

The NASAP Newsletter

December 20, 2011

Volume 44, No. 6

NASAP  
TAPTALKS

**An Emotional Farewell**

Dear NASAP Family,

TAPTALKS  
Next Taptalk is January 19. Look for announcements.  
TAPTALKS are presented several times each year as a way of keeping in contact with NASAP members and also a way of providing some continuing education hours to members of NASAP at a reasonable price. TAPTALKS are hosted by the Theory, Research and Teaching Section of NASAP and the presenters are selected by

It has been my honor to serve NASAP as *The NASAP Newsletter* Editor for the last 7 years. When I took over the position from John Petersen in 2004, I knew that it would be challenging and rewarding to give back to NASAP in this way. I felt prepared for the job because I had served as one of the Managing Editors for *The Journal of Individual Psychology* for 4 years prior to that. I was not expecting to be so intimately involved in the inner workings of this beloved organization.

I feel quite blessed when I reflect on the people I've gotten to know and consider to be good friends as well as colleagues. Many of them have changed my life in ways they would never anticipate. Becky LaFountain's constant encouragement and support (and Carol and Deb for that matter) helped me build more trust in myself, especially when we changed software programs and I had to learn a whole new way of creating the newsletter. Watching the last few presidents guide NASAP with conviction and grace under pressure showed me that good leadership can include compassion and empathy as well as strength and cooperative ambition. I pray that if I ever get the chance to serve in that position that I remember those lessons.

Most of all, though, I appreciate your support whether it came as kind words delivered at the annual conference or as submissions of news, achievements, or other articles. There were moments I was sure that the issue would never come together or turn out well, but somehow you, the members of NASAP, always came through. So I thank you for your contributions and support.

the Sections of NASAP. Topics change each month. You do need to call in at the correct time for your time zone (it starts at 9:00 Eastern Time - and lasts for one hour). In order to receive CE credit you must complete the evaluation attached to this email, fill in the personal information and send them in along with \$5.00 for processing.

Now I ask each of you to welcome with open arms our new Editor, Jamie Stone O'Brien. With the transition to a new online format, Jamie created an email address ([nasapnews@gmail.com](mailto:nasapnews@gmail.com)) where you can easily send her your latest affiliate news or other important business for the newsletter. I ask you to support her the same way you did me. She's an emerging leader, folks, so let's help her be successful in this significant role.

Until we meet again,

Susan Belangee

### **A Note from the New Editor**

Dear Members of NASAP,

As we all know, I have big shoes to fill. Susan has a beautiful way of blending competence with strength and kindness, plus she is very thoughtful and probably remembered every request asked of her. I will strive to be as thoughtful, kind, and competent as Susan - I promise to try to remember all the little details, but thank heavens imperfection is an accepted trait in the Adlerian community!

#### **Questions?**

Contact us:

[North American Society of Adlerian Psychology](#)

429 E. Dupont Road, #276 Fort Wayne, IN 46825 [Email Us](#)

I know that my name is unfamiliar to many of you, so I thought I would take a few lines here to introduce myself. My name is Jamie Stone O'Brien (and I should probably clarify that my last name is 'Stone O'Brien' - two last names with no connecting hyphen turns out to be endlessly tricky, a natural and logical consequence that I did not foresee) and I am just finishing up a Psy.D. from the Adler School of Professional Psychology in Chicago; currently, I am a predoctoral intern at Children's Hospital and Research Center Oakland.

I've been dipping my toes in the NASAP pool for a few years now, first as a chapter president, then as a presenter, and, most recently, as a student liaison to the COR. I am honored that the members of the COR have entrusted this new position to me and I am thrilled to contribute in some way to the NASAP community. Speaking of which, I would love to hear suggestions or ideas that any of you may have regarding ways of improving or adding utility to the newsletter. A few ideas have already come my way, so prepare yourself for some new and exciting sections. For example, the idea of a social interest section has been proposed. Tentatively titled, "In the Name of Social Interest," this will be a section where we can all post and recognize socially interested acts within (and, I suppose, outside)

our community. For example, I could acknowledge all of the help and assistance that I have gotten from Susan Belangee and John Newbauer in creating my fledgling edition. I could not have done it without them.

Another proposed idea is a "Student's Corner" - and, since we are all continually growing and learning, I consider us all to be students. This would be a place where we could all post questions - clinical, theoretical, ethical, etc - and get feedback from our peers.

What you may have noticed is that these new sections require a lot of audience participation. I know it's risky, but I would really like to see the members of our community reach out to connect and contribute more to one another. So, please, send me your ideas, your social interest acknowledgements, and your questions. Any comment or contribution can be sent to [NASAPnews@gmail.com](mailto:NASAPnews@gmail.com) - and if you do not get a "Thank you" email back from me, that means that I did not get your email, so please send it again. The next edition is the Jan/Feb edition, so the deadline for submissions will be February 15th.

And with that, I will bid you adieu; best to you all and best wishes for a wonderful winter/holiday season.

Jamie

## **President's Message**

Dear Adlerian Colleagues and friends of Adler,

As this newsletter arrives, the holiday season is robust. May your holiday celebrations be joyous and rewarding, and may your new year bring peace, good health, and much fulfillment. I have come to appreciate that a president's term is clearly marked by goalposts, conference to conference. To amplify the football metaphor, that puts us at the fifty yard line, between our 59<sup>th</sup> annual conference in Victoria and the 60<sup>th</sup> in Atlanta. Given the holiday season, we've called a time out so that our personal lives may supersede. From the sidelines, we are poised to advance the ball as the year turns. NASAP's "state of the union" at the close of 2011 is good. Our governance structure is highly functional and committed leadership continues to emerge. In our next newsletter (Jan-Feb), six nominees will explain why they seek the elective offices of vice-president, treasurer and secretary. We welcome Jamie Stone O'Brien as our new Newsletter Editor, herself an emerging leader. The dissemination of Adlerian Psychology in our local

communities is vibrant. Do note the submission of the Florida Adlerian Society. As NASAP looks toward 2012, much goodness lies ahead. The early warning signs are in Florida, followed by the national convention in Atlanta. The unusually high number of conference submissions suggests superb programs. The motivation of the local conference committee, and the stirrings within the Council of Representatives, suggests an impressive attendance.

I have been informed by John Newbauer, executive director, that my membership is due for renewal. Note to John—the check is in the mail. Taking part in NASAP’s governance is among the ways I express my fondness and commitment to Adlerian Psychology. Membership renewal is integral to my professional identity.

I look forward to seeing you in Atlanta, where I assure you, there will be no penalties for exuberant end zone celebrations.

Sincerely,

Steve Stein

NASAP President

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### **Dr. Peter Breggin is Keynote Speaker at 2012 Florida Adlerian Society Conference**

The **Florida Adlerian Society (FAS)** will feature **Peter Breggin, MD**, Harvard-trained psychiatrist and best-selling author who wrote Toxic Psychiatry, Medication Madness, Talking Back to Prozac and co-wrote Your Drug May Be Your Problem will be the keynote speaker at the **17<sup>th</sup> International Florida Adlerian Conference**. Held on **Thursday, March 1** through **Saturday March 3, 2012**, at the **Safety Harbor Resort and Spa** in Safety Harbor, FL. The FAS Conference is a three-day event which features presentations and workshops from such contemporary Adlerian scholars as, **Francis X. Walton, Alyson Schafer, Roy Kern, Roger Ballou, Al Millirien, Dan Eckstein, John Newbauer, Wes Wingett. Geri Carter, Rob Guttenberg, Alfred Adler Elementary School, and more.**

Regarded by many as “the conscience of psychiatry” for his efforts to promote mental

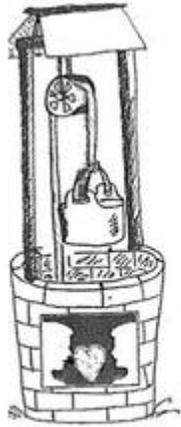
wellness and reform health care, Dr. Breggin is a staunch advocate against the over-diagnosis and overuse of psychiatric medications, the oppressive drugging of children, electroshock “therapy,” and fictitious biological theories promoting “chemical imbalances” in the brain. Dr. Breggin will present a full-day workshop titled “**How and Why to do Psychotherapy without resorting to Psychiatric Drugs**” and the plenary session titled “**Are Adlerian Principles Incompatible with Modern Psychiatry?**”

**The Florida Adlerian Society** (FAS) is an organization that encourages, promotes and provides individual and group learning opportunities based on the work of Austrian psychiatrists and personality theorists **Alfred Adler and Rudolf Dreikurs**, who founded theoretical school of Individual Psychology: A theory of human behavior which advocates that the individual is self-determined based on his or her choices and desire to belong. FAS members include various community leaders and professionals, including business men and women, educators, psychologists, physicians, counselors, social workers, therapists, parents and students. Adlerian psychology was design for the “common man” and one of the first theories that was interested in education which we now term “coaching”.

Whether you are a parent, business person, teacher, counselor, health care professional, - or just an individual seeking professional and personal growth and guidance, you’ll find FAS and its members committed to the principles and practices of good mental health and satisfying relationships along with begin a source of encouragement.

Information about the conference, contact **Timothy Evans, PhD** or **Geri Carter, LMHC** at **Carter & Evans Marriage and Family Therapy (813) 251-8484** or [tim@evanstherapy.com](mailto:tim@evanstherapy.com). Registration information will be available at [www.adlerflorida.org](http://www.adlerflorida.org). FAS is also an approved CEU provider. The Safety Harbor Resort and Spa is located at **105 North Bayshore Drive Safety Harbor, FL 34695**. The spa is within 15 minutes of Tampa International Airport.

## Wellness for Life



WELLNESS FOR LIFE  
by Lois G. Marecek M.Ed., NCC, LPC



### Baggage or Baggauge?

It was that time again and I found myself pondering the topic for this edition's column. Before I knew it, there it was - *Baggage!* You might say it came to me as if by word association (Some of you may recall at some point in your life playing a game where a common word is stated or written and you respond with the first word that comes to mind in association to the given word like after the word "cat," may come the response "dog"). *Baggage* just flashed across my mind along with imprints from two viewpoints.

One viewpoint to consider is that this time of year the focus tends to reflect the holidays. It is times of hustle and bustle, lists of all kinds, get-togethers with family and friends, and travel - henceforth, the suitcase or bag or *baggage*. Depending on the travel experience, a determination is made if further R & R is needed.

As a child living in Arizona, I remember a television commercial utilizing a flying suitcase in the early 1960s. The premise was that by packing up your allergies and moving here, you would be allergy free. Boy, wouldn't that be something!

The other viewpoint to consider is of the mind, or what can be described as 'a mind set' in terms of *baggage*. Here, the reference to *baggage* can mean "departing with one's belongings, all of one's belongings" according to The American Heritage Dictionary of Idioms by Christine Ammer.

Taking a closer look, *baggage* may refer to life experiences of a person in general, which have an impact on them from an emotional standpoint based on relationships and their emotional outcomes or could reflect financial woes based on poor decision making.

A number of people see it as a culmination of negative stigma, which acts as an unfortunate and unfair harness. Or simply put, 'stuff' from the past that hurts in the present.

Then I started thinking. What about seeing it from the perspective of “the glass half full” and envisioning it in a more positive mindset?

So I thought of taking the word, *baggage* and revising it as “*bag + gauge*”. Though there is some sameness or basic things we have in common as a people, there is also “uniqueness” or the things that are only of you. Each of these facets is an unparalleled entity in and of itself. It’s like looking at a snowflake – the gentleness, purity, beauty, design ... Thus sharing its unequalled contribution to life.

In my new definition of *baggage*, *bag* is a flexible, moveable container and *gauge* is the template composed of positive elements including self-belief, self-motivation, a positive attitude, faith in one’s abilities and courage that makes you, you. This balances the negative that has a tendency to creep in. That’s what makes us ‘*human*’. Unfortunately, none of us posses a magic wand to keep this from happening. It is a part of life.

However, we do have choices. What a novel concept! We can choose how to deal with it.

This “*baggage*” assists a friend who can use a friendly ear, encouragement or support that is nonjudgmental. It can also be observed when you do your best in an abnormal situation. It could be commenting on that spot, 6” x 6,” of our child’s room that is actually clean and ignoring the rest. (Now that takes courage!) One of the things for me is my storytelling that guides and encourages a young person, which in turn balances my life.

Through my counseling career, I have encouraged both young and seasoned people to establish a “warm fuzzy” folder. Here are photos, accomplishments, cards / letters from people who have touched your life, etc. Whenever a blue funk comes along, take out this folder and rekindle yourself.

Another technique is the use of a daily affirmation reflecting a good choice. They are generally seen as goals. They have the power to uplift, inspire and motivate. Affirmations can cover a wide spectrum of personal development: love, health, self - esteem, joy, peace ... Keep it simple to be successful, i.e. “I believe in myself, others will, too. I learn from my mistakes. I enjoy life to the fullest.”

It is easier to see one's path through a window rather than through a door. As this holiday season is upon us, as you look through your window, may its warmth shine brightly and the paths reflect good Health, Happiness and Harmony.

Warm Fuzzies,

Lois

### **Full Time Faculty Opening**

THE ADLER SCHOOL OF PROFESSIONAL PSYCHOLOGY announces full time core faculty openings for academic year 2012-2013 in the clinical psychology (PsyD) program. Position duties include teaching in the PsyD program, providing service to the Adler and greater professional communities, participation in committees, chairing dissertations, and effectively mentoring graduate students. We are particularly interested in candidates with expertise in the areas of child and adolescent psychology, military psychology, Adlerian psychology, EBP interventions, especially third wave CBT approaches (including DBT and mindfulness), assessment, primary care and behavioral medicine, and research and statistics, especially expertise in qualitative methodology.

Applicants must have a doctorate degree in Psychology (PsyD or PhD) from an APA-accredited program, demonstrate a strong record of graduate level teaching, familiarity with the scholar-practitioner training model (the local scientist model in particular), and evidence of proficiency in scholarship and other professional activities. It is preferred that clinical faculty have an Illinois license or be license-eligible. The positions require excellent communication and interpersonal skills and an ability to collaborate effectively with students, faculty, and professional staff. A particular commitment of the school, rooted in Adler's emphasis on social interest, is training psychologists to work with marginalized and underserved populations and who are committed to social justice. Demonstrated commitment to socially responsible practice, social justice issues and diversity are important.

Review of applications will begin immediately and continue until all positions have been filled. Applicants should submit a detailed curriculum vitae, the names of three professional references with contact information, two to three course syllabi and/or teaching samples for review, and a letter of interest electronically to [dkatz@adler.edu](mailto:dkatz@adler.edu) or by mail to: David Katz, Ph.D., ABPP, Chair, Clinical Psychology Department, Adler School of Professional Psychology, 17 N Dearborn Street, 15th Floor, Chicago, IL 60602. Prior to an offer of employment official transcripts and letters of recommendation will be required. Salary is commensurate with experience and qualifications. A range of full benefits are provided and are detailed further at [www.adler.edu](http://www.adler.edu). The Adler School is an Equal Opportunity Employer and ethnic minority individuals and women are especially

encouraged to apply.

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## **New Adlerian-Friendly ADHD Assessment Now Available**

Patricia Post

After 10 years of diligent work, Patricia Post and Greg Anderson are pleased to announce the availability of a holistic, Adlerian-friendly assessment kit for ADHD. The kit is called the "Attention Test Linking Assessment and Services" or ATLAS, and can be used with children from 8 to 18 years of age. The kit "includes in-depth psychosocial strategies, cognitive-behavioral strategies, educational intervention strategies, and biophysical referrals." It is appropriate for use by professionals, such as teachers, school psychologists, and clinical psychologists. There are seven distinct parts:

1. Parent/Teacher Attention Report
2. General Classroom interventions
3. Attention Performance Assessment
4. Second Level Interventions
5. Mental Health Interview Screener
6. Differential Diagnostic Instrument
7. Biopsychosocial Treatment Planner – this is the holistic, Adlerian-friendly part of the tool

The kit includes a manual, 25 each of the Mental Health Interview Screener, Examiner's Observation Report forms, Attention Performance Summary Report forms, Youth Response booklets, and Client Profile Summary report forms, and 50 Parent/Teacher Attention Report Forms. The kit is available for \$250.00 and additional forms can be ordered separately. For more information and/or to order, visit [www.StoeltingCo.com](http://www.StoeltingCo.com)

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## **NASAP Elections 2012**

Dear NASAP members,

Elections to the NASAP board will be occurring in early 2012. The new board member positions will take effect, subsequent to our 2012 NASAP conference, in Atlanta.

On behalf of the NASAP nomination committee, John Newbauer, Becky LaFountain and myself, we are excited to announce the following slate of nominations:

Vice President: Susan Belangee and Bill Premo

Treasurer: Susan Burak and April Hames

Secretary: Michelle Frey and Dan Williamson.....

We welcome additional nominations for these board positions. If you would like to be nominated for one of these positions please send your nomination along with the names of 10 general NASAP members, who support your nomination, to the NASAP office no later than January 18.

All nominees are required to forward a bio of up to 200 words and a photograph to Executive Director, John Newbauer at the NASAP office by January 18, 2012 for inclusion in the next NASAP newsletter.

I encourage you be active in the North American Society of Adlerian Psychology and to exercise your vote, as we have an excellent slate of candidates.

Teal Maedel

Past President NASAP

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### **Executive Director's News and Views**

December is here and the New Year rapidly approaches. We've been busy filling out tax forms and working on the new website as well as trying to keep up with all the December membership renewals. The next year brings us a new venue for our annual conference in a beautiful city rich in history. The Atlanta Conference is taking final form now and we should be able to get out a flyer describing the conference within the next month. In addition, we will have a booklet out for members shortly after that.

Elections for Vice President, Secretary and Treasurer are coming up this year so make sure

you check out the announcement by Teal Maedel, our Past President and Chair of the Nominations Committee. We have some great candidates and, of course, nominations aren't closed yet if enough members decide on putting forward another candidate by January 18. At that time, all nominations will be officially closed. The nominees will have a short bio in the next newsletter and the instructions for voting will also be in the newsletter.

I have had some positive feedback from members who have taken advantage of the Discount Booklet and I was very pleased myself with my purchase of a new computer for home use from HP. They not only gave me a price reduction but also helped with some extra on shipping which was really helpful since I put things off to the last minute. Be sure to use the website codes that are on the Discount Package information that you were sent. I think I actually saved enough on the purchase my new computer to pay my dues for NASAP.

Let me take this moment to wish you all a wonderful holiday season and a happy new year.

John Newbauer

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## **Conference Corner**

Becky LaFountain, Conference Coordinator

### **Invitation to Authors to Sell Books at NASAP's 2012 Conference**

You are invited to sell your Adlerian books and materials at the NASAP table in the conference bookstore. This is a great opportunity for you to make your Adlerian publications available to others and, in turn, for conference participants to have many resources at their fingertips. No merchandise may be sold in the presentation rooms. To take advantage of this opportunity, you must adhere to the following procedures:

1. Either hand-carry or send your merchandise (addressed to yourself) to the conference site. (See sending instructions below.)
2. If you hand-carry your merchandise, take it to the bookstore location and check in your materials.
3. If you send your materials in advance, take them to the bookstore upon your arrival (in conjunction with the bookstore hours).
4. When you initially take your materials to the bookstore, make arrangements to pick up remaining materials at the close of the book sales (making sure to find out the closing time) since all unclaimed materials will be donated to the local group. If you are not attending the conference, you will need to make arrangements for a friend to be

responsible for your materials since the local group will not be sending back any materials.

5. Please note that 20% of the proceeds will be donated to NASAP for providing this service.
6. Please note that you may be asked to claim merchandise for sale on your customs forms when crossing borders and when sending merchandise.
7. Mark each individual book, tape, etc. with the selling price.
8. Enclose a packing list enumerating each title, number of each and price.
9. Because storage at the conference site is very limited, make arrangements with a shipper to have your materials arrive no sooner than 5 days prior to the conference.
10. Address packages as follow:

**Hyatt Regency Atlanta on Peachtree Street**

**265 Peachtree Street, N.E.**

**Atlanta, GA 30303**

**Attention: Guest for the NASAP June 7-10 Conference, (and then include your name).**

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## **Your Amazing Race to the 2012 NASAP Conference**

Jody Housker, Local Conference Co-Chair

The last leg of CBS's around the world race TV show "The Amazing Race" brought the final three couples to Atlanta, GA. While in Atlanta they went to the home of Margaret Mitchell, author of "Gone With the Wind", and took part in a challenge at Turner Field – Home of the Atlanta Braves baseball team. They finished the race at Atlanta's historic Swan House.

Begin to plan for your amazing race to the 2012 NASAP Conference. Where ever your journey begins we are here to help you enjoy all that Atlanta has to offer. We would be glad to help you find historic places like the Margaret Mitchell House, or to learn more about the Braves who will be playing against the Blue Jays at Turner Field June 8-10<sup>th</sup>. We will have people available at the conference to help with questions about area attractions as well as places to dine. We will be glad to help you get lost in Atlanta without feeling lost.



## **Spotlight on Diversity**

April Hames

Chairperson of Diversity Taskforce

This is the second in a series of interviews with individual members of NASAP who represent their diversity through a wide array of experiences, backgrounds, abilities, skills, and styles. Our hope is to give the readers a perspective through the eyes, ears, and hearts of many diverse members of NASAP. According to Margaret Mead, “If we are to achieve a richer culture, rich in contrasting values, we must recognize the whole gamut of human potentialities, and so weave a less arbitrary social fabric, one in which each diverse human gift will find a fitting place.”

Many of you may recognize the name of Rob Guttenberg who is the second to be featured in this series. He is a singer, songwriter, therapist, parent educator, and advocate for persons with disabilities. Currently, Rob is the Director of Parenting Education for the Bethesda-Chevy Chase YMCA Bethesda Youth Services. He was recently honored along with 14 other individuals at the 10<sup>th</sup> anniversary celebration of the US Department of Labor’s Office of Disability Employment Policy (ODEP). He was also profiled in “Promoting Positive Change: Disability Employment Policy in Action.”

Here are some highlights from our interview.

**April:** How do you consider yourself diverse and/or multicultural?

**Rob:** I am a human being. I am a man. I have white skin. I had recently been a youthful, 50+ year old, and, at the same time, I am approaching my silver 60 year old period. I am temporarily able-bodied and at the same time I have physical disabilities and cognitive impairments that resulted from a brain hemorrhage I experienced in 1983, now providing me with unique challenges each and every day.

I am heterosexual. I am part of the Jewish culture, but I am not a very religious Jew. I am married to a woman who was born and raised in Russia most of her life. I am a parent, a father of a 29 year-old adult male, and the parent of an eleven-year-old female; and I am a parent educator. I am Adlerian...yes, I guess I am diverse.

**April:** How were you introduced to Adlerian and/or Dreikursian principles?

**Rob:** I was the Director of a Youth Drop-in Center in Bowie, Maryland. Our clinical consultant, Dr. Bill McKelvie, was a professor of counseling at the Adler-Dreikurs Institute (ADI) at Bowie State College (Now known as Bowie State University). Several of my colleagues at the youth center attended the Institute, and I started my Masters studies at the ADI during the Summer of 1978 where I took my first courses in Adlerian Psychology from Ray Corsini and Achi Yotam (from Israel).

I also lived near the IPA (Individual Psychology Association) Family Education Center in Chevy Chase, Maryland, where I was able to attend many Adlerian parent education workshops and Open-forum counseling demonstrations.

**April:** Do you work with diverse populations?

**Rob:** When I began my work for the YMCA Youth Services in 1985, the parents in our parent education classes came primarily from middle and upper class families living just outside of Washington, DC. Because it was a diplomatic community, there was a great amount of cultural diversity among my clients, and there were also the groups of "haves," and the "have-nots." Eight years ago our agency merged with another YMCA youth service agency in a community where a much higher number of families had children

receiving free and reduced meals at school. I began providing parent education and family therapy to a greater number of Latino, African-American, and Asian parents. In addition to my duties with the YMCA, I present disability awareness concerts and workshops to persons with brain injury and to seniors at stroke clubs.

**April:** How do you incorporate Adlerian principles with diverse populations?

**Rob:** We all know what it is like to experience inferiority feelings. In counseling sessions I explore with clients this commonality that we all share of striving from a “felt” (-) to a “felt” (+), and I focus on the ways that people from different cultures experience the pressures coming from the emerging social equality.

**April:** What else would you like to share that I haven’t asked?

**Rob:** In the disability awareness concerts and workshops I have presented around the US and around the world, I introduce the important concept of learning to speak with and about persons with disabilities in a respectful way. I demonstrate how we can use “person first” language to put the person before the disabling condition. We don’t work with “the blind”...we work with persons who are unable to see things with their eyes. We don’t care for the “mentally ill.” We care for people who are experiencing mental illness. It is also important to avoid catastrophizing a person’s disabling condition. People are not “confined” to their wheelchair. A wheelchair enables people with paralysis to gain more freedom of movement.

Rob wanted to end his interview with a verse he composed for a song called, “I Carry On:”

“Taking twice as long to plan

Makes me no less of a man

Do you blame a blind man because he cannot see?

Some people go to such great lengths

To notice everything but strengths

I guess this might be a disability.”

It is my hope that you have been inspired by Rob’s words and his advocacy for those who are differently abled. He often says he wants to “move ahead, living every day, living each day knowing that I can make a change.” May you all, as Adlerians, be leaders in weaving a “less arbitrary social fabric” where “each diverse human gift will find a fitting place.” Rob has found his place and has certainly given us so much with his different abilities.

You can learn more about Rob by visiting his website at [www.robguttenberg.com](http://www.robguttenberg.com). To hear Rob perform some of his music, please visit [www.youtube.com](http://www.youtube.com) and search for “Rob Guttenberg: Living Every Day.”

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### **The NĀSAP Newsletter**

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a not-for-profit corporation.

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