with 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 submit electronically 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 October 1, 2015. Decisions will be made by November 1, 2015, and those who are chosen will be notified by November 15, 2015 and are expected to attend the training day (beginning approximately 9 AM on Thursday May 12, 2016) at the Annual Conference in Minneapolis, MN.

Structure of and Requirements for Participation in EL Program

The Emerging Leader Program of the North American Society of Adlerian Psychology (NASAP) is a two-year program designed to train the next generation of NASAP leaders. Through mentoring and committee involvement, participants will learn about the governance structure of NASAP as well as work collaboratively to identify and

meet the needs of new professionals in the organization.

First Year Goals and Responsibilities

For the first year, participants are expected to learn: the history of NASAP, how the governance structure was developed, the purpose of the Board of Directors and the Council of Representatives (COR), roles of the officers of the COR, the governing documents and other procedures, and the decision-making process NASAP uses.

Those chosen to be Emerging Leaders are expected:

1. To attend the NASAP Annual Conference and the Leader Training that coincides with the COR meeting (which is usually on the Thursday of the conference weekend). At the Leader Training, each Emerging Leader (EL) will be introduced to the constitution and by-laws and operating procedures that NASAP uses in governance. Then ELs will join in the COR meeting and participate in the discussion about the future of NASAP. Just as all COR members pay their own way to the conference, the ELs will be expected to cover their own expenses to the conference.
2. To actively participate in discussions (listserv and/or telebridge conference calls) about the needs of new professionals, students, and those new to NASAP, and to develop ways for NASAP to meet those needs.
3. To attend the October COR meeting in Ft. Wayne, IN for which there will be some financial assistance (\$300-\$400). Your room and some of the meals are covered by NASAP (if you want a private room, you will need to pay half of the rate per night).

Second Year Goals and Responsibilities

ELs are expected:

1. To attend the NASAP Annual Conference and the Leader Training that coincides with the COR meeting (which is usually on the Thursday of the conference weekend). At the Leader Training, each Emerging Leader (EL) will review his/her experiences in the program and hopes for the coming year.
2. To attend the October COR meeting again in Ft. Wayne, with the same provisions as outline in the first-year responsibilities.
3. To continue discussions from the first year and also to implement some of the ideas generated through the discussions. The members of COR will provide guidance and assistance for ELs during that process.
4. To participate in the selection process for the next group of ELs. This will involve review of the applications with the COR-based selection committee (to be completed remotely), and discussion of the

candidates via telebridge conference call and/or listserv communications.

Beyond the Two-Year Program

After the two-year program, ELs will hopefully want to continue their involvement in NASAP and choose to run for an officer position on the COR. Unless they specify otherwise, ELs will remain on the listserv list and can choose to participate in those online discussions among the new group of ELs. ELs can volunteer to be “unofficial mentors” as well, even if they are not currently serving on the COR.

CALL FOR HELP

GIFTING NASAP

Would you consider remembering NASAP in your will? Would you be willing to pledge this year to make a tax-deductible donation to NASAP? This organizations basic form of income is through membership dues and the annual conference. That income allows NASAP to continue to exist but does not allow the possibility of doing more.

What if NASAP could publish great Adlerian materials that are out of print or sell DVD's that we have with written transcripts? What if we had the funds to publicize our conferences to other organizations such as social workers or educators? Those mailing lists can be purchased. What if we could sell materials on line? What if we had an endowment fund or even a scholarship fund?

There are many possibilities but there aren't the funds to implement them. What do you think of these ideas? Do you have other ideas? What would make you want to contribute? Let us know what you think by emailing info@alfredadler.org or responding with a letter to the editor of the newsletter.

WELLNESS FOR LIFE: WHITTILING AWAY THOSE _____ BLUES



Some of you may be unfamiliar with the word 'whittling,' so let me share a few insightful slices, as we cut away, leaving behind a handful of mere shavings. I couldn't help myself!

Based on shear definition, it is the art of making shapes out of raw wood using a knife, usually a pocket knife. Also referred to as a time-occupying process of repeatedly shaving slivers from a piece of wood. (From Wikipedia, the free encyclopedia)

Imagine yourself with a block of wood along with your trusty pocketknife. You take the knife and slice off strips of wood again and again, casting away the shavings, until the wood no longer resembles a block.

Now you take a step back. What do you have? That depends. For some who are artistically touched, they have before them a creation, needing no words. Then there are those of you, like myself, creative rather than artistic. One step back leads to another and another. Each time glancing back from a different angle, hoping for some clarity in what your block has become.

No matter. It's a way of passing the time. Historically speaking, it was a pleasant leisure activity and/or entertainment for men, which evolved from the 1550s. The end result may be threefold: crafting something like Gibbs on the TV show NCIS -building a boat in his basement and then wondering how he was going to get it out. We'll forgo that notion for now. It can be a means of meditation to help reflect thoughts or, last, a way of passing away the time, say while camping. All in all, the result of this action is quite positive.

As you experience life, there are times or situations that test our abilities. The end result may lead to a negative mindset commonly referred to as "having the blues or being in a blue funk".

It's more common than you think. To set the stage, let's take a stroll down memory lane to those teenage years - a time of being carefree, kicking back, listening to music as a favorite pastime, sweetened by not having to go to school and, instead, going to the movies, for it is summertime - bright, sunny, and a pleasant cool breeze at times. Yeah! What more can you ask for?

You had to ask. There suddenly appears some foreshadowing. Your parents are saying that there will be no loafing around the house. So you respond with a nod and ask for the keys to the car so you can do

your thing. However, to your surprise, you are met with not just a “no” response but words to the effect of getting a job.

For some, this is okay, as for others, a first taste of those blues. For a number of you, the introduction was during the summer.

I’ve discovered that music is multifaceted. It can interject and produce a range of emotions. There isn’t an emotion that has escaped being sung or played in the genre of Country Western music. In fact, I happen to come across that song, “Summertime Blues”. Whether you hear the 1950s version by Eddie Cochran, who also co-wrote it, or the version by The Who, if you didn’t have the blues before listening to it, there’s a pretty good chance you will after!

So how do you tend with having the blues or being in a blue funk? Finding coping techniques/strategies can be a challenge. Let’s get started.

Starting with music, research has shown time and again that music can be uplifting, comforting, entertaining, etc. Believe it or not, there is a flip side to the blues and funk music. You might say it evolved from mere sadness, pain or unpleasantness to the genres of music known as Jazz, Soul, R&B, and Rock-n-Roll, producing a sense of earthiness and upbeat rhythm. As a matter of fact, whether it is Classical, Jazz or Reggae, they are all mood boosters! [A Happy You: Your Ultimate Prescription for Happiness by Elizabeth Lombardo]

Research has also indicated that spending more time outdoors among the trees, fauna, and living creatures instead of catching up on TV shows or DVDs has a way of brightening your overall outlook and boosting energy. [University of Rochester]

Which of these three might be a way of cheering you up when feeling sad: tuning in to the news, watching reruns of your favorite sitcom or reading a novel? The answer, research-based, may surprise you. And the winner is, “People who read often, are happier.” [University of Maryland Researchers]

Although, I’d like to chime in with watching a favorite sitcom, especially before bedtime, does have its benefits. In terms of a car, it’s like being in neutral - allows me to enjoy what I’m seeing & hearing without having to exercise the brain with tasks of formulating what to think and do. In other words, I can give it a rest while it is restoring energy.

I saved the best for last. Most of you who know me are aware that I have a strong Disney connection. Those of you who are into Disney movies would note that they can offer some advice. From the following four movie quotes, which is research-documented when referring to happiness advice: “Look for the bare (bear) necessities.” Jungle Book; “Just say Hakuna Matata (no worries)!” The Lion King; “Just think happy thoughts.” Peter Pan; or “What do you do when things go wrong? Oh, You sing a song.” Snow White

Have to admit, they all have a positive take. The one that stands out is, “Just think happy thoughts.” According to author Nakia Gordon, who reported on brain scans done at Bowling Green State University, it was discovered that “the areas that indicated happiness lit up whether the subjects were actually laughing or just thinking about it.”

There you have it. Time to put this column to bed. Keep in mind there is always the option of taking that block of wood along with your trusty pocketknife and whittle away!

Stay well and hydrated.

Warm Fuzzies

AFFILIATE LINKS

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

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