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NASAP Newsletter

March/April, 2016Jamie Stone O'Brien,
Editor**Next submission due date is June 1st, 2016.**Please send submissions, questions, and/or comments to
NASAPnews@gmail.com**PRESIDENT'S MESSAGE**

Dear NASAP Family,

It is hard to believe that my term as NASAP president is coming to a close. It has been a privilege and an honor to lead such an extraordinary group of people. With your ongoing support and collaborative efforts, we have accomplished much to be excited about. First, NASAP activity has increased. Membership has gone up, as well as the number of conference presentation proposals. Secondly, over the

course of the last 2 years, we have had an increase in young professionals and emerging leaders conduct Tap Talks, serve on the COR and the Long Range Planning Committee, and present at both regional and our national conferences. During this last election, three people representing the younger generation of NASAP ran for board positions. (A big round of applause to all of you!) Thirdly, with huge support from my regional friends, we now have a Kentucky Tennessee Society of Adlerian Psychology (KTSAP) affiliate and will have hosted our first workshop this April. Finally, we have a very hard working and engaged reinstated Long Range Planning Committee. I am fully confident that upon passing the presidential gavel to my dear friend, Jim Bitter, all of these efforts and strides will continue. The future holds continued opportunity and growth!

I want to thank all of you for your tremendous support and trust in my leadership. I also want to encourage those of you belonging to the younger generation of NASAP to continue moving to the front lines of the organization. The future of an Adlerian presence in the world needs your leadership, inspiration, vision, and ongoing commitment.

With much gratitude to all of you, my friends,

Jill

Phone: 270/996.7396 Email: jillduba.sauerheber@wku.edu

Be Socially Interested, Touch a Life this Week.

EXECUTIVE DIRECTOR'S REPORT



Election results are in for the Board Officers. Our new board officers include Jon Sperry as Vice-President, Sterling Travis as Secretary and Susan Pye Brokaw as Treasurer. Many thanks to Marina Bluvshstein, Sarah Hagan and Amanda LaGuardia who ran for office as well.

As you can see from the photo below, we were part of an Adlerian presence at the American Counseling Association convention

in Montreal, Quebec a couple of weeks ago. Bill and Monica Nicoll provided some leadership in organizing a group of us (NASAP, Active Parenting, Adler Graduate School and Resilience Counseling and Training Center) to have a table exhibit at the conference. NASAP had some flyers for our upcoming conference and some general handouts about NASAP available. In addition, Richard Watts was chosen as one of the presenters to be simultaneously webcasted to those who were participating and following the conference at home.

Speaking of conferences, we are getting ready for our upcoming Annual NASAP Conference in Bloomington, Minnesota. Conference registration is still going on although you've missed the early bird discount at this point. We have more sessions planned this year than usual. I'd also like to point out that we have more pre- and post-conference workshops this year than ever before. This is because people often requested more intensive training opportunities from NASAP. Pre- and post-conference workshops provide full or half-day trainings that are much more in-depth than one can hope to attain through participating in the conference alone. Even more in-depth training can be obtained at ICASSI, which will be in Slovakia this year in July. I hope that you give serious consideration to coming early and/or staying late to take advantage of these more in-depth workshops. Registration materials are now on the web so you can review the workshops there and also register for the conference.

To facilitate check-in at registration this year we will do some things a bit differently. If you are all paid up and pre-registered, simply come by the registration area and find your prepared bag which will include

everything you need to attend the conference. If you need to pay or have other business with us regarding registration, it may take a bit longer, so you'll need to stop and see one of the staff. Hopefully, this will avoid standing in line for most of us.

Check our website for upcoming continuing education possibilities and meetings, including a first-time Kentucky Tennessee Society of Adlerian Psychology day-long conference on April 30 featuring Marion Balla speaking on Managing Life Transitions. There's still time to register for that on line – just go to our webpage and look in the right hand column under upcoming events and you can register there.

John F. Newbauer, Ed.D., DNASAP



CONFERENCE CORNER



Start packing! NASAP's **64th** conference is just around the corner!

Sixty-four years is really impressive! It demonstrates the proven quality of the content (Individual Psychology). I don't know about you, but I am more inclined to go with a business that advertises "In business since 1962" than one that says "Just opened this year." Many businesses promote

their ability to handle large challenges. I have always enjoyed my

plumber's byline. He says, "No job too small." I think that due to the personal attention given to participants and the collegiality promoted by the NASAP conference, this quote fits perfectly. Come and find out for yourself!

Here are a few reminders:

- REGISTER IF YOU HAVEN'T ALREADY
- REVIEW THE NOVEMBER/DECEMBER 2015 AND JANUARY/FEBRUARY 2016 NEWSLETTERS AND DECIDE WHAT YOU WILL BID ON IN THE AUCTION
- PACK SOMETHING FOR THE SILENT AUCTION
- CONTACT ME AT rmlafo@comcast.net IF YOU HAVE SOMETHING FOR THE LIVE AUCTION (BED & BREAKFAST, CLASS, ETC.)
- REVIEW THE AUTHORS' GUIDELINES IN THE JANUARY/FEBRUARY 2016 NEWSLETTER IF YOU PLAN TO SELL ITEMS IN THE NASHOP BOOKSTORE

Becky LaFountain, Conference Coordinator

ADLERIAN DEPTH PSYCHOTHERAPY IN ROME

Adlerian Depth Psychotherapy will be presented in Rome this summer at the International Association of Relational Psychoanalysts and Psychotherapist conference.

Gisela Eife, MD, Karl Heinz Witte, PhD and Erik Mansager, PhD will present as a panel: "Intersubjective and Relational Aspects in Adlerian Depth Psychotherapy."

Dr Eife's paper addresses the moment of meeting as a turning point in therapy; Dr Witte's paper focuses on experiencing truth as being emotionally touched and Dr Mansager's paper deals with movement as striving for wellbeing.

More information on the conference can be found at: <http://iarpp.net/events-hub-page/upcoming-conference/>

ADLERIAN PSYCHOLOGY TRAINING EXHIBITOR BOOTH AT ACA

The Adlerian Psychology Training exhibitor booth at last week's ACA/CCPA combined annual conference in Montreal was quite successful. We had a large number of attendees stop by the booth to inquire about Adlerian Psychology (over 150). Most, if not all, expressed the opinion that of all the theories they had studied, they were most attracted to Adler. However, their introduction to Adlerian counseling & therapy typically involved only the one chapter in their counseling theories course during master 's level graduate programs.

Conference attendees expressed disappointment that further, more in depth, learning and training in Adler was not readily available to them.

It should also be noted that current graduate students (masters and doctoral) along with recent graduates of Master's Degree level degree programs were the most highly represented group to visit the booth. This seems to indicate that many of those new to the counseling field are searching for further learning/training resources.

Clearly, there is a need, and demand, in the field for more opportunities to receive training in Adlerian Counseling & Therapy. The Adlerian Graduate School's online and post-graduate certification courses were of particular interest in their discussions with us. Accessibility to training is obviously an obstacle to be addressed. But, increased visibility of 'all things Adler' would appear to be a potentially useful endeavor for NASAP.

We also had quite a few graduates of the former Adler School of Professional Psychology come by to discuss Adler and their training programs. Most of these were Canadians from the Vancouver, Toronto and Montreal areas. Most did not appear to be currently connected to regional Adlerian groups. It would have been nice to have more information on active Adlerian organizations by region/area of the USA and Canada to hopefully, funnel them to those resources.

Recommendations for Consideration: Marketing Adler!

1. Continue & Expand: The collaborative Adlerian Psychology Training Opportunities booth should be continued and expanded in the future. This would include expanding the number of Adlerian organizations, programs, etc. participating as well as each group developing a better visual presentation in the exhibit. For example, better quality visual displays, perhaps books etc. for sale, and direct information on upcoming training resources. I would love to see several booths together in one aisle with a "street sign" out front titled "Alfred Adler Boulevard" It would be good to also identify more local/regional organizations at which an Adlerian exhibitor booth could be available as a marketing tool (E.G. a ready-to go NASAP/ADLERIAN TRAINING exhibit could be developed and be available via NASAP for state and regional conferences, etc.)

2. Focus more on Training: NASAP, Adler Graduate School, and all Adlerian organizations would be well advised to focus on meeting this frequently expressed desire for training in Adlerian Counseling & Therapy (clinical mental health, family, and school settings). The issue seems to be one of "movement". Rather than striving to "bring in" professionals to Adlerian programs and organizations, the market seems to be asking for us to "move toward" and take Adler to the professionals. NASAP's CEU provider status (NBCC & APA) could serve as a useful draw to encourage attendance at Adlerian workshops in various areas as well as a possible revenue source for

NASAP.

3. Greater Representation/Participation among Adlerian organizations: Having more Adlerian based programs participating would be in the best interests of all. For example, many people did not know that Active Parenting was an Adlerian based program. Programs such as Cooperative Discipline, Positive Discipline, and several Adlerian based Social-Emotional Learning programs (e.g. our Developing Resilient Youth, or Passpmt2Peace, etc.) would help present Adlerian Psychology as an approach that one can use to integrate many programs within a common theoretical, and evidence-based, framework.

4. Expand Marketing of Adler: The high level of enthusiasm for Adlerian theory expressed by so many conference participants suggests there is a large pool of interested professionals that we are missing. Consider strategies for reaching out to non-NASAP members who are either professionals or students in the greater mental health field (e.g. clinical mental health, school, family, social work, psychologists, etc.) to make them aware of training opportunities. Market other local, national & international conferences and programs in non-Adlerian publications, eblast lists, etc.. It would be important to develop a method of tracking such marketing plan effectiveness so as to become strategically more effective.

5. NASAP Conference Exhibit area?: Consider the possibility of having an exhibitor area at future NASAP conferences. This would allow Adlerian based programs, services, regions to display/sell etc. their materials to attendees. Also, this could have income potential for NASAP by inviting in area vendors, organizations, etc. who might also be interested in this marketing opportunity .

6. NASAP sponsored presentations at ACA, APA, etc.: It might be worthwhile to consider the possibility of approaching ACA, NASW, ASCA, AMHCA, APA etc. about having a NASAP sponsored workshop at their conferences. At this year's ACA/CCPA conference there were a two presentations on Adlerian concepts that did not mention they were Adlerian based. Two other presentations entitled "Adlerian " were very well attended.

Again, Adler needs to be 'brought to' mental health professionals first rather than 'pulled in'. We need to do all we can to ensure that Adlerian Psychology is highly visible and well presented at these conferences particularly when attended by so many young professionals who are already interested in learning more about Adlerian counseling & therapy.

7. Consider possible Hosting of Adlerian Psychology Receptions: With such a large interest and attraction to Adler, it might be worthwhile for all collaborating parties in the booth to also host a reception at conferences such as ACA . Such a format can bring together those

previously trained in Adler (such as alumni of AGS, Adler School, and universities with Adler faculty) and those seeking training in an informal 'meet and greet' setting. Materials on Adler programs, books, etc. could be on display at such a reception; particularly with a focus on upcoming training opportunities such as grad programs, online courses, TAP talks, Webinars, regional conferences (e.g. Ontario, Idaho, South Carolina, ICASSI, etc.). Cost of the reception could be shared among all cooperating parties !

8. NASAP Blog logs: Given the strong interest in Adler by young attendees, consider developing a regular blog on the website, available to all, on various topics involving Adlerian based approaches to current issues in mental health, education, families, etc. A monthly VLOG might also be produced with demonstrations and presentations (TED talk like) on Adlerian counseling & therapy. Making a presence on social media and availability through online forums such as the website London Real (promotion of theory and presenters)...

In summary, the collaborative Adlerian Psychology Training exhibitor's booth did seem to show potential for improving the visibility and marketing of Adlerian Psychology. It was exciting to see the interest and the amount of people that visited the booth ... By collaborating, all Adlerian programs and organizations benefit by a) reduced costs and b) cross-marketing that introduces the wide applications of Adler in so many areas including: mental health, education, parenting, substance abuse, and so forth.

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WELLNESS FOR LIFE: HERE'S TO LIFE



The viewing of life depends on your perspective. There are a number of facets. It can be philosophical, biological, religious, spiritual, psychological, botanical or comical (based on humor).

So before the yawning begins, let me put your mind at ease. This look will purely reflect one of light heartedness.

Here we are in the month of April. I discovered April has quite a number of tales to tell. Some are of the 'matter of fact' kind and some of the others base themselves on the more unusual variety.

Let's begin with what might be considered 'the obvious', for some people. Thoughts drift to it being a time of new beginnings or one of

renewal. Imagery may include/reveal sunshine, showers, birds singing, the awakening of flowers and trees. For all the sports minded → Baseball! For the naturists → Arbor Day and Earth Day! Some get 'a bee in their bonnet' or the urge to do spring cleaning.

When in fact, the origin of the word 'April' came from Aprilis, meaning 'to open'. If you are into mythology, you are aware that April is attributed to Aphrodite, the Greek goddess of love. (Wikipedia) Today we associate it with 'spring fever' or the awakening of 'young love'. Ahh, young love! That's another story.

It can be said that April begins on an endorphin high with April Fools Day on the first. The true 'essence' of April Fools Day is one of playing what are called practical jokes, tricks, gags or pranks. The receiving person can experience a possible feeling of embarrassment or discomfort. Some of us know what it is like to be on the receiving end. Though this day has been around for hundreds of years, its origin is a mystery. (cute-calendar.com)

Speaking of 'April Fools Jokes', a historic or notable joke was perpetrated by a BBC TV program called Panorama. It focused on 'spaghetti farmers' growing 'spaghetti trees'. The documentary shared about a family's annual spaghetti harvest from Ticino in Switzerland. They even furnished a picture of women snatching strands of spaghetti from a tree and placing the strands in the sun to dry. Viewer response → the BBC received hundreds of callers hankering/craving to learn how they can grow their own spaghetti tree. The BBC responded, "place a sprig of spaghetti in a tin of tomato sauce and hope for the best." And they say, 'money grows on trees'?

This could be why April is associated with being both Holy Humor and National Humor Month among other things.

You could say that the essence of life itself was identified in April. The building blocks of life, known as DNA, was discovered by James Watson and Francis Crick on April 25, 1953.

For a look across the channel, the English have looked upon the Cuckoo bird as the sign for Spring arriving in the middle of April.

I came across an article by Laura Carbonnell, Golden Rule Week: Teaching Empathy & Compassion to Our Kids . It ties into one of the first week events of April, 'Golden Rule Week', which practices that infamous decree/rule, "Treat others the way you'd like to be treated". Pope John Paul II reminded us of its value and importance as he connected with people and different religious readings of this message during his world tour with a 2005 exhibit, A Blessing to One Another: Pope John Paul II and the Jewish People. It touches upon Christianity's Luke 6:31, Judaism's Talmud Shabbat 31a and Islam's An-Nawawi's Forty Hadith, 13.

Yet, it wasn't until I read further in her article that I found how she succinctly and simply revealed what the heart/key of this rule is after conversing with a friend who is a Quaker, → “enjoy positive and healthy relationships while abiding by a simple moral code: when in doubt, ask yourself: How would I like to be treated in this situation?”

A bit of trivia: April starts on the same day of the week as July in all years and January in leap years. Also note that April ends on the same day of the week as December every year. (Wikipedia)

On some lighter notes, April is noted for being National Licorice Month for all you candy lovers. This brings us to round out the month mentioning International Moment of Laughter Day on the fourteenth and National Kiss of Hope Day on the last Saturday.

There you have it, a glimpse into April. But before I go, let me share a piece of Chaucer, the prologue to the Canterbury Tales, which will bring us full circle.

“When April with his showers sweet with fruit
The drought of March has pierced unto the root
And bathed each vein with liquor that has power
To generate therein and sire the flower;
When Zephyr also has, with his sweet breath,
Quickened again, in every holt and heath,
The tender shoots and buds, and the young sun
Into the Ram one half his course has run,
And many little birds make melody
That sleep through all the night with open eye”

Stay well and hydrated. Until next time!

Warm Fuzzies

AFFILIATE LINKS

Idaho Society of Individual Psychology

<https://www.adleridaho.com>

Mid Atlantic Adlerian Psychology Society (MAPS):

<https://www.mapsadler.org>

Puget Sound Adlerian Society:

<https://www.pasadler.org>.

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