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NASAP Newsletter

July/August, 2016

Jamie Stone O'Brien,
Editor

Next submission due date is October 1st, 2016.

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

PRESIDENT'S MESSAGE



Dear Colleagues and Friends,

Change is in the air, and as I write this, I am thinking about all the possibilities that we might realize together in the next year. I just returned from a very successful second conference that Jill Sauerheber and the crew at Western Kentucky University put on for the Kentucky-Tennessee Society of Adlerian Psychology (KTSAP). The day-long experience featured demonstrations and wisdom with Dr. Gerald Mozdierz providing most of the latter. I love to be in the presence of

young people when they are first discovering the value of Adlerian principles in their lives and in their work.

Before that conference, I was also privileged to be in Atlanta, GA, with Dr. Bill Curlette and a whole crew of great Adlerian minds to launch the new Task Force on Adlerian Research. Not everyone on the committee could be there in person, but some were able to Skype in, and some wrote white papers that were central to the discussion. Bill brought so many resources to that first meeting; it was impossible to be there and not learn a whole heck of a lot about how a focused research agenda might move much of Adlerian therapy into the realm of evidence-based practice. I should note that I am not a person, myself, who has the credentials to be part of this task force. I am old, and my statistical knowledge ends at ANOVA. I also have no need for evidence-based practices in my own work, but I recognize that those who will serve people in the next three decades will need such validated methods. So, the work of the task force is under way and,

over the next year, the next five years, I hope to involve even more of you—and to develop the model in such a way that it remains more than relevant: It becomes mainstream.

For over a year now, the Long Range Planning Committee (LRPC) that Dr. Sauerheber established has been meeting and working on a new design for the structure and processes of NASAP. Led by Kathy Walton and Marion Balla, this committee is working to create an organization that will serve the needs of the membership and the communities in which we live for at least the first half of the 21st century. Again, the committee is loaded with some of our best thinkers and planners, and we will be adding more of you in the near future.

At the end of October, both the Board of Directors (BOD) and the Council of Representatives (COR) will be meeting in Fort Wayne, IN. We will be discussing the proposals from the Task Force on Adlerian Research as well as the recommendations from the LRPC. We have a packed agenda, but there is always room for new ideas and new possibilities. That will also be true for when we all meet in Vancouver for our annual NASAP meeting. I would urge you to never keep your ideas for NASAP to yourself. We can use them. If nothing else, send them to me at Bitterj@etsu.edu.

In November, I will be going to Ottawa to spend some time with Mike and Marion Balla, to meet with other Adlerians there, and then to travel to a new Adlerian university in Toronto with options for both masters and doctoral programs. I am extremely excited to see what they are doing. While I am there, I will also be talking to people about developing still another task force on diversity with the hope of getting the NASAP membership to have many different cultures represented and to infuse our work with a new focus on diversity in theory and practice.

And all of this is just the tip of the iceberg. There is so much more that is coming. In the next newsletter, I will bring you up to date on what else has been launched, what has been accomplished, and what's next. Change is life, and I am pleased to be with so many Adlerians who are ready to embrace life.

Go spend some time in the colors that surround your life, have the best of fall holidays, and then get ready to join us in Vancouver in the spring for what will be one of our best conventions ever. More on this, too, in future newsletters.

May the blessings of life be with all of you,

Jim Bitter, President of NASAP

Jim Bitter, Bitterj@etsu.edu

Appalachia in Late October

Up through Dark Hollow Road

near Alderson, West Virginia;

Down the Appalachian Trail, heading toward

Tennessee and Roan Mountain

Across—maybe a brief visit to the Smokies.

Change is everywhere, green fading to brown

Sprinkles of red, and orange, and yellow

Even a blue leaf—really, a blue leaf in the middle of it all:

A holocaust of color.

The end, feared by so many, never materializes, and I am glad to be here to see it all.

EXECUTIVE DIRECTOR'S REPORT



With the coming of cooler weather and the changing of the leaves and fall colors, it's a sure sign that we are gearing up for the Board Meeting on Oct 21 and the COR Meeting on October 22 here in Fort Wayne. We will be reviewing the proposals for presentations and workshops for our annual conference at that meeting. We will also be looking at changes for NASAP with a report from the Long Range Planning Committee.

We had several great meetings in October at Affiliate Organizations. It's amazing how much Adlerian training is going on throughout the US and Canada at this point, not to mention all the things happening in the UK, Romania, Taiwan and other areas around the world.

Korey Watkins and Tim Hartshorne are organizing this year's TAPTalks and would love suggestions and volunteers for presentations. Write them an email at kwatkin2@gmail.com or harts1ts@cmich.edu if you have ideas or are willing to do a presentation.

Next year in Vancouver, May 18 to 21! Put it on your calendar – now!

John F. Newbauer, Ed.D., DNASAP

CONFERENCE CORNER



Think back to 2007. Do you remember where your travels took you? Where you stayed? How much you paid? Most likely, if you returned there ten years later, you would probably pay considerably more per night for that same hotel.

Hopefully, when you reviewed where you traveled in 2007, many of you said to Vancouver for the NASAP Annual conference, and you

remembered the beautiful Marriott Pinnacle Hotel on West Hastings St. The good news is that we will be returning there in 2017. The even better news is that the cost for a room is only ten dollars more than we paid in 2007. That is only a one dollar increase per year!

Along with the positive news is that the local coordination will be handled by very experienced NASAP members who have hosted several conferences in the past. The group is being headed up by co-chairs Teal Maedel and Susan Burak. Knowing that, you can certainly expect a fun and well planned conference! Knowing our membership, from which most of our workshops and session proposals come, you can expect presentations about classical Adlerian theory and approaches as well as cutting edge practices.

By the time you read this, the proposals will be in and we will be preparing to review them at the COR and Board meeting to be held the fourth weekend in October. Presenters will be notified shortly after that, and the entire membership will receive the full details after the holidays.

When thinking ahead to your travel plans for 2017, be sure to mark your calendar for Vancouver, BC May 18-21!

by Becky LaFountain, Conference Coordinator

WELLNESS FOR LIFE: BIRTHDAYS

What can be said about birthdays? Well, when you think about it, we all have one. The timing is that it comes once a year. Some feel it should be more often. Depending on your perspective, this might



be too much! Then again, there's always the 'whatever' grouping to keep things balanced.

Some of us go all out like celebrating the entire month. A friend of mine even answers the phone the entire month saying, "Birthday House".

There are others who are not inclined to match the size of the cake with the number of candles or experiencing the foreboding of a grey hair or wrinkle to 'blemish' that youthfulness. They would rather let it tiptoe softly into the night or ride off into the sunset, so to speak.

Then there are those who pay little or no mind to it, only to recognize its existence when completing some kind of form noting it.

In any event, they do come like clockwork. Let's take a peek on the 'when' of acknowledging them. Before doing this, it may be prudent to begin at the beginning, so to speak. The beginning being birth. Where do we go from here - historically, religiously, and culturally? This is where Mr. Peabody's 'Way Back Machine' would come in handy. For those of you unfamiliar or you would like to take a nostalgic journey, I believe you can view this on TV's Nickelodeon (A cartoon from the television animated series, Rocky and His Friends in the 1950s - 1960s, called "Mr. Peabody."). It could have given some insight. Unfortunately, it's not something that can be tapped into. Oh well, we'll just have to muddle through as best as we can.

Let's resume before I get too far off the beaten path. Or, as Spike the Swordfish would say, "Stick to the point." In other words, stay first on topic before changing focus. (Developing Understanding for Self & Others - DUSO).

Being around 'young persons' or getting on chronologically speaking can definitely have an effect on you!

Where was I? Oh yes, a look at the recognition of birthdays. It changed as society progressed in time. We can note its origins historically from Egyptian royalty or, religiously, upon a child's baptism. Culturally, for the most part, they were not observed except for a young person's rites of passage, usually from childhood to adulthood.

Things changed about the mid-nineteenth century as demographic data began to be collected, which created more focus on birthdays. This reflected in a 'birth' of new cultural customs, such as birthday cakes and parties. This gave rise to the philosophy practiced by adults of holding their child dearly. (Birthday (ENCYCLOPEDIA.COM))

You may ponder, "What is the purpose of a birthday?" Well, it can be

a time for those close to us, family and friends, to share something momentous together. A birthday can remind us that 'birth' brings light to a new beginning. With each year's passing, no matter how things went a week ago, or last year, just remember we always have the capability and aptitude to try again.

A few birthday quotes:

"Today you are you! That is truer than true! There is no one alive who is you-er than you!" Dr. Seuss

"Let us never know what old age is. Let us know the happiness time brings, not count the years." Ausonius

"The greatest gift that you can give to others is the gift of unconditional love and acceptance." Brian Tracy

When referring to 'Birthday', it has both a vocabulary and mindset uniquely its own. By definition, it is the anniversary of your birth. Birthday mindset can encompass the following groupings: 'Birthday Wishes' → "Happy Birthday! May all your birthday wishes come true." Then there's, 'Questions About Birthdays' → "When's your birthday? What did you do for your birthday?"

The celebration can be a reflection of extravagance to simplicity, creativeness to tradition or have no reflection other than, "I was born. I am here or _____."

Getting back to tradition or simplicity → cake, balloons, party, and gifts.

As for 'uniqueness' in celebrating, I'd like to share with you one that probably would not cross your mind, nor would I recommend, unless the timing of events coincide and are absolutely necessary. Have I got your curiosity aroused?

How many people can say that they spent their birthday looking for a new toilet seat? I can! In fact, my husband voiced how proud he was in sharing this special day together this year by saying, "I sure know how to show you a good time!" Now, this is a birthday to remember!

How about you? Now it's your turn.

Until next time. Stay well and hydrated.

Warm Fuzzies

ADLER ACADEMY EVENT

On October 1st, 2016 more than 40 people attended Adler Café – a fall event organized by Adler Academy in Minnesota. Almost four hours of feeling at home with Adler included community, caring, and connecting. There was also music, food, good talk, plenty of networking, a few minutes of a metaphor work, and endless

“netfeeling” - a core of Gemeinschaftsgefühl.

Adler Academy will advance Adler’s Individual Psychology as the premier knowledge-based and living practice-based ethics, philosophy, and systems of viewing the human nature and improving human relationships. Adler Academy will train practitioners in specific Adlerian knowledge and skills to do effective and results-oriented work in teaching, research, counseling, therapy, training, and consulting with individuals, families, groups, leaders, organizations, and with a larger community.

Follow Adler and join Adler Academy events (Adler Cafes, certificates, and workshops) by contacting Marina Bluvshstein at marina.adleracademy@gmail.com or John Reardon at john.adleracademy@gmail.com

Marina Bluvshstein
John Reardon
Adler Academy



NEWS FROM THE SOUTH CAROLINA SOCIETY



The South Carolina Society of Adlerian Psychology recognized two of its long time contributors at its 34th Conference in Myrtle Beach. Jim Holder received the Arlis J. Epps Social Interest Award in recognition of his work locally, nationally, and internationally in the field of substance abuse treatment and prevention.

Betty Haeussler, a resident of Maryland, whom many of you know as "Betty ICASSI" for her services to the International Adlerian Summer Institute, received the Social Interest Award for the gift of her volunteer service to SCSAP for many years as manager of the conference book store.

The conference received high accolades from participants. It attracted top notch presenters from eight states and Canada. The ownership of our host hotel is now DoubleTree-Hilton. While prices are slightly higher, many significant improvements have been made to the property which continues to offer rooms with a balcony overlooking the ocean to every visitor.

MINNESOTA'S NEW ADLERIAN NETWORK

The newly formed Adlerian Network, started by Susan Pye Brokaw, had its first meeting on September 24th.

Many desires were identified. The top three priorities were established:

1. To develop an Adlerian Referral Directory so everyone can find Adlerian resources in their community and Adlerians can refer to other Adlerians. Questionnaires are available to be completed in order to be included in the directory. A questionnaire can be obtained by emailing Susan Pye Brokaw at: pyebrokaw@aol.com
2. To have monthly meetings where there can be collegial connection and networking as well as demonstrations and learning opportunities with Adlerian specialists.
3. Develop mentoring opportunities to help participants grow and implement Adlerian principles and techniques.

Other interests included: the opportunity to contribute to the group and to the community, developing and implementing topics and workshops, help with lifestyle and early recollections, development of

an Adlerian group practice and alumni outreach.

The next meeting will be held on Saturday November 5th from 9:30-11:30 at Byerly's in St. Louis Park. There will be a live demonstration by Susan showing how to identify mistaken beliefs in early recollections to help clients change. All Adlerian professionals are welcome.

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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