

NASAP

North American Society of Adlerian Psychology
Striving . . . Encouraging . . . Connecting . . . Contributing

BOARD OF DIRECTORS

Tim Hartshorne
President

Susan Belangee
Past-President

Hallie Williams
Vice President

Elaine Carey
Secretary

Leann Heimer
Treasurer

Candace Sneed
Section Liaison

Charmaine Mcintosh
Affiliate Liaison

BOARD APPOINTEES

Candace Sneed
Newsletter Editor

Catherine Hilley
Administrator

To the membership of NASAP and other Adlerians,

In these troubled days of civil injustice and oppression we are all called to take a stand and to act.

We as humans are social beings. We do not stand on our own. As Adlerians we are deeply concerned with community, the welfare of all its members, and our own contributions to society. We believe in social equality. But we know that in practice we live in a hierarchical society where we experience different levels of privilege. For many of the members of our community systemic racism, covert and overt racism, all forms of -isms and oppression are daily realities. As Adlerians, community feeling, social interest, equality are our core values and our ideal is to live in a society where everyone is equal on the horizontal plane. As Adlerians we cannot close our eyes and be silent in the face of injustice. We are continually faced with and witness to violence against marginalized community members.

If there was ever a time in our history where Adlerian ideas of community, democracy, advocacy, courage, and social equality and equity were needed, it is today. We cannot avoid being impacted by the murder of African Americans. The murders of George Floyd, Ahmaud Arbery, Breonna Taylor, Eric Garner, Philando Castile, Trayvon Martin, and on and on back to 1619 is a shameful legacy.

We consider every human being to be a valued member of society. We need everyone, each one of us, to stand up and speak out. We all have a role to play. Find your role in the current situation. What can you do?

For many of us, particularly members of marginalized groups, this past week was not only uncomfortable and shocking, but also traumatizing. If you are finding it difficult to concentrate and focus or to sleep, reach out to others for support. You are seen!

We call on all Adlerians - therapists, teachers, parent educators, coaches, everyone – to courageously express your social interest by working to end social hierarchies, to end racism, to end the slaughter of African Americans and oppression of all marginalized groups. No person should leave their home in the morning wondering if they will be able to return. We should be more than an ally, we should be anti-racist leaders, educators, therapists, and coaches.

Trust movement! As Adlerians we focus on movement. How do our actions reflect our core values? Movement can be checking in with your minority friends, colleagues, and family. It can be direct community work, sharing resources on social media, contacting your state representatives or city council members for better accountability of Law Enforcement. It can be donating money to causes and organizations that work for social change.

The NASAP Board of Directors is committing to taking the following steps:

First, we deeply acknowledge the collective pain of marginalized members of our society, particularly African Americans who have been disproportionately mistreated by the majority, and many of whom lack the essentials of decent employment, housing, and healthcare.

Second, we are appointing a Social Justice Task Force to develop concrete steps that our Society (NASAP) can take to be a part of the solution.

Third, your leadership will take a deep look at how we function as a Society to ensure equality and equity in all we do.

Fourth, the leadership will reach out to other organizations in helping fields as well as anti-racist social justice organizations to build relationships and collaborations.

Have the courage to be imperfect! We as Adlerians strive to move from a felt minus to a felt plus. Our society is experiencing a felt minus now, but we are committed to moving towards a felt plus, while knowing that this movement will not be easy. We will struggle and make mistakes. So, have the courage to be imperfect. Acknowledge that you may not know enough, so educate yourself. Our own journal JIP has had dedicated issues as well as specific articles that you can revisit. Most importantly explore resources and books on anti-racism, watch documentaries to expand your perspective. Make sure you seek information from authors and creators with marginalized identities. Seeking to live in a more equal society requires us to have humility, the courage to be imperfect, and openness to change.

Act with Social Interest. We invite every member to join us in this process through your own self-reflective and overt actions, and in volunteering to join us as a task force member or other role as we seek to implement and advance the democratic philosophy of Alfred Adler. Let us hear the call of Adler's words of optimism and hope:

“We may define human progress as a function of a higher development of social interest. Admittedly the level of social interest is presently still low, as indicated by such phrases as ‘Why should I love my neighbor?’ and ‘After me the deluge.’ But social interest is continually pressing and growing. For this reason, no matter how dark times may be, in the long-range view there is the assurance of the higher development of the individual and the group. Social interest is continually growing; human progress is a function of the higher development of social interest; therefore, human progress will be inevitable as long as mankind exists. [The progress of mankind” 1937.]

-The NASAP Board of Directors