Our venue this May is the DoubleTree by Hilton Bloomington-South Minneapolis, Minnesota. This is a modern and beautiful hotel featuring comfortable rooms, complimentary self-parking ($10 for valet parking) and shuttle to MSP Airport and Mall of America. This hotel features over 70,000 square feet of event space with adequate meeting rooms for our conference and a welcoming staff awaiting us with warm chocolate chip cookies. The hotel also features a pool, modern fitness center and a large whirlpool. Downtown Minneapolis is only a few minutes away and you are not that far from the Walker Art Center and Sculpture Gardens. Close by are the Science Museum of Minnesota, the Minnesota History Center and the Minnesota Children’s Museum, the Ordway Center for the Performing Arts, the Minnesota Music Café and the Fitzgerald Theater – the site of Garrison Keillor’s Prairie Home Companion. The state arboretum is nearby in Chaska, MN. We have a limited number of rooms reserved so get your reservations in early. You will find the link at the end of your registration form. You can also call DoubleTree at 1-952-893-8493 and tell them you are with NASAP, group code NSP. The special room rate will be available until April 19th or until the block is sold out, whichever comes first - so do it now!

THE PROGRAM

The NASAP Annual Conference consists of several parts. Pre- and Post-Conference Workshops are added benefits to the 2-day conference. This year we have a Pre-Conference Workshop that begins on Wednesday evening (3 hours) and continues throughout the day Thursday (7 hours). It is designed to train people in the skills of encouragement and to teach courses on it in your area. Thursday there are also morning (8:00 - 12:00) and afternoon (1:00 - 5:00) workshops as well as day-long (9:00 - 5:00) - a total of 13 workshops.

Thursday evening the conference officially opens with the Ansbacher Plenary Session followed by a reception sponsored by the Willard and Marguerite Beecher Foundation. Friday and Saturday feature 90 presentations on Adlerian Psychology - something you will find nowhere else! We have an opportunity to visit the Adler Graduate School in Richfield, MN for an evening reception on Friday.

Saturday evening features a poster presentation that usually exceeds our expectations with research and application presentations on Adler’s ideas as well. The Annual Conference closes with a banquet Saturday evening which is included in your two-day registration. Then, if your brain and the rest of you still have room for more learning, there are four more Post-Conference Workshops on Sunday morning. Come join us. Meet new friends, gather with other Adlerians and have a great time.

MORE INFORMATION AND REGISTER ON-LINE AT www.AlfredAdler.org

NASAP 2016: THE VENUE

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NASAP PRESIDENT’S INVITATION

I am delighted to invite and encourage you to attend the 2016 NASAP Conference in Minneapolis, Minnesota from May 12th until May 15th. This year’s conference theme is related to Connection and a Sense of Belonging. As Adlerians, we understand the importance of feeling connected with others. This conference is a wonderful opportunity to not only feel connected, but also a chance for you to help someone else experience the same. Will you consider bringing a co-worker, a friend, and a student to the NASAP conference? Give them the gift of Feeling Connected with Others. If you have attended a NASAP conference in the past, it is likely that you went away feeling refreshed from the relationships you rekindled or began. Be a part of someone’s opportunity to do the same. Finally, and perhaps even more rewarding will be the reunion of our Adlerian family. And if you are considering joining us for the first time, we welcome you and want you to join our family for 4 days of belonging, connecting, and inspirational learning!

Warmly,
Jill Duba Sauerheber, Ph.D., LPCC
NASAP President

The 2016 NASAP Conference features workshops, presentations and research that address clinical issues, as well as interventions in schools, workplaces and the community. I hope you have a wonderful time at this year’s conference connecting, helping others belong, and being inspired!
Lifestyle Listening Skills, Rocky Garrison

Life style listening is a process for identifying life style beliefs, movement, and goals from the language a client uses in an interview. A step-by-step process for deriving hypothesized beliefs, movement, and goals is illustrated and practiced. Participants will be given a syllabus from which to develop their own courses.

Participants will learn to identify life style beliefs, psychological movement, and goals from the language a client uses in an interview and to synthesize hypothesized life style beliefs, movement and goals into a life style summary using the “two points of a line” method.

Out of Context Problems, Andre Koen

Why do deer get hit by cars? Why don’t immigrants learn to wait in line and why didn’t the Native Americans stop Columbus when they had the chance? Ronald Reagan was right, if aliens were to land today that would change the context by which we relate to people we perceive to be different from ourselves.

In this session we will explore noticeable differences, the perceived conflict that those differences produce and build effective strategies to create networks of inclusive relationships.

Born to Create, Erin Rafferty-Bugher & Nicole Randick

Workshop participants will engage in a hands-on experience connecting to their innate artistic creativity. Practitioners will integrate The Indivisible Self-Wellness Model by Meyers & Sweeny (2005) as a way to reflect upon practitioner impairment. Creative self-care strategies will be explored as a wellness tool for practitioners.

Participants will learn 3 creative strategies to help prevent practitioner impairment and 3 ways the Indivisible Self-Wellness model (2005) can be used for personal and professional self-awareness.
Participants will learn: Law of Movement and its relationship to other core concepts and the art of reorientation in therapy.

**Adlerian Case Conceptualization and Pattern Recognition, Len Sperry & Jon Sperry Ψ±**

Pattern recognition is essential in developing accurate and clinically useful case conceptualizations. Adler's construct of "movement" serves as the starting point for quickly recognizing basic life patterns. A step-by-step process for "confirming" the pattern with life style information and writing conceptualizations and treatment plans is illustrated.

Participants will learn the key elements of an effective Adlerian case conceptualization and a step-by-step strategy for developing effective Adlerian case conceptualizations and treatment plans based on pattern recognition.

**Solving the Mystery of Parenting Teens, Lynn Lott, Alicia Wang & Kimberly Gonsalves Ψ±**

Would you like to share the life-changing PD principles with parents of teens, but worry about whether you're equipped to support parents who may be dealing with unmotivated or rebellious teens, early sexual activity, or drug and alcohol use? Solving The Mystery of Parenting Teens Facilitator’s Training is designed to help educators: Feel confident supporting parents of teens. Get familiar with experiential activities and Save time by providing "ready to go" content in a 7 week course.

Participants will learn how to use the ready to go content (17 hour course outline) to deliver an effective workshop and they will also learn what parents of teens need to improve relationships with their teens.

**THURSDAY AFTERNOON 1:00-5:00 (4 Hours CE)**

**Connecting Across Cultures, Hala Buck Ψ±**

Is "Born to connect" a guarantee? Culture, life experiences and personal choices determine whether we find our sense of belonging. For highly mobile people navigating cultures - immigrants, refugees, diplomats, military families, business people, etc. - "belonging" can be challenging. Using art, body and E.R.s we'll explore this fundamental search.

Participants will learn how to put Adlerian principles into action through this integrative process as they explore their own personal, cultural beliefs and hidden bias. Participants will learn how to integrate art therapy processes, Early Recollections and body language (Adler's "physical speech") to access cultural and intergenerational patterns. This will enable them to enhance their effectiveness with multicultural clients, colleagues, and family members.

**Coaching Using MBTI® Personality Type to Achieve the Crucial Cs, Jean M. Kummerow Ψ±**

The Crucial Cs Model of Adler's Core Needs posits that everyone needs to Connect, feel Capable, Count, and have Courage. Using the concepts of the Myers-Briggs Type Indicator assessment, coaches can find pathways to achieve these. Participants must know their MBTI Type and the basic preference definitions to participate.

Participants will learn the Crucial Cs Model of Adler's Core Needs and how the Myers-Briggs Type Indicator® assessment can be used to help clients achieve those core needs.

**Present Like A Pro: Taking Adler to the World with Confident Presentations, Seminars, and Workshops, Kevin E. O'Connor Ψ±**

Knowing Adler is one thing; presenting well is another. You can do both! Find the special skills, the tool kit, to present, facilitate, and speak with confidence and professionalism. When our workshops are successfully done, our message is memorable. Many don't know Adler; we can fix that with skill.

Participants will learn the skills and techniques of great presenters, facilitators, and workshop leaders and how to best present themselves, how to handle their nerves, and how to be confident in your knowledge.

**Counseling Families with Children who meet ADHD Criteria, Frank Walton Ψ±**

The instructor will explain and demonstrate how an underdeveloped sense of community feeling and or mistaken aspects of their belief system frequently influences children to manifest behaviors that meet the criteria for the ADHD diagnosis. A video taped summary of research and conclusions of scientists with regard to use of drugs for treatment of these children will be provided.

Participants will learn conclusions of prominent scientists with regard to use of drugs for treatment of children who manifest behavior that meets the criteria for the ADHD diagnosis and a systematic approach to understanding and helping parents and children in a family wherein a child meets the criteria for the ADHD diagnosis.

**POST-CONFERENCE WORKSHOPS**

**SUNDAY MORNING 8:00-12:00 (4 Hours CE)**

**Funtastic Adlerian Techniques for Change, Rob Guttenberg Ψ±**

This workshop demonstrates the power of jokes, metaphors, stories, songs, cartoons and experiential exercises for demonstrating Adlerian concepts to diverse populations, in a variety of settings. Learn how to apply these motivational techniques in parenting classes, private practice, human relations training or for personal growth and your life.

Participants will learn over twenty techniques for demonstrating Adlerian theory and practice and the theory behind experiential learning, and the power of utilizing humor and metaphor to facilitate the 'change process'.

**Student Assessment With and Without Social Interest, R. James Little & Linda J. Page Ψ±**

Assessing performance in academic, accreditation, and certification circles often requires adopting decidedly non-Adlerian assumptions. Participate in hands-on assessment experiences and join a dialogic exploration of how to not only assess student (and employee) capacity to perform, but also how to enhance social interest.
Participants will learn how to apply the concept of social interest to the practice of measuring human performance and hands-on techniques that not only assess but encourage learning and collaboration.

**Positive Discipline: Tools for Home and School, Jane Nelsen & Kelly Gfroerer**

Positive Discipline is a research-based program that helps families and schools around the world apply Adler’s and Dreikur’s principles. Positive Discipline programs include demonstrations and a vast variety of experiential activities. This Half-Day-day workshop will provide an overview of Positive Discipline and indepth experiential learning.

Participants will learn Positive Discipline Tools based on Adlerian Psychology in the Classroom and Adlerian-based Positive Discipline Tools for Parenting in Today’s World.

**Cha-, Cha-, Change: An Overview of the New ACA Code of Ethics, Richard E. Watts & Danielle Marks**

This session, presented by a member of the ACA Ethics Revision Task Force, will provide an overview of ethics with particular attention to key changes in the new ACA Code of Ethics.

Participants will learn key changes in the new ACA Code of Ethics and ethical issues related to social media, technology, & distance counseling.

Consider registering for one of the pre- or post-conference workshops. They provide more in-depth training than can be provided in the usual presentations during our conference.

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**THURSDAY EVENING 7:00 PM ANSBACHER KEYNOTE - 2 CE Hrs.**

Wes Wingett PhD has been a counselor, educator, and consultant in private practice in Norfolk, NE since 1978. Dr. Wingett, a Diplomate in Adlerian Psychology conferred by the North American Society of Adlerian Psychology, has coauthored several articles published in professional journals, coauthored several chapters in books, self-published four workbooks focusing on the application of Adlerian psychology to various challenges of living, and co-authored four workbooks on families. He has conducted workshops based on the Individual Psychology of Alfred Adler in twenty states in the United States, Puerto Rico, three provinces in Canada and several countries in central and far eastern Asia, Europe, Central America and South America.

The title of this Ansbacher Plenary Address will be: Connecting with Families, Schools, and Communities: Adlerian Perspectives. The emphasis will be on adaptation and expansion of the ideas of Alfred Adler and his followers as they apply to current and future societies.

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**Dr. Wingett’s Keynote will be followed by the Willard and Marguerite Beecher Foundation Reception.**

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**CONFERENCE PRESENTATIONS**

**FRIDAY PRESENTATIONS (1-1.5 Hrs.)**

- Becoming an Encouragement Consultant, Lynn Lott, Kimberly Gonsalves and Alicia Wang - ACT
- Putting the Pieces Together: Increasing Social-Emotional Intelligence, Monica A. Nicoll, William G. Nicoll – ACT
- Being a Therapeutic Chameleon: Integrative Procedures for Brief Therapy, Richard E. Watts, Amanda C. La Guardia – ACT
- How Alfred Adler Can Help Your Marriage, Jon Carlson - Clinicians
- Guidelines for Conducting Individual Parent Consultations, Rob Guttenberg - ACT
- Common Sense Stress Reduction for Service Members and Others, Mel Markowski - ACT
- Intergenerational Patterns and Current Life Problems, Marion Balla - Clinicians
- Mastering the Therapeutic Relationship: Where Evidence and Encouragement Converge, Paul Peluso, Jon Carlson, Andrew Baker, Rob Freund – TRT
- Adlerian Theory to Improve Workplace Culture, Alison Kelly - Education
- Coaching through Stories: Applying Early Recollections to Leader Success, Catherine Reid Day - TLC
- Types of Sexual and Gender Expression and Attraction: A Discussion for Adlerian Practitioners, Susan Belangee, Michael Chaney – ACT
- Anxiety in Our World: What is the Purpose and How Can It Be Changed? Louise Ferry - Clinicians
- Music and Early Recollections: Then and Now, Tammy Shaffer - Clinicians/TRT
- Parents as Leaders – Bringing Business Concepts to Parenting, Doone Estey - FamEd
Beyond Ethical Dilemmas: Identifying and Responding To Counselor Moral Distress from an Adlerian Perspective, Richard Close - Clinicians Ψ±

Why Clients Don't Change, Susan Pye Brokaw - ACT Ψ±

The Whole Picture: Working With Children With Autism While Looking Through the Lenses of Encouragement, Life Tasks, and the Crucial Cs, Laura Williams, Bob Saxner – Clinicians Ψ±

The Dislocation Theory of Addiction: Repairing the Broken Connection, Mark Blagen - TRT Ψ±

Dreamwork in “Crime and Punishment”: An Adlerian Analysis of a Case of Ultimate Disconnectedness, Marina Bluvshtein, Inna Rosenfeld – Clinicians Ψ±

Adler’s Influence on Savickas’ Career Story Interview, Carmen Croonquist, Megan Meuli – Clinicians Ψ±

Couples & Affairs, Betty Lou Bettner - ACT Ψ±

Exiting and Excluding Patterns in Relationships, Joe Noble, Lori Thibodeau – Clinicians Ψ±

Drumming and Music in Individual Psychology, Jon Sperry, Andrew Baker – Clinicians Ψ±

Introduction to Individual Psychology, Art Clark - BOD Ψ±

Help Parents Jumpstart Their Family Council Meetings, Patricia Cancellier, Paige Trevor – FamEd Ψ±

The Irreducible Child: Social Feeling, Obstacles, and their Educational Implications, Julia Yang, Jean Shu Chen Wu – Education Ψ±

Poverty: The Seven Deadly Sins of Charity, Andre Koen - Education Ψ±

Working with Challenging Families, Mary Jamin Maguire - ACT Ψ±


Comparing Individual Psychology to Motivational Interviewing, Leigh Johnson-Migalski, Catherine McNetty – TRT Ψ±

What did Ernst Papanek do? Why are we still talking about him today? Ellen Mendel – ACT Ψ±

Influence of Heteronormative Culture on Counseling the LGBTQ Community in a Group Setting, Kelley Morgan, Susan Belangee – ACT Ψ±

School Counselor Job Duties and Wellness: The Data Connection, Nicole M. Randick - Clinicians/Education Ψ±

The Interpretive Interview With Families: Explaining the Family to the Family, Michael McDonough - FamEd Ψ±

At-Potential Students: Promoting Academic Resilience for Closing the Achievement Gap, Bengu Erguner-Tekinalp - Education Ψ±

Human Conversations: Self Disclosure & Storytelling in Adlerian Therapy, James Bitter, Rebekah Byrd – Clinicians Ψ±

Lost & Found (Again): Helping Female Clients Navigate the Midlife Transition, Liza Finlay - Clinicians Ψ±

Identity Crisis and the Work Life Task: High School & Beyond, Kevin B. Stoltz, Angela Harless - ACT, Education Ψ±

Helping Your Child Master Failure - The New Formula for Success, Alyson Schafer - FamEd Ψ±

Acting As If, Richard E. Watts, Danielle Marks – ACT Ψ±

What is My Role Anyway? Ben Rader, Elishia Pulliam – ACT Ψ±

Adlerian Lifestyle Assessment: A Demonstration, James Bitter - Clinicians Ψ±

Adler and the Brain: Wired to Connect, Laureen Schwartz, Kristin Kane – TRT Ψ±

Mat Meets Couch: Combining Adlerian Principles with Evidence Based Mindfulness Practices, Sue Dilsworth - Clinicians Ψ±

SATURDAY PRESENTATIONS (1-1.5 Hrs.)

Welcome to Generation We: The Importance of Accommodation and Adlerian Approaches in the Workplace, Megan Meuli, Paulette Henderson - Clinicians/Education Ψ±

New Adlerians at Work Present Opportunities for Case Sharing and Peer Consultation, Jill Duba Sauerheber, Sarah Hagen, Ethan Bennett, Emily Asposito - Clinicians, Act, TRT Ψ±

Treatment and Consultation Alignment: Facilitating Collaboration and Minimizing Resistance, Jay Colker - TLC Ψ±

Life Style Assessment Training: Demonstrating Identifying Cultural Values in Shulman & Mosak's Sibling Trait Ratings, Leigh Johnson-Migalski - Clinicians Ψ±
Mental Health in Policy and Practice

How can we put policy and ideas into practice to promote mental health and human dignity?

Paul David Wellstone Jr. (Dave) is co-chair of Wellstone Action Board; a social entrepreneur; author of Becoming Wellstone; key advocate in the passage of the Paul Wellstone and Pete Domenici Mental Health and Addiction Equity Act; Founder of Let's Start Talking, an organization to initiate dialogue to reduce the stigma of mental health issues; co-creator of Refuge of love, an intergenerational sanctuary to provide housing, mental health counseling, job training and employment for single women with children and mentoring elders; co-founder of Costa Rica Naturales, a healthy food company dedicated to social good and fair trade. Dave is the recipient of many awards including the American Public Health Association's Presidential Award, the Caron Foundation's Unsung Hero Award and others.
Un-Charted Waters: Creating Connection in the Classroom, Lois Ingber - Education Ψ±

Open Forum Demonstration, Betty Lou Bettner - BOD Ψ±

Encouraging Yourself and Others: An Interactive Exercise and Panel Discussion Dedicated to our Encouragement Mentors: Don Dinkmeyer Sr. & Dan Eckstein, Mark Bilkey, Jon Carlson, Jennifer LaCivita, Paul Fitzgerald, Jay Colker, Tiffany McDowell - Clinicians/Education Ψ±

Alienation and Alfred Adler: The Original Compassion Fatigue, Thomas Garcia - Clinicians Ψ±

Play Therapy with Anxious Children: Adlerian Approach, Susan Dannen, Jessica Metzger - Clinicians Ψ±

The Fairytale Syndrome: When the Story Ends and Real Life Begins, Amy Lew - ACT Ψ±

Three Major Childhood Intuitions Leading to Emotional Health Issues, Martin Nash - TRT Ψ±

Sex Offenders 101: Overview, Risk, and Effective Interventions, Teal Maedel, John F. Newbauer - Clinicians Ψ±

“Different, Not Less;” How Individuals with ASD Connect Differently to Others in Their World, Meghan Williams - Clinicians Ψ±

Make Adlerian Concepts Come to Life in Your Community With a Can-Do Kids’ Fair, Linda Jessup, Marjie Longshore - FamEd Ψ±

Developing Educator and Student Brain Talents to Increase Engagement, Sense of Community and Social Interest in Schools, Joyce DeVoss - Education Ψ±

The Integrative Art Experience: Tapping into Your Creative Power to Process Your NASAP Conference Experience, Craig Balfany, Erin Raferty Bugher - Clinicians Ψ±

The Benefits of Self-Care: Connecting with Others and Becoming an Effective Adlerian Professional Counselor, Ramona Grad, Nikki Elston - Clinicians Ψ±

**PRE-CONFERENCE WORKSHOP**

**WHAT?** A two-day Encouragement Consultant Training Workshop led by Lynn Lott, Diplomate of Adlerian psychology and co-founder of the Positive Discipline movement

WHERE? May 9 and 10, 2017

WHERE? Adler Graduate School, Richfield, MN

The training is a combination of applied Adlerian psychology and Positive Discipline. The training consists of Adlerian based experiential activities which help participants learn more about themselves, learn to be accepting of who they are and how they think and act, and helps them create a small step action plan that can move them in the direction of growth and change. The course activities are from two of Lynn's books, *To Know Me Is To Love Me* and *Do It Yourself Therapy*. Lott has been presenting these trainings for a year in China and the participants describe the training as powerful, healing, eye opening, therapeutic, magical and amazing. Many participants go on to use the materials from the trainings to create their own businesses of Encouragement groups and one-on-one Encouragement Consulting sessions.

For more information and details on how to register, contact Mary Maguire at majama@visi.com.

Information in this announcement is preliminary and current as of January 31, 2016. Due to cancellations, some presentations may not be given or may not be exactly as published at this time.

This program is sponsored by the North American Society of Adlerian Psychology (NASAP). NASAP is approved by the American Psychological Association to offer continuing education for psychologists (items marked with Ψ). NASAP maintains responsibility for this program and its content.

The North American Society of Adlerian Psychology (NASAP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5263. Programs that qualify for NBCC credit are clearly identified (marked with ±). NASAP is solely responsible for all aspects of the programs.
NASAP 64th ANNUAL CONFERENCE
DoubleTree by Hilton, Bloomington-Minneapolis South, May 12-15

REGISTER ONLINE FOR OUR CONFERENCE AT

OR DOWNLOAD THE REGISTRATION FORM HERE
www.alfredadler.org/annual-conference

You will find the registration link for the DoubleTree Hotel on the confirmation notice when you register or you can navigate to this site to register as well: