



## TABLE OF CONTENTS

- **PRESIDENT'S MESSAGE**
- **EXECUTIVE DIRECTOR'S REPORT**
- **CONFERENCE CORNER**
- **NEW ADLERIAN CONFERENCE: INTERNATIONAL CONFERENCE OF INDIVIDUAL PSYCHOLOGY**
- **ADLER - IN DEPTH (and breadth)**
- **WELLNESS FOR LIFE: SNOWFLAKES**
- **AFFILIATE LINKS**

## NASAP Newsletter

May/June, 2018

Jamie Stone O'Brien,  
Editor

**Next submission due date is August 1st, 2018.**

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

## PRESIDENT'S MESSAGE



So many things come to my mind as I write this first column as President. First, let me just say how weird that sounds to me! I knew I wanted to be NASAP's President one day, and now that my term has started it feels a little surreal. Thank you to my family and friends for helping me get to this point.

The 66th Annual NASAP Conference concluded a little over two weeks ago and I am still smiling as I recall many wonderful events from that

weekend in Toronto. We had almost 250 people attend the conference, as well as almost 100 parents for the Parent Track this year. Alyson Schafer and other local NASAP members got the word out to parents about our conference and it was a delight to see so many folks take advantage of this track. Thank you to the many volunteers also; without you, our conference would not run smoothly! I hope the pictures included in this issue of The NASAP Newsletter offer a glimpse of some of the fun memories. I also hope they build excitement for next year's conference in Tucson!

This year we had amazing speakers! Monica McGoldrick was our Ansbacher Lecturer Thursday evening. She shared stories from her life via genograms, of course, and displayed the links to Adlerian psychology in that familiar pictographic form. How wonderful to hear a well-known speaker credit Adler for his influence on family dynamics and family therapy.

We also heard from Garry Sault and Ed Connors, members of First Nations communities who shared their stories with us and showed us how the Great Law of Peace fits with Adler's ideas of social equality and wellness. I hope I speak for all who attended the conference when

I say these two speakers added a profound and beautiful depth to this year's experience.

When Margaret Trudeau stepped up to the podium and shared her own mental health journey on Saturday morning, I was blown away by her story and willingness to be so open and honest about it. She then was gracious enough to sign books folks had purchased in the bookstore (including mine!). The conference came to a close with a lovely banquet during which we honored Linda Page and Marion Balla with Lifetime Achievement Awards. Our auction was a resounding success, raising significant money for NASAP scholarships, and it was all due to the talents of Sterling Travis, our Secretary-turned-Auctioneer. He even sold his signature bow tie to the highest bidder, Craig Balfany.

At the end of the banquet I shared the two goals I have for my time as President: 1) to help NASAP members create diverse revenue streams that will support NASAP financially now and for the future; and 2) to increase diversity and inclusiveness in NASAP. The first goal addresses the financial concerns NASAP is currently experiencing and the second will strengthen NASAP's sustainability and allow us to "walk the talk" regarding social justice and equality.

I do hope you will join me in Tucson, AZ when NASAP holds our 67th Annual Conference May 30-June 2, 2019. The call for proposals is due out shortly so be thinking about presenting with colleagues and students who have never attended a NASAP conference. Let's open the doors wide and welcome as many folks as we can into our NASAP family! See you soon!

Susan Belangee, NASAP President



Folks Enjoying the Evening



Jon Sperry Leading a Social Interest Clap



Linda Page Receiving Lifetime Achievement Award



Marion Balla Receiving Lifetime Achievement Award



Sterling Travis, our auctioneer sold his bow tie to help raise money for scholarships. Craig Balfany was the lucky highest bidder!



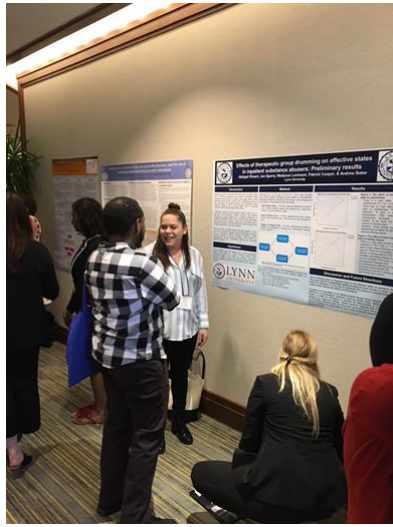
Promotion of next year's conference.



Poster Presentations



Poster Presentations



Poster Presentations



Susan and Margaret



Margaret and Jon



Jon Sperry and Monica McGoldrick



Jill Duba-Sauerheber receiving past-President's award.



Linda Page and Marion Balla receive Social Interest awards from the local group leaders Charmaine McIntosh and June Lam.

## EXECUTIVE DIRECTOR'S REPORT

Hello! I am Renee Devine, and this is my first Executive Director's Report, as I have been chosen to replace John Newbauer, who resigned last fall. John served as ED for six years, and holds a great amount of knowledge in his mind, which is not easy to replace. One change is that where John was in this position full time, I am part time. Therefore, there may be a delay in my response to your emails or phone calls. There may also be times when I need to seek advice from John, or from the Board of Directors before I am able to respond with an answer to your question. I appreciate your patience as I have transitioned into the role. John has been very helpful in this transitioning process, and I am very grateful for his willingness to help me learn all of the "ins and outs" of the position.

We have just arrived back from our Annual conference in Toronto, Ontario in the past couple of weeks. If you were able to join us, I think you would agree that it was wonderful. There was a tremendous spirit of camaraderie and collaboration. Our presenters were excellent, and our speakers for plenaries were outstanding. If you were not able to join us, we look forward to seeing you at next year's conference in Tucson, Arizona, May 30th through June 2nd, 2019.

There is a call for proposals on the website under the Annual Conference page: [www.alfredadler.org/annual-conference](http://www.alfredadler.org/annual-conference). Applications are due by October 1st, 2018. If you would like to share your work on a research project, you could submit a poster proposal, as this has become an excellent opportunity to share your work. The form for poster proposal will be available in the future on the same page of the website.

I hope you have a great summer!

Renee Devine, Interim executive Director, NASAP

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## CONFERENCE CORNER



By the time you get this newsletter, NASAP 2018 will be fond and hopefully lasting memories. I want to say that at this time, I will be turning the baton of conference coordinator over to Marina Bluvshstein, whom many of you know. I am confident she will bring in lots of enthusiasm and fresh ideas to the position!

It is not too early to start planning for NASAP 2019 to

be held May 30-June 2 at the Tucson Marriott University Park in Tucson, AZ! As many of you know, the last several Tucson conferences have been at resorts, so it will be a refreshing change to have the conference in the city. The theme, "Healing our Community Through Social Interest," is a timely one and hopefully will provide practical solutions.

by Becky LaFountain, Conference Coordinator

## NEW ADLERIAN CONFERENCE: INTERNATIONAL CONFERENCE OF INDIVIDUAL PSYCHOLOGY

Dear Friends and Colleagues,

It gives me great pleasure to invite you to take part in the first **International Conference of Individual Psychology**, which will be held at the Alfred Adler Center International in Vienna on November 19th, 2018.

With the help of you all, with the cooperation of the Member Organizations of IAIP, we are launching a new tradition. The purpose is to increase communication amongst Adlerians internationally and to build bridges between the Members of IAIP.

This year's topic, which we can keep or change in the following years, is: **Individual Psychology in the Current World: Best Practices**. I would love us to have, every year, a historic contribution that reminds us of our roots. However, we also need to provide individuals and society with the contributions needed in the current world. With this in mind, this year we will have three great presentations:

*Marina Bluvstein*, from Adler University, USA, notes that November 2018 will mark the 80th anniversary of Kristallnacht and this brings more stories connected to Adler, such as those of Irene Nemirovsky, Helene and Ernst Papaneks, Vali Stalin and Raissa. She will make the presentation for all the people who died on many inhumane nights

over the last two centuries and to celebrate their dreams of light. The title of Marina's lecture will be *Overcoming - Humans over Humanity. Individual Psychology in Personal and Historical Contexts.*

The presentation by *John Newbauer*, vice-president of IAIP, looks at *Gemeinschaftsgefühl* as a foundation for life as well as an ethical practice in psychotherapy and politics. After his experience in World War I, Adler began talking about social interest or community feeling as a primary characteristic of mental health. What is social interest/community feeling? Why is it such a crucial part of Adler's theory? What does it have to do with spirituality and politics? What does it have to do with us? John will present the topics *Gemeinschaftsgefühl*, Spirituality and Ethics.

The main focus of some Individual Psychologists and Counsellors in Vienna is on the long-term treatment of emotionally and socially disturbed children and youngsters. Their work also includes educational counselling for parents and consultancy for teachers in how to understand and handle the different behavioural problems of children and youngsters. After a general introduction, *Hermine Sperl-Hicker*, from Austria, will give us an insight into her work based on case materials with the title: *Understanding and Helping Children with Social and Emotional Challenges in Daily Life at School.*

We will also concentrate on analyzing clinical material, since practice makes a master. We will have two facilitators: Alain Drimmer, Paris and Wilfried Datler, Wien who will be leading us in order to understand different ways of working with clinical material and will supervise our learning journey.

I regard it as very important to have the opportunity to talk together in order to know each other better. Therefore, the essential agenda of the Conference will be a **PANEL DISCUSSION** about the Development of Collaboration within IAIP and the future of IAIP. The aim is to create community, stimulate encounters and promote the further development of Individual Psychology. In just two weeks, 23 participants from 9 countries have already applied, which gives us a great starting point.

You can find Organisation information, programme and an application link at : [www.individualpsychology.net](http://www.individualpsychology.net)

We want you to feel welcome at this event. Therefore, lunch will be prepared for all participants at a local Viennese Restaurant so an exchange of contacts, informal discussions and final celebration of the encounter will be a co-part of the first year of The International Conference of Individual Psychology, which awaits you on November 19th, 2018.

I will be personally happy to meet you and together we can create an Adlerian community around the Alfred Adler Center International.

Dr. Daniela Cechova, president of IAIP

## ADLER - IN DEPTH (and breadth)

**Hello to all** who are reading this first installment of a new column: a discussion about going deeper into understanding Adler. His theory and his therapy. But I'll start with a little backdrop.

**It was great** to be with our North American colleagues in Toronto after having spent many years away from the annual NASAP conference. The nine years away were largely due to geography and our professional practice. Geographically, in 2008 Jane and I married and began the Swiss chapter of our lives together; practice-wise, we spent a number of years studying Classical Adlerian Depth Psychotherapy (CADP) which includes annual workshops in Bellingham, Washington, and getting back to North America annually for a second professional conference just wasn't feasible at the time. Although our NASAP membership never lapsed, we stayed more active in the international Adlerian scene over these years. Now that our studies are completed, our depth-practice established, and our Swiss training institute taking off, we have the wherewithal to be active again in NASAP.

This year we offered a poster presentation on CADP in Toronto and participated in other ways as well. At the bookstore, we made available to students a couple hundred CADP off-prints; a set of Henry Stein's 4-volume series on CADP practice was given to Linda Page for the Adler Graduate Professional School in Toronto; and a foursome of different CADP texts (volume one of the *Collected Clinical Works of Alfred Adler*, the *Clinicians' Guide* and two volumes from Dr. Stein's CADP series) drew healthy bids for the silent auction (and we hope they made the high-bidder happy). That was a prelude, and now we're intending to share further here in the Newsletter.

**At one level**, the idea of going deeper into Adler is not at all controversial. Most who read the commonly available Adlerian literature with an eye to its application long to find ways to get his insightful perspectives across in their clinical, coaching or parenting session. But on another level, we find the invitation to study Adler deeply seems to provoke some level of controversy. Perhaps some are just reticent to look deeper into Adler's theory, period. Perhaps they believe they have gotten as much as they can from their Adlerian collection of professional readings. Some others have taken several courses – even certificate studies – and feel the Adlerian-angles have been exhausted for them and there is little more to learn.

**The intention of this column** is to dispel the idea of exhausting Adler's contribution. I intend to offer a new look at the depth and breadth of what Adler has still to offer. By *depth* we mean a full presentation of his psychodynamic, humanist theory and by *breadth*, the broad application of creative and kind interventions across several modalities of therapy. Until we can demonstrate CADP at the next NASAP conference in Tucson, I hope this column will help you get to know how Adler's depth and breadth can offer the nourishment some feel is missing in their current practice. Not everyone feels this, I know; but a number do and it is these interested, hungry practitioners who may find the column of interest.



**Over the next six issues** or so, I will explore topics such as:

What is meant by “classical” in CADP?

What does “dissolving” the life style means therapeutically?

What is the difference between philosophical and clinical “constructs” of Adler’s theory?

What is the “depth” orientation in Adler’s therapy?

If Adler offered more than a cognitive theory and yet rejected psychoanalysis, what do psychodynamics look like from an Adlerian perspective?

What are some of the historically-rooted differences between Adler’s and Dreikurs’ theory development?

I hope you see that the depth approach could open a new dimension for understanding Adler and that you will find the column of interest.

by Erik Mansager

## WELLNESS FOR LIFE: SNOWFLAKES



Some of you may have just raised an eyebrow upon reading the title of this column. As to what went through your mind, well, perhaps questioning, “Snowflakes at this time of year? “

I’m well aware a number of you have just experienced quite the long, cold winter. The sheer mention of snowflakes may bring ‘cold prickles’ rather than ‘warm fuzzies’ to mind.

You may be wondering if I have been out in the southwest sun too long. For the record, on May 6th, we did ‘break the ice’, as we call it → 102 degrees! This is not the case.

When talking about snowflakes, of the ‘feathery ice crystal’ variety, I discovered that it is not the only type. Though later I will reference it at some point.

In fact, the word has been around for a while, nearly 150 years. It may have originated in the 1860s as a political implication. It described a person from Missouri whose desire was to keep slavery alive after the Civil War. In another instance, it was used to taunt or mock. For example, it described someone who was ‘acting white’ whether he was considered a black or white man in the 1970s. America’s Miriam-Webster dictionary

Some of you may be familiar with the plant, Snowflake, that is adorned with white flowers resembling a snowdrop. dictionary.com

Today, the mentioning of snowflakes is quite different. It describes the upcoming generation of young people. Some of you may feel that this is kind of an odd way of describing something, let alone people. It is for real. In fact, it comes under the heading of 'neologism' - tends to be rooted from from the Greek "new speech utterance." Simply put, it is a newborn, present-day word that is working its way into the current every day use, yet not quite totally acknowledged into regular language.

In this case, it describes young people of the 2010s who have little to no emotional armor, making them unequipped to cope with views that challenge their own. wikipediaia.org

Those of us who have encountered Snowflakes can attest to the fact that instant apologies are in order, even before making any type of comments, which by their perspective can result in hurting their feelings.

This can be attributed to being raised by [what has been referred to as] 'helicopter' parents. They emphasized their children's uniqueness by inflating it. Thus resulting in hypersensitive feelings and their belief that the world revolves around them. Plainly stated, it takes self esteem off the charts → out of reality and life!

At this point, two things are resonating in my mind. First, Adler's "Style of Life," as we know as internal weavings of the essential heart of life → love, friendship and work. Second is Rudolf Dreikurs's "4th Goal of Misbehavior → Inadequacy," which can also be referred to as giving up. When you think about it, it's kind of scary that this describes the upcoming generation.

Some background in terms of generations, as each have their quirks; for example, the effects of Rock and Roll on teens. A few of the misnomers were that it interfered with young people's morals and contributed toward juvenile delinquency. Yet it has been reported as having a positive effect on more than one generation including the Traditionalists, Baby Boomers, Generation X, and Millennials. It can be said that these generations seem to connect better with life's aspects.

How will this new generation be able to truly connect and contribute with and to life? Although parents have an impact on their child's personality development, Adler discovered other contributing factors - community environment and education. We can look at the importance of social education interaction assisted by teachers. The experiences children are exposed to in schools can help encourage them to connect and contribute more positively while focusing on cooperation - working together.

This type of encouragement reflects respect for one another in addition to caring. As both a teacher and school counselor, I constantly would demonstrate 'having the courage to be imperfect.' A good part of the time, it would naturally happen. I've come to the conclusion that words are powerful. The choice of words we use are important. Upon saying and/or hearing words, they are internalized. I've shared with students over the years that our actions have a

contributing effect, even our goofs. What's important is that we all have strengths. In addition, we all have areas that we continually work on - eliminating the use of the word 'weakness.'

It ultimately leads to 'self discovery' of the "Crucial C's": CONNECT – having the belief that I belong and have a place; CAPABLE –having the belief that I am competent & can do it by taking responsibility; COUNT – having the belief I can make a difference; and COURAGE – having the belief that I can handle whatever the situation with resilience, overcoming fear. CONTENTMENT – having the belief of feeling good about who I am & my contribution, peace of mind & harmony. (Bettner & Lew, 1996; Marecek, 2012)

What also comes to mind, is the celebration of life, in Leo Buscaglia's book, "The Fall of Freddie the Leaf." It's sensitive and powerful as it transcends through the ages, telling us we are all a part of life and have a purposeful contribution. It takes us through the stages of life as a leaf portrayed by Freddie. Along the journey he discovers a few things. Among them, he is one of many leaves. Each of which are unique in both appearance and contribution to life even though they are a part of the same tree.

This brings me back to the feathery, ice crystal Snowflake. It's been discovered that they are different on a molecular level yet come in 35 different shapes. (Jacqueline Howard, huffingtonpost.com) If we take a moment to look at a person, each is unique as a member of the human species.

Hopefully, we can have a positive impact on the Snowflake generation.

I'll leave you with a few Snowflake quotes to ponder.

"Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together." — Vesta M. Kelly

"The Snowflake Charm: Be As Unique As A Snowflake; Embrace All Your Dimensions." — Viola Shipman, The Charm Bracelet

"Life is like a snowflake—transient, translucent, adventurous, ephemeral, and beautiful."  
— Debasish Mridha

"Love is like a snowflake, it can come to you in any shape or size, and from any direction."  
— Jennifer LeBlanc

"In "THE SNOWFLAKE LIKE NO OTHER," the rainbow snowflake, DAZZLER reveals the uniqueness of every living thing."  
— Adele Helen Terzis, The Snowflake Like No Other: A Snowflake Like No Other

Then again, the imagery of a Snowflake can come in handy on a hot summer's day!

On that note, until next time. Stay well and hydrated. Warm Fuzzies

## **AFFILIATE LINKS**

### **Adler Academy of MN**

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

### **Adler Graduate School**

<http://alfredadler.edu>

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

<https://www.adleridaho.com>

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

<https://www.mapsadler.org>

### **Parent Encouragement Program**

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

### **Positive Discipline Association**

<https://www.positivediscipline.org>

### **Puget Sound Adlerian Society**

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

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