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## NASAP Newsletter

**July/August, 2017**

Jamie Stone O'Brien,  
Editor

**Next submission due date is October 1st, 2017.**

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

## PRESIDENT'S MESSAGE



Dear NASAP Friends and Colleagues,

Greetings from the middle of summer: So many exciting things happening in NASAP and in our Adlerian sister institutions. As I write this note to all of you, it is the beginning of July. It is warm, even extremely hot, across most of North America, and those of us in the United States are getting ready to celebrate Independence Day.

In such a short period of time, Adlerians and those who want to learn more about

Individual Psychology will be arriving in the United States, first for the once-every-three-years Congress of the International Association of Individual Psychology, the 27th Congress actually, hosted in Minnesota by the Adler Graduate School; and then, ICASSI, the International Committee of Adlerian Summer Schools and Institutes, the longest running, continuous Adlerian training program in the world, will be held at Butler University in Indiana. These events bring some of the smartest and most innovative thinkers and trainers in Adlerian theory and practice to our soil, and they give us an opportunity to highlight what it really means to be associated with a constantly evolving and growing model. I am so hopeful that many of you will be at these events, but also that you will be part of Adlerian events held across North America, from Vancouver, British Columbia, Tucson, Arizona, and Boise, Idaho, to conferences just outside of Atlanta, Georgia, or in Myrtle Beach, South Carolina, Adlerian training is within reach. And next June, we will all be in Toronto, Ontario, Canada, for our annual convention. So, please, find or create opportunities to gather together and bring your expertise to advancing Adlerian Psychology.

While I am thinking about it, let me misuse the privilege of writing this to invite all of you the Kentucky-Tennessee Society of Adlerian Psychology conference on September 30, 2017, held at Western Kentucky University. Our presenter is Dr. John Newbauer, and we are looking forward to a wonderful day together.

One of my great hopes when I started my presidency is that we could make some advances in clinical research, advances that would bring Adlerian therapy into recognition as an evidence-based practice. There are several efforts under way. We had some really productive meetings at the annual convention in Vancouver. I am thrilled to report that the NASAP Task Force on Adlerian Research, headed by Bill Curlette, has created a research paradigm for one such effort, and the group has already advanced to the stage of having developed a manual for training and testing. At that same meeting, several individual Adlerians and a couple of Adlerian centres (I am practicing my Canadian), one in Vancouver and one in Toronto, indicated a willingness to be part of our research and training efforts. In addition, we had a very productive meeting with Adler University administration about the possibility of doing clinical trials through their contracted sites. Len Sperry is heading up that effort. So, we are making progress, and that is so important for young Adlerians who want to be able to use Adlerian models in their clinical practice.

In the coming months, we will be focused on the development of even more training opportunities across North America. We hope to keep the momentum created by IAIP and ICASSI going, not only to support people attending these events in other countries, but also to bring more such events to this continent.

By the time you read this, summer will be drawing to a close. I hope it has been a great summer for you. I, personally, am looking forward to the fall, to workshops in Kentucky, Ohio, and Minnesota. I am honored to be presenting in March at the annual workshop in Boise, Idaho. I hope all of you who are also doing workshops will let Jamie Stone O'Brien know (send them to [Nasapnews@gmail.com](mailto:Nasapnews@gmail.com)) so that she can get these events into the Newsletter. Until we meet again, be well.

Jim Bitter

President, NASAP, 2016-2018

## EXECUTIVE DIRECTOR'S REPORT



We are now in the second week of ICASSI in Indianapolis and we had a large group of Positive Discipline Trainers from China join us for the first week. It was exciting with people from 30 countries here this year. Next year it will be in Bonn, Germany so keep it in mind for your future training needs.

The International Association of Individual Psychology also just finished its meeting in Minneapolis this year. IAIP holds this congress every three years in one of its member countries around the world, so it isn't in the US that often. We will keep you informed about happenings with IAIP.

We are beginning to receive proposals for the 2018 NASAP Conference in Toronto next summer. If you don't have your proposal in yet, begin thinking about what you might contribute. The theme is Community, Connections and Social Interest in Challenging Times. You can download Workshop Proposals, Presentation Proposals, and Poster Proposals on our webpage at [www.alfredadler.org/annual-conference](http://www.alfredadler.org/annual-conference). If you have a research project going on now, or a new project underway, it would be great to have it reported at the conference in the form of a poster proposal. The poster session has become a prominent feature of our conference and seems to encourage development and sharing of research and practice ideas.

Finally, be sure to consider attending the Practitioner's Conference this September 22-24 at the [South Carolina Society of Adlerian Psychology](#).

Have a great summer!

John F. Newbauer, Ed.D., DNASAP

## CONFERENCE CORNER



I hope you are all having a wonderful summer! For me, it has been a whirlwind of Adlerian activities. As you all know, our annual NASAP conference was held in Vancouver in May. Then, in July, there were two back-to-back international events: the Congress of the International Association of Individual Psychology (IAIP), which was held July 9-13 at St. Thomas University in Minneapolis, MN and the International

Committee of Summer Schools and Institutes (ICASSI), which took place at Butler University in Indianapolis, IN July 16-29.

It is not too early to mark your calendars for the next round of these events. IAIP only meets every three years, so plan for it in July 2020. The proposed location is Ukraine. Final details should be available the fall of 2019. The website is [iaipwebsite.org](http://iaipwebsite.org). ICASSI is an annual event, and next year it will be held in Bonn, Germany July 29 – August 11. More information will be found later this fall at [icassi.net](http://icassi.net). NASAP will be held June 7-10 in Toronto, Ontario, Canada. The theme is “Community, Connections and Social Interest in Challenging Times.” What a stimulating topic! Please refer to the website [alfredadler.org](http://alfredadler.org) (click on the conference tab) to access the proposal form and make your submission prior to the deadline, which is October 1, 2017.

It is hard for me to believe, but I have been on the board of NASAP for over 20 years. I served in the capacity of treasurer for two terms, Executive Director for nine years and am going on my sixth year as Conference Coordinator. It is bittersweet for me to share that after the Toronto conference, I will be resigning from the board. At the same time, however, I share with much enthusiasm that Marina Bluvshstein, whom many of you know, will be my successor. In fact, she will shadow me in the next months through NASAP 2018. Marina is well qualified for the role. Way back in 2010, she co-chaired the technology committee when the conference was hosted by the Adler Graduate School of Minnesota (AGS). In 2016, AGS again hosted the conference and Marina served as co-chair of the local committee. Her duties and responsibilities there are too many to list. At the recent IAIP congress (referenced above), Marina was the chair of the Scientific Committee, with the onerous task of putting together the program, among other duties.

For many years, Marina was a core faculty member of AGS, where she served as a Program Director of Adlerian Studies and Online Education, an IRB chairperson, and a curator of the research center. Beginning in September, she will become the Director of the Center for

Adlerian Practice and Scholarship at Adler University, after having been an adjunct professor there 2016-2017.

I feel good about leaving the position knowing that someone with so much experience and a solid work ethic will be coming into it!

by Becky LaFountain, Conference Coordinator

## SIGN UP NOW FOR MINNESOTA CONFERENCE

### Sign up underway for 1st Annual MN Adlerian Conference

The 1st Annual Minnesota Adlerian Conference, featuring NASAP President James Bitter, is fast approaching. Go here to register: <https://www.eventbrite.com/e/helping-clients-change-registration-36122578605?aff=es2>. The conference is Sept. 15, 16, and 17 at the Minnesota Landscape Arboretum in Chanhassen. The theme is "Helping Clients Change" and features advanced training for mental health practitioners who have some knowledge of Adlerian theory. CEU approval with local boards is pending.

**James Bitter, Ed.D.**, will conduct all morning sessions, training attendees in *Adaptive Reorientation Therapy: An Adlerian Intervention Model*. Afternoons will be experiential in order to develop skills in this model. Afternoon facilitators will be Adlerian Elders and Emerging Leaders.

Prices: Early bird ticket is \$275 (Sale ends Sept 7th – select the Early Bird Pricing when you check out), \$300 after early bird period. Student Pricing: \$150.

The conference is a joint production of the Adlerian Network and the Adler Academy of Minnesota.

Four partial scholarships are available courtesy of John Reardon. If you are interested, contact John at [jmr@phoenixprocessconsultants.com](mailto:jmr@phoenixprocessconsultants.com).

For more information, email [info@adleracademy.org](mailto:info@adleracademy.org).

## SOUTH CAROLINA AFFILIATE NEWS

The annual SCSAP Fall Conference will be held at Myrtle Beach September 22-24, 2017. Michael Maniaci will be featured as the keynote speaker. (website: [www.adleriansc.org](http://www.adleriansc.org).) A limited number of tuition waivers are available on a need basis. Contact John Arnold at [john.arnold@firstsuneap.com](mailto:john.arnold@firstsuneap.com),

SCSAP has awarded three scholarships for attendance at ICASSI, 2017.

SCSAP member, Patti Walton Agatston, was the Keynote Speaker for the recent 2017 World Anti-Bullying Forum in Stockholm, Sweden.

Frank Walton has accepted an invitation to be the keynote speaker at the Japanese Adlerian Society's annual conference in Shiga, October 14, and subsequently will provide family counseling demonstrations in Osaka, October 21 and Tokyo, October 22.

## WELLNESS FOR LIFE: AN INTERNATIONAL FORM OF COMMUNICATION



As a school counselor, I found myself in the shoes of a teacher, contemplating a closure lesson for the end of the school year. It can be a quandary for a school counselor as well. Some of the facets to consider are grade level, your connection with the students, type of students, culture and, possibly, the type of school at which you work. Let me give you a bit of background into my challenge → a public school,

Montessori-based, with 17 classrooms; grades kindergarten through seventh; composed of ESL (English Second Language) students, those who are learning challenged under the umbrella of special education – ranging from autism to visually impaired, and the general student body. What to do, what to do? That is the question. This will take some deep thought.

After some deliberation, that good old light bulb lit up! There is a way to actively incorporate students, storytelling and puppetry. At this point, you may be wondering what this has to do with an international form of communication. True, storytelling, in and of itself, is considered a form of communication. Puppetry can enhance and enrich it that much more. However, these elements will assist students by providing communication background and insight.

Before we continue on our journey, let's have a sidebar. There are quite a number of books written, both in storytelling and professional form. In fact, professionally speaking, it is considered a form of 'therapy'.

This international form of communication has favorable effects and properties concerning the body, mind and spirit.

In regard to the body, it is recognized for fortifying the immune system by stimulating the thymus gland, whose function is to regulate and balance the body's production of white blood cells. At the same time, it can lower blood pressure and cortisol, thus reducing stress levels, in addition to fighting fatigue. This in turn helps keep us healthy.

It can benefit both the mind and spirit by boosting oxytocin levels. They are known to have healing power regarding feelings. A little tidbit of information, oxytocin has been referred to as the "love hormone". The mind and spirit are uplifted, as well, educationally speaking, by the giving and receiving through this form of communication.

Now lets get back on track. In school terms, it's now, "Show and Share Time". Perhaps at this point, you have generated a conclusion as to the form of communication that comes under the heading of international.

I won't keep you in suspense → HUGGING!

Among the reasons to hug ⇔ affection, bonding, boosting self esteem, comforting, meditating - be present in the here and now, friendship, greeting, protection, values - to give and receive. (Changing Minds website & mindbodygreen.com). Let's not forget, "Hug Therapy".

There are many storytelling books about hugs. For the wee ones, I chose the book, "A Book of Hugs" by Dave Ross. For the older young people, "HUGGS, HUGGS, HUGGS, HUGGS" by Ron Arnold. After reading with a puppet and some discussion, we concluded the lesson with two activities. First, "Filling up with a Hug" can be done in groups, depending on age. I began with a pre-discussion and demonstration about personal space, rights of an individual to control what happens to her/his body and body language awareness of another person's comfort or discomfort. Next, form a circle. Say, "I have this little medium-size hug and I'd like to help it grow. I thought that I'd begin to pass it around the circle and each of you add to it, perhaps we can get it really big." To begin the action, I first check with the young person next to me if it is okay to hug her/him. Each person also checks first before sharing a hug. It continues as it comes back to the adult. This is followed by some discussion. Keep in mind, someone can opt not to be hugged and say, "pass".

As for me, connecting with each individual, making the circle complete, calls for a unique puppet for the closing activity. I just happen to have a dog puppet given to me by a former parent many years ago. It might help to close your eyes and visualize it as it is described. I'd draw it, but, as I tell students, drawing is not one of my strengths. As I tell both young and wise people, we all have things we're good at [strengths] and things we continually work on. Drawing is one of the things I work on. But that's a story for another time.

Getting back to your visualization, picture in your mind the front view of a dog, so to speak - his head, neck, front legs and paws. I place my hands from behind into the front legs to the paws where my fingers can move the paws like hands. I then go around the circle asking each individual if it is okay to hug her/him, thus having closure.

I'd be remiss, if I didn't mention there are different types of hugs. Remember, 'one size does not fit all'! I'll just comment on a few. There is the "Hand Hugs" - shaking hands; "Sandwich Hugs" - involving the whole family; "Hurt Hugs" also called "Cheek Hugs" - help make the pain go away; "Lavish Hugs" - commonly referred to as snuggling and "Goodnight Hugs" - wishing you pleasant dreams, as you sleep tight and don't let the bed bugs bite! (A Book of Hugs by Dave Ross).

There it is, AN INTERNATIONAL FORM OF COMMUNICATION.

I'd like to close with a prescription based on a quote from 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."

So until next time, stay well and hydrated.

Warm Fuzzies

## **AFFILIATE LINKS**

### **Adler Academy of MN**

[www.adleracademy.org](http://www.adleracademy.org)

### **Idaho Society of Individual Psychology**

<https://www.adleridaho.com>

### **Mid Atlantic Adlerian Psychology Society (MAPS)**

<https://www.mapsadler.org>

### **Positive Discipline Association**

<https://www.positivediscipline.org>

### **Puget Sound Adlerian Society**

<https://www.pasadler.org>

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