



TABLE OF CONTENTS

- **PRESIDENT'S MESSAGE**
- **EXECUTIVE DIRECTOR'S REPORT**
- **CONFERENCE CORNER**
- **A WORD FROM THE CONFERENCE COMMITTEE**
- **WELLNESS FOR LIFE: WHAT'S IN A MESSAGE?**
- **AFFILIATE LINKS**

NASAP Newsletter

September/October 2015

Jamie Stone O'Brien,
Editor

Next submission due date is December 1st, 2015.

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

PRESIDENT'S MESSAGE



Happy Holidays NASAP Family!

What are your plans for the holiday season? What traditions will you maintain; what new ones will you create? Each Christmas Eve is a gathering of my paternal side of the family – a mix of Irish and Lithuanian roots. Together, we connect amidst laughter, sharing of memories, good food and spirits, and appreciation that for decades, this gathering has remained fixed in each

year's calendar. It is through this reconnection that we so often reflect upon the joy and love that my dear grandparents left behind.

This leads me to consider and appreciate another established event on most, if not all of our yearly calendars, the annual NASAP Conference. Believe it or not, the planning of this conference has already begun; the conference elves have been busy at work for weeks now. The NASAP Conference, perhaps similar to my experiences on each Christmas Eve, is a time to recall the impact of Adlerian family members that have gone before us, to reconnect with one another, and to build new relationships that may lead into lifelong connections. If you have been to a NASAP conference, surely you have experienced a professional community that is also personable, caring and encouraging. You likely left with a renewed sense of purpose and a rejuvenated motivation to contribute to the lives around you. Perhaps, like me, you returned to your family, friends and community with gratitude and hope.

In the spirit of giving, will you consider giving someone the gift of the NASAP Conference Experience? You have a few short months. Perhaps one of the gifts you give this holiday season is a NASAP Conference Registration for someone who is yearning to belong and hear the Good News of Adlerian Psychology.

Happy Holidays!

Jill Duba Sauerheber, Ph.D., LPCC

NASAP President

EXECUTIVE DIRECTOR'S REPORT



Fall is here in Indiana. The corn is brown, the pumpkins are ripe, the cicadas in the evening have given way to the crickets and the trees are starting to turn into beautiful works of art. We are now gearing up for the COR Meeting in October here in Fort Wayne. It will be held October 22nd - 25th. We expect to have 25 persons or more at the COR meeting. A large part of the COR meeting is selecting presentations and workshops for the Annual Conference, which will take place

May 12-15, 2016 in Bloomington, Minnesota. We have received 96 presentation proposals and 15 workshop proposals to review. The poster proposals are not due until March 1 but the proposal form is available now on our website.

We are updating our website so that it will be more accessible via cell phones and tablets. This should be completed before the end of October. Check out the new look at www.alfredadler.org and try it with your cell phone, as well. The new template won't allow all of the pages to be cell phone or tablet friendly, but it will be easier for you to access the Membership Directory on the go, along with accessing other information and links from our website.

Soon you will be able to help NASAP when you buy books or anything from Amazon by using AmazonSmile and naming us as your designated charity. This is currently in process and should be operational by mid-October. I will send out an email once it is ready to use. You can also help NASAP by choosing books from our bookstore at Amazon.com. We have a large number of books by NASAP authors listed. Check it out on our website at www.alfredadler.org/nasap-books and click on NASAP Books.

We have some interesting taptalks coming up and we just finished one with Amanda LaGuardia on Social Aspects of Non-Suicidal Self-Injury. Members can always listen to previous TapTalks on our webpage by logging in and going to Resources and selecting TapTalks Downloads. When you click on one it should begin playing on your computer. These are MP3 files so you can also download them onto your own computer for use on your own MP3 player or copy them to a CD for use in your car, etc. To do that, just start the TapTalk playing on your computer and then click on FILE and Save Page As in your browser and you can save it to your computer. Then you can listen to them on your way to work or in your office.

John F. Newbauer, Ed.D., DNASAP

CONFERENCE CORNER



By the time you read this, the deadline for workshop and presentation proposals for NASAP 2016 will have passed, and the Board and COR will be preparing for their annual fall meeting in Fort Wayne, Indiana, where proposal selections will take place.

If you have not already done so, be sure to mark your calendar for the 2016 conference which will be held

in Bloomington, Minnesota (on the outskirts of Minneapolis) May 12-15. It is a slightly earlier time frame than usual, but the snow should certainly be melted by then! Our hosts for the upcoming conference are members of the Adler Graduate School in Minnesota. Their team is headed up by Dan Haugen, President; Marina Bluvshstein, Faculty member; and Ev Haas, Admissions/Student Services Director. I know they are enthusiastically involved in their preparations, and I look forward to their report at the upcoming Board/COR meeting.

The site of the conference will be the DoubleTree by Hilton in Bloomington, MN. Remember the delicious chocolate chip cookies you were greeted with at the DoubleTree in Philly last May? It is likely that more of those signature cookies will be waiting for you in Bloomington! My initial contacts with the hotel personnel have all been positive, which likely reflects the wonderful hospitality we will receive next year. I look forward to my site visit there in early November and will report on it and other conference details in the next newsletter.

Becky LaFountain, Conference Planner

A WORD FROM THE CONFERENCE COMMITTEE

The Adler Graduate School (AGS) of Minnesota will host NASAP 2016 – the 64th Annual Conference of the North American Society of Adlerian Psychology (NASAP). The 2016 conference will be held between May 12 and May 15 in Bloomington, Minnesota – approximately three miles from the Richfield, Minnesota site of the Adler Graduate School. AGS has hosted NASAP's annual meeting and conference several times over the past three decades, most recently in June, 2010.

The Doubletree by Hilton in Bloomington will provide a perfect venue for NASAP 2016. Room rates and lunches will be affordable, presentation areas are very well organized and will be easy to navigate, the site for our Ansbacher Lecture and pre-banquet Poster Session will fit our needs very well, and the ballroom where our Saturday evening banquet will be held is elegant. Most importantly, the program that is taking shape, which includes a track for Social Workers, will be rich and varied – and, as always, will honor Adlerian Psychology and its ongoing, dynamic development.

NASAP 2016 will include some of the traditional elements of past NASAP annual meetings, and will also incorporate some new elements. The NASAP 2016 planning team will provide more information concerning specific program plans in upcoming editions of the NASAP newsletter.

The conference theme for NASAP 2106 is "Born to Connect, ". On behalf of the NASAP 2016 Planning Team, I don't think there is a better way to describe Adlerians and their commitment to community and the common good, in general. In fact, the comma appearing after the word "Connect" is both intentional and symbolic in that it is meant to suggest that Adlerians are not done influencing the community – quite the contrary, we have only just begun.

So, in the spirit of being "Born to Connect," please begin to make your own connections on behalf of NASAP 2016. More specifically, please begin to discuss our next gathering with others –and don't confine yourself to current NASAP Members. Indeed, our NASAP 2016 Planning Team is preparing for at least 400 attendees, which means we hope to welcome and enthusiastically host persons who may be relatively new, or even very new, to Adlerian Psychology. But, when you think about it, who better than you to help those in attendance to feel connected – and to feel like they have a warm and collegial professional home.

As with any undertaking, NASAP 2016 will need the help of the Adlerian community. That is, as always, we are in need of assistance

as we plan and execute this conference. First and foremost, please plan to attend NASAP 2016 and, as May draws ever closer, take every opportunity you can to discuss this event with others. In addition, if logistically possible, plan to volunteer. In any case, if you have questions or suggestions concerning NASAP 2016, please contact us here at AGS through the following address – nasap2016@alfredadler.edu. We welcome your input.

Dan Haugen
AGS President

WELLNESS FOR LIFE: WHAT'S IN A MESSAGE?



The other day I found myself with my husband, after having lunch together, taking care of some of the weekly errands. You know what I mean: grocery shopping, post office, etc. As we were pulling into a parking spot by the mail place, I happened to notice something that registered somewhat unusually. The business on one side is a dance studio and the other is a Karate place. I just happened to notice without any bells or whistles, two parking spaces in front of the Karate site for “Handicapped”. That seemed to strike a message chord ⇒ “Are injuries prior to or after visiting this locale?” Next, “How or will it affect future business?”

Moving right along. Many of us receive advertisements for products via the Internet whether we purchase online or at the local store. It just so happens I needed to replenish some treats for the boys (FYI, my boys are four-legged) and an ad online indicated that it was half price both at the store or ordering online. I figured that was a good deal, two for the price of one.

When I arrived at the store I noticed it was on sale; however, the pricing didn’t match the ad. The price in the store was higher. Thinking I may have goofed, I pulled out my phone to check it. Sure enough, the ad read half off. I went into my “Columbo” routine of questioning. The salesperson then asked to see the ad. She was surprised by the differing amounts and apologized. I was charged half price. It appears that consumers need to be vigilant these days.

There are mixed messages or unintentional double meanings that seem to pop up in newspapers, the media in general, places of worship, or even mis-wording of mouth. Some of them are the result of an accidental keystroke or two in writing missed by editors or proofreaders, thus providing a bit of unusual attention-getting humor. Some have us do a double take. They are referred to as bloopers or mistakes. They span topics from cooking recipes to politics, sports

and resumes. It appears nothing is sacred or spared, not even the spiritual realm.

So let's peruse some of these gems.

Recipe Correction - In a recently published recipe for salsa, one of the ingredients was misstated, due to an error. The correct ingredient is "2 tsp. of cilantro" instead of "2 tsp. of cement."

or

"Friday - Honey Mustard, Chicken Diapers with Dipping Sauce, Favorite Tators, Mixed Fruit Cup, Cheddar Guppies, Milk"

How about this one, "Students Cook & Serve Grandparents - On Thursday, September 9, German School hosted the first annual Grandparent's Day." Instead of celebrating, they became the dinner.

or

"99% OF AMERICANS APPROVE OF GOVERNMENT SHUTDOWN. THEY VOW NOT TO COME BACK." The Daily What-What, Sept. 23, 2013

and

"GOVERNMENT SHUTDOWN FINALLY ENDS: REGULAR GOVERNMENT B.S. RESUME" The Burbank Review, October 21, 2013.

Now from the spiritual realm. [PASTORS.COM March 19, 2012]

1. Bertha Belch, a missionary from Africa, will be speaking tonight at Calvary Methodist. Come hear Bertha Belch all the way from Africa.
2. On a church bulletin during the minister's illness: GOD IS GOOD; Dr. Hargreaves is better.
3. The pastor will preach his farewell message, after which the choir will sing, "Break Forth Into Joy."
4. Barbara remains in the hospital and needs blood donors for more transfusions. She is also having trouble sleeping and requests tapes of Pastor Nelson's sermons.
5. Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.
6. The ushers will come forward and take our ties and offerings.
7. The rosebud on the altar this morning is to announce the birth of David Alan Belzer, the son of Reverend and Mrs. Julius Belzer.
8. The eighth-graders will be presenting Shakespeare's Hamlet in the church basement on Friday at 7 p.m. The congregation is invited to attend this tragedy.
9. Let us join David and Lisa in the celebration of their wedding and bring their happiness to a conclusion.
10. Low Self-Esteem Support Group will meet Thursday at 7 to 8:30p.m. Please use the back door.

No matter the source: communication or teaching, there is one thing

to remember.

“I HAVE THE COURAGE TO BE IMPERFECT.”

Well, there you have it. Until next time.

Stay well and hydrated.

Warm Fuzzies

AFFILIATE LINKS

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

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