



## TABLE OF CONTENTS

- [Presidential Reflections January/February 2020](#)
- [Affiliates Corner](#)
- [NASAP Nominations for the 2020 Elections - Jon Sperry](#)
- [Vice President: Joseph A. Cice](#)
- [Vice President: Hallie M. Williams](#)
- [Treasurer: LeAnn Heimer](#)
- [Secretary: Elaine L. Carey](#)
- [Secretary: Robert Rebecca](#)
- [Review of Betty Lou Bettner's latest book: Raising Kids Who Care About Others](#)
- [Charitable Giving to NASAP through Amazon Shopping - Amy Wold](#)
- [LITERATURE REVIEW: A CLASSIC](#)
- [Brothers & Sisters at ICASSI](#)
- [Adler In Depth and Breadth](#)

## Presidential Reflections January/February 2020



A brand new year and a whole new decade have begun! I hope that the holiday season was filled with things that nourished your mind, body, and spirit and that you feel ready to tackle whatever comes your way. The excitement is building for our 68th Annual Conference to be held in Atlanta, GA May 28-31, 2020. In case you missed the email, the Poster Proposal Form and Scholarship Form are both posted on the Annual Conference page of the website. Registration will open up soon (if it's not

already open by the time this newsletter arrives) and you will be able to see the fabulous pre-conference and post-conference workshops as well as some of the other great things planned.

### SILENT AND LIVE AUCTION ITEMS

It is time to start thinking about items you may wish to donate for the auctions at the conference. The silent auction items will be placed in the NASHOP and typically these are smaller items, such as jewelry, art, Adlerian books from some great authors, and other fun things people bring from their home area. So consider bringing an item that your hometown is known for and share it in the silent auction. The live auction is always a fun time with items ranging from

- **WELLNESS FOR LIFE: FIRST TIME**
- **Vive Psicología Adleriana! Adlerian psychology is alive and well in Italy (and other places)!**
- **Adler and Shakespeare – Life Coach, Visionary, Leader**
- **ASAP NEWSLETTER NOTES**
- **Building Loving Sibling Relationships**
- **AFFILIATE LINKS**

NASAP Newsletter

January/February,  
2020

Candace R. Sneed, Editor

Next submission due  
date is January 1,  
2020.

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

handmade bow ties to registrations for affiliate conferences or ICASSI, to stays in people's vacation homes. I can already share that a couple of books will be auctioned this year that you will want to have in your Adlerian library! So if you have something you'd like to offer for the live auction, please email me ([susanbelangee.nasap@gmail.com](mailto:susanbelangee.nasap@gmail.com)) or Katie Hilley, our NASAP administrator ([office.nasap@gmail.com](mailto:office.nasap@gmail.com)) with the details.

## **AUTHORS WHO WISH TO BRING BOOKS TO THE NASHOP**

As we get closer to the conference, instructions for how to ship books to the hotel will be shared in the newsletter. For now, if any author wishes to bring books to sell in the NASHOP, please email Katie Hilley and let her know so we can then send you a form to complete in advance of the conference. ALL BOOKS NEED TO BE PRICED WITH STICKERS ON EACH BOOK PRIOR TO SHIPPING THEM TO THE HOTEL. Let us know if you have questions.

## **THANK YOU, JOYCE!**

I wanted to offer a tremendous thank you to Joyce DeVoss for all the years she served as Chair of the Education and Professional Development Committee. To be honest, I've lost count of just how many years it has been but my gut tells me at least 14 years. In this volunteer role, Joyce reviewed all Certificate of Study applications, Diplomate applications, and any marketing and workshop materials to ensure that the requirements were met for the certificates or that the proposed workshop was compliant with our APA and NBCC provider guidelines. It is a significant task that she handled on her own for the most part and Joyce is ready to pass it on. We are so grateful for her "eagle eyes" and the time and effort she put in to helping NASAP in this way.

With Joyce's "retirement," we welcome Jon Sperry into the position as Chair of this vital committee. Thank you Jon for your willingness to serve NASAP in this way.

Until next time, keep up the great Adlerian work you're doing and be sure to let us know what you're up to! Candace, our newsletter editor, can always use more content and how wonderful it would be to fill the pages with stories of your great efforts!

Susan Belangee  
NASAP President

**Affiliates Corner**

Welcome to the Affiliates Corner of the NASAP Newsletter. In January 2019, the Affiliates began to have monthly meetings which took place on the first Friday of each month at 10:00AM for one hour, via the Zoom Meeting Platform. The purpose of the meeting is to connect with each other and talk about things that are important to us. So that more individuals would be able to attend a meeting that fits best into their schedule, the decision was made at the end of the summer to alternate the monthly meetings between Friday morning (10:00AM) and Wednesday evening (7:00PM) Eastern Standard Time. Our last meeting took place on Friday, January 24, 2020 (our invited guest was the President of NASAP, Susan Belangee). Mark your calendar for subsequent meeting dates - ***Wednesday, February 12th; Friday, March 6th; Wednesday, April 1st; and Friday, May 1st.***

***How to Become an Affiliate?:*** You will need to (1) have at least **two** General Members of NASAP (i.e. Individual, Retired, Family or Student member) among your membership, (2) submit a copy of your constitution, bylaws or statement of purpose that is consistent with the NASAP constitution, and (3) pay an application fee - which is the same as the annual dues (\$150.00) and applied to your first year's dues. [Read More](#) about becoming an Affiliate.

***Council of Representatives (COR):*** The COR consists of Section Representatives who are elected by their sections and Affiliate Representatives who are sent to the COR by their local Affiliate Organization. In order for an Affiliate to send a Representative to the COR, they must have at least **Five** General Members of NASAP as active members of their Affiliate. Serving on the COR is your opportunity to let your voices be heard. Make sure your Affiliate Representative is on the email list for COR; so that you can attend the meetings, contribute to the governance of NASAP and keep up to date about what is happening in NASAP. I would love to have more interaction and connection between the Affiliates as well as with NASAP. There are two in-person COR meetings per year; one in the Spring (typically in May on the Thursday at the time of the conference) and one in the Fall (on Friday and Saturday in October or November). The Fall meeting currently takes place in Chicago. Other COR meetings are held, as needed, via Zoom.

***Affiliate Growth Fund:*** New and growing Affiliates may submit proposals to NASAP for up to \$500.00 to finance programs and projects that are both educational and designed to expand Affiliate membership. [Learn More](#) about the Affiliate Growth Fund.

***Advertising Your Events:*** If you would like to inform NASAP members about your Affiliate events, send an email to Katie Hilley, NASAP Office

Administrator, at [office.nasap@gmail.com](mailto:office.nasap@gmail.com). Hopefully, when the new NASAP website is up and running, Affiliates can advertise events on the website. If you want your events in the NASAP newsletter as part of the Affiliates Corner, send your material to Candace Sneed.

**Continuing Education Credits:** To receive continuing education credits for your workshops and conference, contact Joyce DeVoss, NASAP Education Chair, at [Joyce.DeVoss@nau.edu](mailto:Joyce.DeVoss@nau.edu).

**Social Media:** Let's all connect and support each other through social media. NASAP and many Affiliates have Facebook and Twitter, so think about how you want to connect moving forward.

**Affiliates Adlerian Speaker's Bureau:** An Affiliates Adlerian Speakers' Bureau List is being created that will include individuals who are willing to be a workshop presenter or conference keynote speaker at Affiliate events. The plan is to have this list completed by the end of February.

**\*\*\*If you have not already done so, don't forget to renew your Affiliate Membership and update any changes to your Affiliate Representative(s).**

I hope Affiliates will consider contributing to each newsletter. For example, write an article about what your Affiliate is doing or tell us more about your organization. I look forward to connecting more with you in 2020.

Warmest Regards,

*Charmaine McIntosh, Psy.D.Affiliate*

Liaison to the NASAP Board

[drcharmainemcintosh@me.com](mailto:drcharmainemcintosh@me.com)

## NASAP Nominations for the 2020 Elections - Jon Sperry

### Vice President:

- Joe Cici
- Hallie Williams

### Treasurer:

- LeAnn Heimer
- *To be determined* - If members wish to nominate themselves or



someone else, please forward the name to [Jon Sperry](#).

### **Secretary:**

- Elaine Carey
- Robert Rebecca

### **Vice President: Joseph A. Cice**



I am a professor of psychology at Lackawanna College, an adjunct professor of counseling at Gwynedd Mercy University. My specialization and focus is on technology and its relationship with development, socialization, and connection. My primary research focus is on how these technologies are affecting behavior, mental

health, and education. I also spend time researching the Crucial Cs and have developed a quantitative assessment tool to further this research. Throughout my work are the concepts of Adlerian psychology and the relevance they provide in these topics.

I began my Master's program in Counseling in 2009 under the supervision of Susan Belangee and Betty Lou Bettner. It was there that I was first introduced to Adler and the theories of Individual Psychology. After my first year I attended my first ICASSI. It was during this experience that I really became enthralled with these ideas and began furthering my education. I then took my work back with me to my program and became affiliated with NASAP. I conducted a pilot study on social medias effects on mental health and presented, for the first time, at NASAP in Atlanta. Attending and presenting at my first NASAP I connected with many more Adlerian from all over North America and the world. It was at this time that I knew I wanted to get more involved with this great organization. Within NASAP I became and Emerging Leader and am currently the co-chair of the Family Education Section.

I believe that my time with NASAP and work outside spreading the ideas of Adlerian Psychology makes me qualified to assume the position of vice president. I have been working on the COR for the

past few years and believe in the plan that is moving towards positive change in the organization. I would like to continue my work within the organization to support this plan, as well as provide new ways for the organization to grow into these new technologically advanced times while maintaining the traditions that have made NASAP great! If elected, my vision would be to strengthen the organization by connecting to younger members, including students, and to help bring NASAP into this iGeneration. I would support the president and COR with my experience, knowledge, and skills to improve an already great organization.

## **Vice President: Hallie M. Williams**



I am Hallie M. Williams Sr; a psychotherapist, a presenter, and a community builder. I am a board member of the Adler Academy of MN. I am a graduate of Adler Graduate School in Minnetonka, MN. I am also a current doctoral student at Liberty University pursuing my degree in Community Care & Counseling: Traumatology cognate. I am also a veteran of the US Army.

My community work includes presentations regarding organizational, educational

and social psychology. My main clinical focus (and my passion) is on trauma and mental illness in at-risk youth and their families, and the trauma in US veterans. I am also interested in the identity dissonance experienced by young people from racially mixed families.

I have previously held many leadership and management positions including Director of Operations, SuperSale.com (a software company), and Vice-President of Unlimited Mortgage Company.

I have been involved with many non-profits. I have served as Executive Director of Squared Away Youth, a non-profit designed to use sports as a cohesive agent, while facilitating the delivery of services to young people that will allow them to be more successful in life. I have also served as the primary facilitator of the Juvenile

Detention Alternative Initiative, a program in MN designed to be an alternative to juvenile detention.

I have been published in the Journal of Individual Psychology, (vol. 1, no. 3, 2008, pp. 503-509, "The Internet and Religion,").

I am an invited presenter speaking about Alfred Adler and Social Issues of Today at the 3rd Annual Adlerian Summit at Adler University on March 20, 2020. See more information about my presentation at [adler.edu/CAPS2020](http://adler.edu/CAPS2020)

Some of my past presentations and workshops include:

- Special Interest Presentation—"Social Justice and the Clinical Practice," International Committee of Adlerian Summer Schools and Institutes; Bonn, Germany (2018).

*Presentation addressed the obligations that clinicians have above and beyond the treatment of clinical pathologies.*

- Special Interest Presentation—"The Circles of Life," International Committee of Adlerian Summer Schools and Institutes; Bonn, Germany (2019).

*Presentation addressed the connection of all humanity to each other and the respect warrantied by that union.*

- Presentation "Adler and Social Justice," South Carolina Society of Adlerian Psychology, Myrtle Beach, SC. (2015).

- Workshop "Gangs and Social Interest," Western Kentucky University. (2016).

My vision for NASAP is to work toward increased membership, more diversity and better participation from current members.

I am originally from Savannah, GA. but I currently lives in St. Paul, MN. My free time is spent on family, fitness and friends.

## Treasurer: LeAnn Heimer

I am LeAnn Heimer, member of NASAP, one time presenter, current Council of Representatives member and



currently running for treasurer. No one can compare to the last treasurer; nor shall they. I want to run for treasurer to assist in the growth within NASAP. My membership is very meaningful to me. The participation and social interest I receive within this organization is what I want to

aid in increasing. As the new treasurer, I will continue to hold up the standards with my orderly sense and what I say is my methodical thinking.

### **Secretary: Elaine L. Carey**



Elaine is finishing her doctoral degree in clinical psychology at Adler University, Chicago and has been a student representative on NASAP COR since late 2018. She was previously a special education teacher in Florida and Indiana (2007-2015) and completed her clinical master degree in mental health counseling from Indiana University-Purdue University-

Indianapolis in 2015. She has presented at NASAP 2018 in Toronto and values the dedication to social interest that is unique to Adlerian-based conferences and training opportunities. Elaine is specifically passionate about expanding awareness of Adlerian principles in the greater community, younger generations of helping professionals, and educational spaces to promote Gemeinschaftsgefühl. It would be an honor to serve as secretary of the board to support the mission of NASAP, increase membership, and expand member involvement.

### **Secretary: Robert Rebecca**

I recently moved to Seattle and took a position at Downtown Emergency Service Center in the Crisis





Solution Center, a low-barrier residential program for folks experiencing a mental health and/or substance related crisis. The purpose of the center is to prevent unnecessary involvement in the criminal justice and emergency medical systems.

I've always worked with those

in the most need from a harm reduction perspective; constantly lowering barriers to access while improving care and helping them live socially interested lives. Previously, I re-vamped a Permanent Supportive Housing program that provided holistic care to those who were dually diagnosed and previously homeless, developed and managed a Medication Assisted Treatment program, and designed a Screening, Brief Intervention, and Referral to Treatment program with Heartland Alliance in Chicago. When I'm not at work, I'm with my dog, Stella, on my bike exploring my new city, or getting as far into nature as I can.

I am a graduate of Adler University, have earned a second master's degree in nonprofit leadership from University of Illinois at Chicago, and also a certification in integrated wellness from University of Massachusetts Medical School. I currently sit on NASAP's Counsel of Representatives as the Co-Chair of the Adlerian Counseling and Therapy Division. I've greatly enjoyed my time with you all and am looking to further support NASAP by joining the board as Secretary.

My goals as secretary will be to bring stability to NASAP, drive our mission of sharing Adler's teachings, and championing diversity, inclusion, and equity along the way. As a volunteer-led society, we struggle with stability. However, we can find this stability and position ourselves for steady growth with the utilization of a few strategic techniques. I will continue our mission to share Adler's teachings, as well as all the great work our members are doing in their communities. Lastly, it's crucial we include those who have historically not been represented at NASAP by actively seeking to engage others and to provide a space that is welcoming of them, their unique perspectives and ideas, and including them in our future.

## **Review of Betty Lou Bettner's latest book: Raising Kids Who Care About Others**

In their Raising Kids Who Can



book series, Betty Lou Bettner and Amy Lew clearly distilled Alfred Adler's four core needs and brought us the Four Crucial C's: connect, capable, count, and courage. Once again, Betty Lou Bettner has written a book that illuminates an essential concept from Alfred Adler. This time, it is gemeinschaftsgefühl,

commonly defined as social interest -- although it is so much more than that, as Betty Lou cracks it open for us!

Thanks to Bettner's latest book, "Raising Kids Who Care About Others" more parents, caregivers and people who work with children can understand and help to grow the wonderful art of gemeinschaftsgefühl.

With simple, clear prose the concept of gemeinschaftsgefühl is illustrated in multiple ways. Bettner clearly gives strategies to encourage and develop social interest in children. This is a wonderful little book that educators, parents and caregivers can absorb and put into action.

As a parent educator, I find that parents truly appreciate when complex ideas are synthesized, so that they can be put into action right away. This book does just that. I've begun using it in my classes as a book for parents to study and as a quick reference for a parent group, as they work together to problem solve a challenge.

Thank you, Betty Lou!

by Marjie Longshore

## Charitable Giving to NASAP through Amazon Shopping - Amy Wold

**Amazon Smile** is a subset of Amazon and a way our members can support NASAP through charitable giving. AmazonSmile is a program that donates 0.5% of all your eligible purchases on Amazon to a charity of your choice, and NASAP is an eligible non-profit recipient. Though 0.5% is not a large donation and it is not necessarily intended to replace your regular charitable activities, **AmazonSmile** is still a

great way to take advantage of a service you're already using and help this organization thrive.

To add NASAP as an AmazonSmile Charitable Organization:

**Sign in to:** [AmazonSmile](#) on your desktop or mobile phone browser.

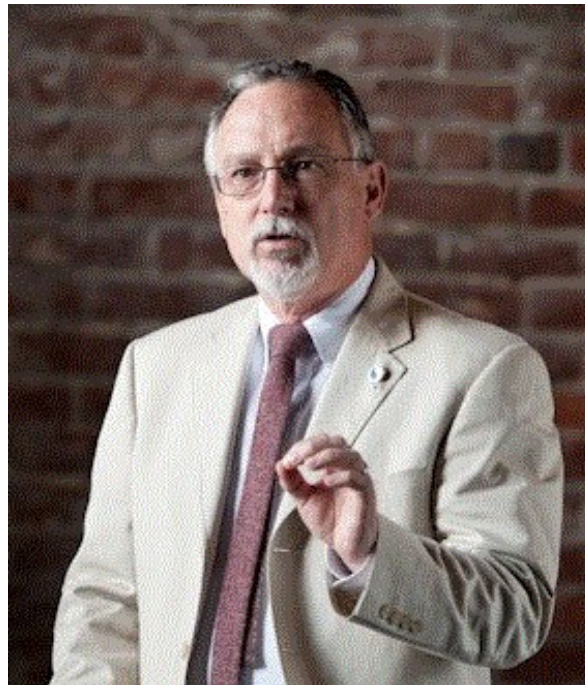
**Go to “Your Account”** from the navigation at the top of any page, and then select the option to **“Choose your Charity.”**

**Select NASAP as the charitable organization to support.**

For more information, click on the link below or reach out to me or a member of NASAP’s Council of Representatives for assistance.

AmyWoldLP@gmail.com <https://amp.businessinsider.com/how-does-amazon-smile-charity-donation-work-2018-5>

## LITERATURE REVIEW: A CLASSIC



**Reference:** Adler, A. (1932/1935/2004). The Structure of Neurosis. *International Journal of Individual Psychology*, 1(2), 3-12. (originally published 1932. *Der Aufbau der Neurose*. *Internationale Zeitschrift für Individualpsychologie*, 10, 321-328. Also, in H. T. Stein (Ed.), G. L. Liebenau (Trans.), *The Collected Clinical Works of Alfred Adler* (Vol. 6, pp. 218-228). Bellingham, WA: The Classical Adlerian

Translation Project.).

**Author Information:** Alfred Adler (1870 – 1937) the founder of Individual Psychology

Adler (1932/1935/2004) begins by stating, “...in no neurosis is there to be found any phenomenon which is outside the range of ‘normal,’ human psychic life and its manifestations” (p. 3), by asserting that the subject matter of Individual Psychology is the mind and soul, and that “... the most important characteristic of life is motion” (p. 4). Motion implies goal; holism implies a unified pattern of movement by the person; “Everything grows ‘as if’ it were striving to overcome all imperfections and achieve perfection” (p. 4).

This goal of perfection and success is influenced by heredity and environment but is ultimately the creation of each person. It is the creative power of the child that "... casts into movement all the influences upon him [or her] and all his [or her] potentialities" (p. 5). As each of us develops and creates our style of living, we are "allured" to mold our life by three factors: inferior organs, pampering, and neglect, each of which can lead us to an "... inadequate preparation in Social-Feeling" (p. 7). The combination of poor preparation and a test situation lead to neurosis and a failure at one or more of the problems of life: social, occupation, or love. "The neurotic lives according to the formula 'yes – but'" (p. 8). Adler goes on to propose several different types of neurotic movement: the distance complex, the hesitating attitude, the detour, and the narrowed path of approach. He concludes by re-emphasizing the holistic notion that "... mental, emotional, and attitudinal movements [are] directed toward, or determined by a goal ..." (p. 12).REFERENCES

*Adler, A. 1929/1964. Problems of Neurosis. New York: Harper & Row.*

Rocky Garrison, Ph.D.

## Brothers & Sisters at ICASSI

Kay Kummerow

NASAP member since 1977

Attending ICASSI together is an opportunity for a family reunion along with the exceptional international learning (& fun) experience. Please consider inviting your own adult siblings to ICASSI. Your siblings do not need prior Adlerian training - just an openness to learning to enhance their personal and professional lives. My brother Max, sister Jean and I have attended 3 ICASSIs together in 8 years (beginning when the youngest sibling was age 58). My brother calls ICASSI an adult summer camp. At his first ICASSI, he surprised me by speaking German and joining the ICASSI Choir. He now brings his partner, Ellen, to ICASSI. My sister, Jean, and her husband, Frank, have attended many ICASSIs together, as well. The highlight of our ICASSI family reunion experience was when all 5 of us siblings studied the Crucial C's in Betty Lou Bettner's class. We compared our early recollections "in real time" and we connected, felt capable and counted, as kids. We also held Family Meetings while at ICASSI.

If you were thinking this article is about bringing your darling children to ICASSI, that is highly recommended, too! Children at ICASSI experience a rich learning environment. My sister's daughter and son

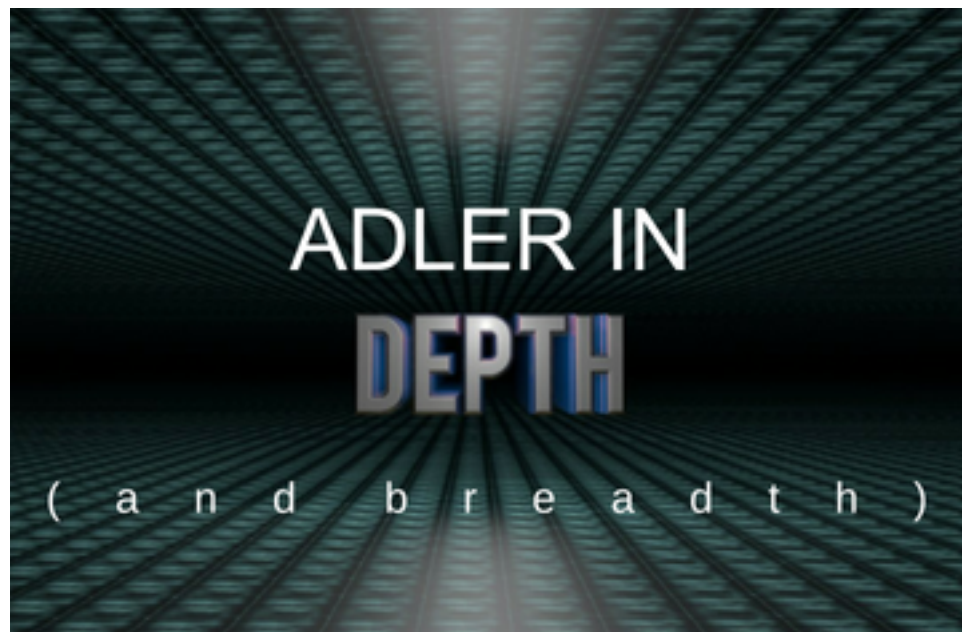


and my brother's son all attended an ICASSI with me, at various ages. My sister's daughter Liz attended 5 ICASSIs over a 20 year time span beginning at age 12. Liz is still friends with "the little Dutch girl" she met at age 12 in the ICASSI children's program. When 17 year old Liz and I attended ICASSI with her 12 year old cousin Pat, she began our Family Meeting by saying to him, "Aunt Kay knows nothing about children and we have to help her!"

Anyone, of any age, will benefit from the ICASSI international learning experiences. The experience is certainly enhanced by sharing it with siblings of any age!

Kay Kummerow first attended ICASSI in 1976. ICASSI 2020 will be July 19 to August 1, 2020 in Minsk Belarus. Information is on-line at [icassi.net](http://icassi.net).

## Adler In Depth and Breadth



by Erik Mansager

Twenty years ago now (2000), Leo Gold and I took a closer look at Adler's construct of "life tasks" and the Dreikursian expansion from three to five life tasks (Mosak & Dreikurs, 1977). This opened a wide-ranging theoretical discussion, as we questioned whether expansions (including up to 7, 10 and more) were theoretically coherent and clinically helpful. A consensus of sorts was developed in culminating the discussion (Mansager, et al., 2002).

That discussion was a fresh opener for analyzing Dreikurs's place in modifying Adler's theory, therapy, and training approaches. It wasn't the first time someone has analyzed Dreikurs' position on expanding Adlerian concepts. As the recent article, "Respecting Differences"

(2019), points out, Jane Griffith and her late husband, Robert L. Powers, had explored theoretical variance between Adler and Dreikurs quite thoroughly back in the 1980s. Nonetheless, the 2019 article has begun a deeper look at these modifications and discrepancies.

The position Classical Adlerian Depth Psychotherapy (CADP) represents is of encouraging counselors and therapists to study Adler from his own writings – in a thorough and creative way. We believe there is much of Adler that has been overlooked by the systemization that Dreikurs initiated and on which Dreikursian literature expounds.

In this installment, I'd like to look closer at another of Adler's constructs: creative power. What is it and how does it apply to Individual Psychology?

More frequently, the Dreikursian literature references "the creative self" (see Edgar, 2006) rather than creative power. Unfortunately, characterizing a capability as something of an individuated "creative self" has resulted in compromising a holistic understanding of the individual. It seems to replicate Freud's characterization of psychic topography (ego, id, superego). Psychoanalysis continually dealt with psyche as if it were an actual place where conflictual battles were staged. It was Adler's insight that so-called conflict is the creativity of the individual in action! The individual creatively avoids one life task or another in order to attain one's similarly creative, unifying goal. While defining the constructs isn't a minor issue, it also isn't the crux of the therapeutic challenge. We needn't be concerned so much about correct interpretation, but of its therapeutic application.

Adler (1932/2004\*) framed it this way:

[W]ho can say that the same environmental influences are apprehended, worked over, digested, and responded to by any two individuals in the same way? To understand this fact we must assume the existence of still another force: the creative power of the individual. We have been impelled to attribute to a child creative power, which translates all the influences on him and all his capacities into movement toward overcoming an obstacle. The child feels this power as an impulse that gives his striving a certain direction. (pp. 220-221)

Therefore, our creative power is active in childhood, as we invent solutions to the problems we face. Indeed, our solutions may be quite mistaken. In therapy, many years later, though, we might look at the invention and discover that it is no longer useful; even if it served us well in early life. "The miracle of therapy," Henry Stein has shared, "is that our clients can mobilize enough creativity and courage so that

they can invent a new interpretation of their early circumstance” (personal communication, 26 December 2019). It is this willingness to try something new that is evidence of courage and a reawakening of one’s creative power.

That must be the case with the counselor as well. Mobilizing creative power means the willingness to look at one’s own difficult situation and do something different – whichever seat one occupies in therapy. It’s not enough to identify and stop one’s mistakes – basic or otherwise! The collaboration of client and therapist gives way to an awareness that they can invent a new way to live.

The stuff of therapy is never a fixed formula applied to clients. Therapy can provide general guidelines, but the specific ones must be re-invented by our clients. This is the meaning of creative power: what was once available to the client can be mobilized once again, with effort and cooperation. This effort needs to be inspired within our clients, encouraged to grow and then compared with their old inventions. Seeing their own development - compared to where they have been in the recent past – offers potential encouragement to sustain their growth in the new direction.

There is always more to say, of course. Next time I’ll address “encouragement” as another holistic construct.

*\*Adler, A. (1932/1935/2004). The Structure of Neurosis. International Journal of Individual Psychology, 1(2), 3-12. (originally published 1932. Der Aufbau der Neurose. Internationale Zeitschrift für Individualpsychologie, 10, 321-328. Also in H. T. Stein (Ed.), G. L. Liebenau (Trans.), The Collected Clinical Works of Alfred Adler (Vol. 6, pp. 218-228). Bellingham, WA: The Classical Adlerian Translation Project.).*

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\*This article is a reliable aid for wrestling with many important constructs and understanding their implications for holistic case conceptualizing. It is discussed by Rocky Garrison elsewhere in this issue of the Newsletter.

## WELLNESS FOR LIFE: FIRST TIME



I turned on the TV noticing a lady chopping veggies. At that moment, a trigger-switch was activated.

I found myself having first-time experiences flash before my eyes. Some of you may have had a similar experience when watching TV or being engaged with something. As for me, ‘Elbow Fudge’ was the first to appear in my

mind. Before I share that with you, I’d like to set the tone.

When referring to first-time, let’s take a peek into its origin. By definition, we are noting something that can be described as being novel, in the case of new, occurring first, or having an initial appearance. [powerthesaurus.org]

We all have first-time experiences and events through out our lives from childhood through adult that we all can relate to.

For instance, there is the first spoken word. Continuing on, there is the occasion when first learning to walk. The process included momentary imbalances, followed by some stumbling and falls before staying in an up-right moving position.

We all have first-time adventures or instances in our lives. A few other notable first-time occurrences may include: riding a bicycle, hitting a home run, making a friend, learning to do certain things by yourself, acing the job interview, attending a professional event, discovering your life’s passions and overcoming an obstacle.

And the list goes on!

The teachings of Rudolf Dreikurs have given us many insights into life relating to first-time experiences. There is, “People are interdependent; each of us influences and is influenced.” Also,



“Security comes from a feeling of being able to deal effectively with anything life may have to offer.” How might you say?

Well, when you think about it, whether you are a young person or seasoned person, each new day is a ‘first-time’.

Along the way there have been and continues to be cheerleaders in our lives who impact especially our first-time actions.

The action of these people can be coined as encouraging. The word encourage has key components: a sender, a receiver, plus content. The encouraging words from the sender to the receiver for all intensive purposes, should ‘cheer on’ the receiver allowing the person to internalize this feeling of fostering spirit and confidence within. As for the sender, the encouraging words will result in an after glow of the ‘bombs bursting red glare’ that the receiver is experiencing.

These people with the invisible pom-poms, are the encouragers in our lives, believing in us, while strengthening our self-esteem, at the same time meeting and overcoming challenges. These challenges become accomplishments.

At this point, there is another gem from Rudolf Dreikurs that comes to mind relating to first-time. “Encouragement is increasing self-confidence and respect for oneself.”

This reminds me of one of my favorite books, ‘The Little Engine That Could’ by Watty Piper. I would read it to young people as a school counselor from kindergarten to high school. The young students would chime in, clapping and cheering with the Little Blue Engine as he says, “I think I can - I think I can - I think I can,” as the story unfolds, helping him develop the confidence to get over the mountain in order to deliver the toys and food to all the boys and girls in the story. Just as the story is about to come to an end, the students again chime in while clapping as the Little Blue Engine says, “I thought I could - I thought I could - I thought I could.”

To summarize, people / loved ones are the encouragers who influence and are influenced. Within this ‘circle of life’, there is an increase of self-confidence and respect for others and at the same time for themselves. This is intertwined with a sense of belonging while building one’s inner resources.

Before I close, I’d like to leave you with a few notables that maybe first-time for some of you yet have the possibility of becoming a regular occurrence / event.

## NATIONAL HUG DAY January 21

Is also known as National Hugging Day in the US. It is celebrated world wide.

There are a few interesting notations about this day. It was created by Reverend Kevin Zaborney in Caro, Michigan in 1986 as an antidote to the reverend's perception that many Americans were afraid to display affection in public. He created the date on which this holiday is celebrated, January 21st because he felt this was a time of the year when the spirit of people were at the lowest due to it falling between Christmas and Valentine's Day. [holidayscalendar.com]

Let's keep in mind that there are benefits to hugging like enhancing self-esteem, can be considered an important ingredient in relationships, positive physical and mental attributes of lowering blood pressure and increasing relaxation. There is also thought that there is a correlation between the frequency of physical touch between partners and the endurance of the relationship.

## DON'T CRY OVER SPILLED MILK DAY February 11

Let's face it, we all have at one time or another goofed up. Fretting, crying, or worrying doesn't change it. So instead of wallowing, flip it. Put a more optimistic, brighter spin on it - get past it. Anotherwords - take some cleansing / deep breaths and regroup spiritually, etc.

Rounding out these tidbits is NATIONAL CHOCOLATE MINT DAY February 19 mostly observed and satisfying most chocolate lovers! A few noteworthy inside information about this day, is that in the early 1900's mint sprigs and dark chocolates were served to patrons to promote good health and digestion. Another uncommonly known instance, Andes chocolate mints, created in 1921, have little to do with the Andes mountains. They were once called "Andy's Candies" but the owner 'found that men did not like giving boxes of candies with another man's name on them to their wives and girlfriends' so he changed the name. Lastly, Ancient Greeks believed mint could cure hiccups. [foodimentary.com]

I got so wrapped up with the philosophical aspect of this column, I almost forgot to get back to sharing about the 'Elbow Fudge'.

Some of you may recall that this event is referenced from a prior column. No matter. It can be said that it reflects and demonstrates a critical point here.

When I first got married, I wanted to surprise my husband with something that he enjoyed eating: fudge. Never having made it

before, I consulted a cookbook. Upon finding a recipe, I jotted down the ingredients needed to be purchased from the grocery store. At the time, the main stores were closed. The next best thing was to go to a convenience store where I purchased the semisweet chocolate morsels, sweetened condensed canned milk, etc. Combined all ingredients. Time had passed. The fudge had not solidified, even after placing it in the fridge for an additional over night spell. Hubby encouraged me to try again. So before going to the grocery store to repurchase ingredients, I dumped it down the kitchen sink. Two discoveries were made. First, both the chocolate and milk were different in color. Little did I know, these ingredients weren't supposed to be grey in color. I attributed the color of the chocolate being by the freezer. However, as for the milk, I had never used it before and had no reference. The second batch turned out great!

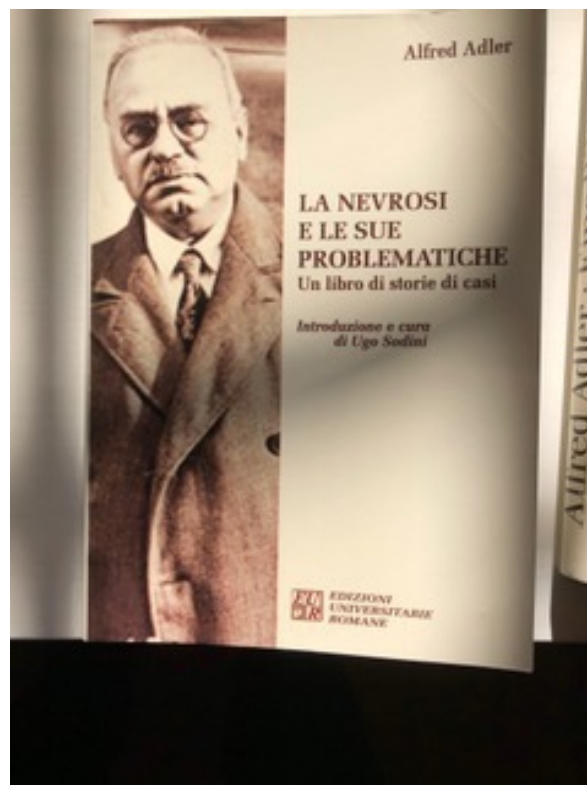
As for the second discovery - a few days later. Remember the sink? Under it is a pipe - known as an 'elbow'. The fudge solidified to the point, where the pipe had to be replaced. Live and learn!

May you have a bright and sparkling year ahead! Stay well and hydrated.

Warm Fuzzies

Lois Marecek

## Vive Psicologia Adleriana! Adlerian psychology is alive and well in Italy (and other places)!



By Les White  
(president, "What's the Story: Life Style Narratives Study Group" affiliate)

One of the advantages to being an Adlerian and attending NASAP, ICASSI, and IAIP (International Association of Individual Psychology) conferences is that one meets fellow Adlerians from all over the world. Because we have a common cause (think Social Interest!), quick and long-lasting bonds and friendships

are forged: there's always something to talk about! Thus, these past few years, whenever I have gone to England (cousins) and Italy (why not?), I have written to Adlerians whom I have met to say I may be in their neighborhoods. That's how I found myself the only North American attending last year's Adlerian Society UK/Institute for Individual Psychology (ASIIP) conference outside London (March, 2019), and two conferences in Italy (Naples, 2013, and Florence, October, 2019).

Whereas the ASIIP conference was in English and resembled our conferences or meetings here in the United States and Canada, with how-to-conduct therapy and interactive presentations, the Italian conferences were in Italian, forcing me to hone my language skills. The Italian conferences also focused on authors of articles reading from or summarizing their papers and research. Each conference, however, was held in a location more suited to a newspaper's Sunday travel section than ours are in the United States or Canada. Our conferences – held in expensive, big chain hotels with blasting air conditioning, bland institutional and heavily salted food, and mountain high and soft uncomfortable beds – begs the question, “Does anyone ever get to experience the charm of the different locales?” ASIIP was held at a retreat in the rolling English countryside! Of course, the English Adlerians insisted that I accompany them to a pub, appropriately named Grouse & Ale, their declaring that a trip to England wouldn't be a trip to England without a visit to the local pub, a sip of the local brew, and a watching of the locals play darts.

The Istituto Alfred Adler di Napoli held their 2013 conference in a hillside private home featuring a panorama that can only be compared to a picture postcard: overlooking vineyards and orange trees, the famous bay, and the towering volcano, Vesuvius. The more recent (October 26, 2019) “Convegno Nazionale,” held just outside Florence, was housed in a six hundred year old granary on the grounds of an ancient family's palazzo, restored, of course, with rustic beams, a chute from which grain once cascaded, and two giant at-least-three-story vats in which the old, noble family had stored their wines (one for red and one for white, I presume). Though I was tempted to turn the bottom spigots (still intact) I was afraid to touch anything of such museum quality! Plus, or so I was warned, the vats were empty. Whereas at the close of the Neopolitan conference, the hosts uncovered all the food and drink the attendees had brought (homemade torts and liquores made from lemons and melons), the close of the Florentine conference featured a tour of the palazzo, which included a stone Romeo and Juliet-like terrace and the ancient family's private chapel that was large enough to accomodate generations (yes, generations!) of a Renaissance family.



Given all the ancient ruins that dot the Italian countryside and cities, and are still exposed to the changing elements, I should not have been surprised that both Italian Adlerian conferences felt the need to compare Adlerian Psychology to that of Freudian Psychology! (A Jungian conference I also attended in 2019, in Rome, did the same, comparing Jungian psychoanalytic theory to Freudian psychoanalysis!) Otherwise, the topics covered would be familiar to any Adlerian: Whereas the Neopolitan conference resembled a classroom lecture on the basic tenets of Adlerian psychology, being an introduction to many of the attendees to Adlerian psychology, which, sadly, as in the United States, is not popularly taught at Italian universities, the Florentine conference focused on social feeling, social interest, and purpose. For example:

Psychologist Giansecondo Mazzoli, the president of the Istituto Adler di Reggio Emilia (located in Bologna), who opened the conference, emphasized the connection between mental health and social feeling; Psychologist Ugo Soldini, who has presented at NASAP on child custody evaluations, differentiated between social feeling and social interest, describing social feeling as empathy and having a sense of belonging to a community, and social interest as reflecting (degrees of) action toward others;

Psychologist Giovanni DeSantis, who organized the conference, focused on how trauma, or one's perceptions of it, affects one's "movement" and connections to others and, thus, why helping a client to uncover the meaning and purpose or goal given to the trauma can be "transformative."

All in all, experiencing other countries (and other cultures') conferences has given me a greater sense of connection. We're all members of the human race – how can we learn from each other.



Ugo Sodini, Les White, and  
Giovanni DeSantis at the  
Convegno Nazionale, outside  
Florence, Italy

Social feeling and commitment  
that we are all part.

## Adler and Shakespeare – Life Coach, Visionary, Leader

### ***The Beginnings - Abstract***

Adler cites Shakespeare as having contributed significantly to the insights of Individual Psychology. The modern Shakespearean scholar, Harold Bloom, sees human nature and personality as a Shakespearean creation and an originality of the bard. Bloom sees Shakespeare as our psychologist as opposed to Freud. This article shows that it is Adler who deserves the modern title, since it is Adler's subjective, social, and creative psychology of use that resonates with Shakespeare's characters, and purpose: namely the understanding of human nature by every human being. Adlerian counselors make an explicit "style of life" assessment with clients to help them better understand themselves and their fictive goals. As the Shakespeare plays are available in modern English, students and clients in class or groups may follow Shakespeare's "assume a virtue if you have it not" in Hamlet, as well as Adler's "act as if" they are already the individuals they would like to become. Emphasis on the pretend nature of the action will help to reduce any perceived area of risk; while "putting on" Shakespeare will add credibility, be potentially transformative, and advance Shakespeare and Adler's cause.

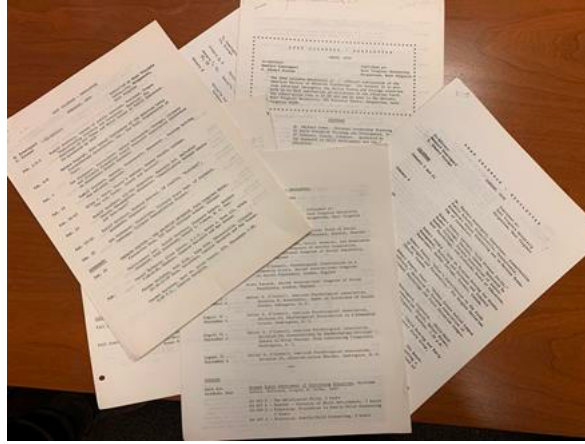
*Keywords:* Adlerian psychology, Shakespeare, human nature, act as if

Christopher Eriksson

\*\*\**New column with more to come in subsequent newsletters*

## ASAP NEWSLETTER NOTES

Adler University Social  
Justice interns (all first-year  
students) are working to  
preserve NASAP Newsletters  
dated as far back as 1968.  
They digitize and catalog



these newsletters to make them accessible for anyone, and also survey the significant themes in these newsletters. Along the way, they make many discoveries and are eager to share these gems of Adlerian wisdom.

### Newsletter Notes 1968-1970

These notes were compiled by Sarah Triolo, a first year PsyD student completing her Social Justice Practicum at the Center for Adlerian Practice and Scholarship, Adler Univesity.

#### January 1969 ASAP Newsletter

- Memo from a Child: “Treat me the way you treat your friends, then I will be your friend, too!”

#### *Some Thoughts of Being Thirteen:*

- Part of a Junior Scholastic Award Winning Essay
- “I have found that when dealing with grown-ups, it is wise to remember two things: 1. Always use your head. 2. Never use your head.”

#### February 1969 ASAP Newsletter

- “We should abolish compulsory school attendance.” So states John Holt in “Speaking Out,” The Saturday Evening Post of February 8, 1969. This and other things he feels need to be done to make school good for children, are not startling to Adlerians but makes interesting reading anyway.
- “The ideas are as old as Moses, Adler put them into writing and Dreikurs has put them to work,” quotes Evelyn S. Ringold from a conversation with a psychotherapist who attended the classes taught by Dr. Dreikurs at the University of Vermont in Summer 1968

#### August 1969 ASAP Newsletter

- A newly formed group of progressive teachers fight against the system which legalizes the caning of children. They say: “Children who early understand that real discipline is self-discipline are more likely to become responsible adults, than those who grow up with the idea that some external force – teacher, father, police, etc, - exists perpetually to maintain ‘law and order’ and all that is

required is to learn how to outwit these ‘authorities’ and get away with it.”

### **September 1969 ASAP Newsletter**

- “Force is all-conquering, but its victories are short-lived.” – Lincoln
- “The efforts to abolish corporal punishment should be national in scope, especially in this era where violence is widespread.”

### **January 1970 ASAP Newsletter**

- “You must give some time to your fellow man. Even if it’s a little thing, do something for them who have need of man’s help, something for which you get no pay but the privilege of doing it.” – Albert Schweitzer

### **March 1970 ASAP Newsletter**

- “You must have long-range goals to keep you from being frustrated by short-range failures.” – Charles C. Noble

### **May 1970 ASAP Newsletter**

“To have peace in our world we have got to get peace in our minds.” – Norman Vincent Peale

## **Building Loving Sibling Relationships**

Ming Cai

It is challenge to raise a child, and much more challenging to raise two or more children. Sibling conflict is not uncommon in a family that has more than two children. A psychological research study showed that children three to seven years old involve in fighting 3.5 times per hour on average, and children two to three years involve in fighting 6.3 times per hour on average (i.e. once ten minutes apart).

As a three-children mother (four-year old, two-year old, and one year old, respectively), I could not understand siblings fighting more. However, I am so fortunate that I knew and practiced one of the basic concepts of Adler - The primary need of all humans is a need to feel belonging, to have a place. As a result, I have shared the following points to building friendly sibling relationships.

First, let the older child know he/she would have a younger



sister/brother in advance. Use story-telling or describing and imagination talk to help the older one understand what it means to have a baby sister/brother, both in positive and negative sides. Ask his/her ideas about how to solve possible problems. Then, role-play each situation as games.

Second, invite the older one to participate in taking care of the new baby. Before the new baby is born, invite the older one to prepare for infant supplies, such as organizing the infant room, installing the infant bed, choosing clothes/toys in the supermarket and so forth. After the baby is born, continue to ask the older one's help to take care of the baby, like getting the diaper/wipes, feeding the baby their bottle, bathing the baby and so on. These duties will help the older one be sure that he/she is unique and still has his/her position in the family even though there is a new baby.

Third, schedule quality time with the older child. Make sure to spend some private time with the older one. For example, read stories or go out for a walk. These kind of deeds will fulfill his/her emotional tank and let him/her feel loved by his parents.

Fourth, build a warm, friendly, and loving atmosphere among siblings. When you notice any positive interactions among siblings, speak it out aloud. "Honey, I noticed you calm your little brother down and make him laugh. You really care about him." "Little baby, you are so lucky to have a caring and friendly sister. She is the first one run to your room after hearing you crying. She cares about you a lot. She loves you so much." These kind of words would help establish a wonderful relationship among siblings.

Last, encourage your child. Rudolf Dreikurs pointed out that a child needs encouragement like a plant needs water. In other words, encouragement is essential. Consequently, make sure to encourage the children at least once a day. They need it to survive.

In Conclusion, in order to build a loving sibling relationship, make sure that every child has a place in the family (i.e. meeting child's need of belonging). There are many ways to achieve this goal, as noted above, (1) help the older child be prepared in advance; (2) invite the older child to take care of the new baby; (3) spend special time with the older child; (4) set up positive relationship among siblings; and (5) encourage every child every single day.

Nelsen, J. (2006), *Positive Discipline*. New York: Ballantine Books

## AFFILIATE LINKS

### **Adler Academy of MN**

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

### **Adler Graduate School**

<http://alfredadler.edu>

### **Center for Adlerian Practice and Scholarship (CAPS), Adler University, Chicago/Vancouver/Global**

<https://www.adler.edu>

[mbluvshstein@adler.edu](mailto:mbluvshstein@adler.edu)

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

<https://www.adleridaho.org>

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

<https://www.mapsadler.org>

### **Parent Encouragement Program**

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

### **Penn-Del Affiliate**

[innarosenfeld@gmail.com](mailto:innarosenfeld@gmail.com)

### **Positive Discipline Association**

<https://www.positivediscipline.org>

### **Puget Sound Adlerian Society**

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

We need an updated list of affiliates and links for our newsletter.  
Please send your affiliate links to [NASAPnews@gmail.com](mailto:NASAPnews@gmail.com)

