



Idaho Society of Individual Psychology

The ISIP Newsletter

Volume 32, Number 2

November/December 2009

**Folks – please reserve these dates for your 2010
PRIMARY training experience!**

March 5 & 6, 2010

You won't find a better buy – CEU wise, ethics hours satisfaction – and “walk away useable” counselor/social worker training. Adlerian training delivers a model for effectively interacting with your client and help improve the relationship with the self. Two SOLID days of Adlerian training – 14 CEU Hours, including 3 Hours of ETHICS.

Presenter - Lew Losoncy, Ed.D

The Ultimate Gift: Mastering the Skills of Encouragement

Dr. Lew Losoncy, Motivator, Author of 22 Books on Encouraging Leadership, Teamwork & Success

What is Encouragement?

Encouragement is the process of building confidence and success in self and others by centering on strengths, resources, talents, potential, and emphasizing contributions to the family, team, customer, or the world.

Dr. Lew's presentation will include the following ideas:

- What are the benefits of building a culture of encouragement?
- How does encouragement affect our attitude?
- What is the Attitude Modification Motivation System?

Dr. Lewis Losoncy offers:

- a presentation style of humor similar to Bill Cosby
- a common sense message like Will Rogers
- the knowledge in Motivational Psychology of Abraham Maslow
- the optimism of Norman Vincent Peale.

A few comments on the ideas of the Doctor of Encouragement:

Mark Victor Hansen, co-creator of The Chicken Soup Series #1 NY Times Bestseller described Lew's ideas as “Wow, a home run! There has never been a clearer message to take hold of our lives and stop wasting time and blaming others. Dr Lew offers a rational and understandable approach to taking responsibility.”

Dr. Albert Ellis, Founder of Rational Emotive Behavior Therapy concluded, “Lew Losoncy has done a great job of developing Attitude Modification to change your life. He has applied REBT successfully in many settings by making it understandable, positive and practical.”

Al Neuharth, Founder of USA TODAY newspaper stated, “Lew Losoncy's ideas will make every day of your life brighter and more motivating.”

For more info visit www.doctorofencouragement.com.

2009 Fall Training Results

TRAINING... TRAINING... TRAINING... LEADING TO PROFICIENCY, COMPETENCY & CERTIFICATION!

By the time you have received this, Fall Workshops will have been completed. Thanks to all of you Attendees and congratulations to you Graduates!

Series Workshops

Attendees

Graduates

LEWISTON – #3 Adlerian Family Therapy

14

Marilyn Jones

POCATELLO – #1 Adlerian Theory

22

Robert DeWall

BOISE – #2 Adlerian Psychotherapy

36

Teresa Arana-Wood, Jill Haunold, Olga Ireland, Jacalyn Ramsey, Ryan O'Rourke, Seana Young

Open to all graduates of the Series who have received their Certificate in Professional Studies of Adlerian Psychology.

BOISE ADVANCED – Addictions - An Adlerian Approach

38

Lynn Crenshaw, Jan Manning, Jannice Quinn, Linda Sharp, Debby Woodall



SIGNIFICANT ADLERIAN CONTRIBUTORS

Each year at the ISIP Conference, we recognize individuals who have shown a commitment to the principles of Adlerian psychology through their work, in their family, or in their life. Adlerians are “born”, as well as “trained”, and many of us know effective and successful parents, community leaders, and compassionate people whose lives show such commitment.

Each year we strive to recognize someone from the professional category as well as the non-professional category. We cannot do this without your help.

Please send us your nominations. Nominations need to include the name and description of contributions the person has made in their family, their workplace, their spiritual life, or their community.

Mail your nominations to ISIP, P.O. Box 284, Boise, Idaho 83701-0284, or phone us at (208) 344-7194

Being recognized as a Significant Adlerian Contributor is an experience . . .



Being recognized as a Significant Adlerian Contributor is an experience one never forgets. Wouldn't you like to give that opportunity to someone special you know?

Q & A We are contemplating adding a “Question & Answer” column in future issues. Please drop us a note at the P.O. Box, and let us know if you would like to see this. Feel free to start sending and questions you may have about Adlerian Individual Psychology.

WHAT IS ISIP?

The Idaho Society of Individual Psychology is an organization of people in Idaho who are interested in furthering the concepts of Individual Psychology, the psychology of Alfred Adler.

What is Individual Psychology?

Individual Psychology is a philosophical approach to understanding human behavior based on the teachings of Alfred Adler. Individual Psychology helps us understand that all of our behavior is purposeful and the purpose for behavior is to find a meaningful place in any group.

Individual Psychology is also based on the idea that all human beings have goals for themselves as demonstrated by their behaviors and those goals can help the individual achieve meaningfulness in their life.

Individual Psychology emphasizes behavior that is based on mutual respect, social interest and cooperation.

ISIP WEBSITE

You will find a full range of professional articles, workshop and conference announcements, news postings, conversation forums, and additional resources. Please visit regularly and check us out!

www.adleridaho.com

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Volume 32, Number 2 November/December 2009

Published three times each year by: Idaho Society of Individual Psychology
P.O. Box 284, Boise, Idaho 83701

ISIP membership and newsletter subscription is included in Annual Conference registration. Non-Member subscription rate is \$10.00 per year.

We encourage readers to send news, suggestions, ideas and opinions.

2009-2010 ISIP BOARD

President: Edward Mowry	376-8747	Past President: Debby Woodall	888-5828
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Maybell Memos

Symptoms as Goal-Related An Adlerian Perspective

(1) "Dysfunction" can also manifest itself physically, emotionally or behaviorally, whenever an individual's lifestyle does not permit she/he to voice something important when up against a challenge. In these cases, the body (including a variety of symptoms) may provide the "voice" referred to as "**organ jargon**" by Adler. This may take the form of actual physical ailments, eg. stomach aches, "can't stomach it" or back aches "I am carrying the burden on my back" or other intense emotional or behavioral symptomatic expression. (2) When an individual has expressed a small "t" or large "T" **trauma**, and that trauma has not been processed, remaining in **present (implicit) memory**, until that trauma is processed, the individual will often experience all three dynamics and related symptoms described in the three boxes to the right.

Symptoms that reflect the emotional, behavioral and social consequences of attempting to Maintain an Exaggerated Goal.

Common symptoms = stress, anxiety, hyper-vigilance, fatigue, alienation, distrust, conflict.



Fictional Plus



**Symptoms as a Compensatory Tool
in order to Attain an Unconscious and often Exaggerated Goal.**

Any and all symptoms can be manifested in this area. Common goals = (1) attention, (2) service, (3) power, (4) revenge, (5) avoidance and self protection, (6) reaching for or fighting against a gender guiding line expectation, (7) demonstrating significance and superiority with respect to sibling psychological competition.



Fictional Minus



Symptoms Reflecting Discouragement that comes with perceiving oneself as Falling Short or Failing to Meet Essential Goals (subjectively speaking), as well as the emotional distress that comes with loss, or having one's "psychological safety" threatened

Common symptoms = sadness, depression, inadequacy, anxiety, fear.

THE LEXICON OF ADLERIAN PSYCHOLOGY

What is a lexicon? From the book itself, "A lexicon is a stock of terms used in a particular profession, subject, or style; a vocabulary."

Jane Griffith/Robert L. Powers

MENTAL ILLNESS: ADLER'S UNITARY (UNIFIED) THEORY

Adler framed what has been characterized as a **unitary theory of mental illness** (Adler, 1964). He understood dysfunction, from NEUROSIS to SOCIOPATHY to PSYCHOSIS, as arising from faulty TRAINING AND SELF-TRAINING in childhood, resulting in the child's erroneous evaluations of self, others, and the world, and consequent mistaken MOVEMENT (thought, FEELING, and action), asserting that "All mistaken answers [to the tasks of life] are degrees of an infinite series of failures or ABNORMALITIES, or of the attempts of more or less DISCOURAGED people to solve their life-problems without the use of COOPERATION or SOCIAL INTEREST" (p. 299).

Adler specifies that "certain dynamic forces of the NEUROSES and PSYCHOSES" are present in each case, but that there "are no pure cases"; there are only mixed cases in which, at one time or another, "an aspect of the whole psychic process comes to the foreground." He posited that all cases of misfittedness express "(1) the INFERIORITY FEELING of the child; (2) the SAFEGUARDING tendency and STRIVING for COMPENSATION; (3) a FICTIONAL GOAL of superiority, erected in childhood and thereafter functioning in a TELEOLOGICAL fashion; (4) resulting tested methods, character traits, affects, symptoms, and attitudes in answer to the demands of social interrelatedness; (5) all of these utilized as the means for FICTIONAL self-enhancement in relation to the environment; (6) the seeking of detours and DISTANCE from the expectations of the community in order to escape a real evaluation and personal liability and responsibility; (7) the NEUROTIC perspective and biased devaluation of reality, which may go as far as madness; (8) the elimination of almost all possibilities of human relations and COOPERATION" (p. 300).

Sperry and Carlson (1993) and their contributors, in clear presentations of current thinking in psychology and medicine, discuss the ways in which Adler's **unified theory** relates and does not relate to contemporary approaches to UNDERSTANDING **mental illness**, and provide thoroughgoing expositions of how ADLERIAN PSYCHOLOGY can be utilized and integrated with the categories of psychopathology defined in the *Diagnostic and Statistical Manual of Mental Disorders* (1987, 3rd Rev. ed., known as DSM-3-R), of the American Psychiatric Association. [See ADLERIAN PSYCHOTHERAPY.]

The NEUROSIS and PSYCHOSIS are attempts at COMPENSATION, creations of the psyche which result from the accentuated and exaggerated guiding idea of the child who has an accentuated INFERIORITY FEELING. The insecurity of these children regarding their future and success in life compels them toward stronger efforts and SAFEGUARDS in their FICTIONAL life plan [LIFESTYLE] and toward detours around the problems of life. The more fixed and rigid their guiding image [GUIDING FICTION], the more dogmatically will they draw the GUIDING LINES of their life (p. 282).

Capitalized words refer to a cross reference to other terms in the Lexicon.

Page number quotations are from A. Adler (1946a) *The Individual Psychology of Alfred Adler*.

Readers of the ISIP Newsletter may purchase a copy of The Lexicon of Adlerian Psychology for \$50.00 plus \$6.00 S&H. Send payment and inquiries for bookstore or group discounts to: Adlerian Psychology Associates, Ltd., PO Box 1450, Port Townsend, WA 98368 – Email: Adlerpsy@olypen.com

Edgar's Corner

How Really Good is the “Good Parent”?

by Thomas E. Edgar, Ed.D.

Think for a moment how courageous a new born infant is. The little one is unable to speak, unable to walk, unable to see well and even unable to care for himself. He is thrust into a world not of his choosing, a cold and strange place. He is just plain incompetent to cope with the world.

Yet, in a rather miraculous way, the child sets out from the beginning to engage that world to become more to his liking. I would ask those readers with children to consider this question, “Who changes most in the first year of the child’s life – the child or the parents?” My observation is that the child changes virtually everything that the parents do and a great deal of what they think in that first year. Most of the changes that the child goes through are the result of the natural development of the infant, not as a result of parental influence.

As an example of this I would point out that no one teaches the child to walk. Despite our best efforts, the child learns to walk only when we let go. We may dandle the child from side to side causing the feet to imitate walking. We can coax and we can praise. But the fact is the child will walk when the child will walk. We seem not to be able to influence the process very much from the outside. Even more clear is the fact that the child learns to walk on her own, largely by making mistakes, correcting them, and then doing it over again, over again and over again.

Why all this discussion? It is to show that children begin life as powerful, courageous, self-confident human beings. Somehow along the way, this perfectly wonderful little creature so often turns into an adult with self doubts, deficient in courage, tentative, afraid to risk, and terrified of making mistakes. How? Who would choose to do this awful thing to a child, surely not her parents. No parent I have met ever wanted to create such a person out of the child that they have received. And yet it happened again and again.

I believe it happens through our mistaken ideas of

what it means to be good parents. We start with a perfectly good idea of the good parent and then exaggerate it. Let me give some examples.

We all want to give things to our children, to provide them with a good life – perhaps better than the one we had. We push this too far and give our children too much and too often. The child learns that what they want – they should have, and that they should not have to work for what they get.

We want to be nice to our children and allow them freedom. We exaggerate this desire and begin to fail in the courage to say, “No” and mean it. When the child makes a request we often first say, No, then if the child nags and complains, we cave in and finally give in. The child learns that the apparent limits on behavior are not real. She also learns to be a complainer and a nag, because it works. People will approach a life without clear rules and known boundaries with extreme caution. They learn to be tentative and fearful.

We want to help our children so we begin to take over and do things for them that they very well can do for themselves. Mothers, in my own experience in working with families, are most adept at this. A “good” mother becomes so necessary that the whole family without her becomes totally helpless should she go to a hospital for a week. What does the child learn? I am not competent to do things for myself but I don’t need to worry for someone else will always take care of me.

We want our children to become “good” children. In order to create such a child we criticize and we emphasize errors and failures. Suppose your own child brings home a report card with four “A” marks and one “D”. Which gets the most attention? Case closed. We teach our children to doubt themselves and to be fearful of making mistakes. But remember, most everything the child has learned really is the result of making mistakes. With diligence though in five or six years of consistent effort we can teach the child to have a great deal of self doubt and to be afraid of mistakes.

Tom Edgar, Ed.D., is a Professor Emeritus from Idaho State University. One of his areas of expertise is Adlerian Psychology. He has authored numerous articles in the Journal of Individual Psychology.

ISIP 2010 CONFERENCE

Presenter - Lew Losoncy, Ed.D.

Author, Motivator and High Energy Expert on Leadership, Attitude and Success

The Ultimate Gift: Mastering the Skills of Encouragement

March 5 & 6, 2010 • Doubletree Riverside, Boise

WHO SHOULD ATTEND? Counselors, Social Workers, Corrections, Case Managers, Psychologists, Nurses, Child Care Providers, Teachers, Parents.

ABOUT OUR PRESENTER: Lew Losoncy is a rare breed among authors, speakers, trainers, and motivators. His following is international and his fans have named him "The Doctor of Encouragement". Lew has developed his philosophy from years of Adlerian training and experience. He is one of the nation's best authors and speakers on leadership and motivation.

Dr. Losoncy educates his audiences on how to get people to do things without using power, fear, and humiliation. He is the author of more than 16 books including: *If It Weren't For You, We Could Get Along*

- *Turning People On* • *What Is, Is!* • *The Skills of Encouragement Today! Grab It!*
- *How to Succeed With People and Be a Positive Person and Early Poppers.* He has been featured in such news media as *The Wall Street Journal*, *Psychology Today*, and *Working Woman Magazine*. TV appearances include *CBS (This Morning)* and *CNN*.

DATE: March 5 & 6, 2010

LOCATION: Doubletree Riverside, 2900 Chinden Blvd, Garden City, ID 83714

For more information call (208) 344-7194.

**Mark Your
CALENDAR!**



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P.O. Box 284
Boise, ID 83701-0284

*"Anyone trained in Adlerian Psychology knows what to do the first time they sit down with a client and through the process."
Wes Wingett & Steven Maybell*

**2010
ANNUAL CONFERENCE
March 5 & 6
Includes 3 hours of
ETHICS!**

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