



Idaho Society of Individual Psychology

The ISIP Newsletter

Volume 29, Number 1

September/October 2006

POCATELLO WORKSHOP ATTENDEE PERSISTENCE PAYS OFF!!!

Hats off to Linda Sharp, Pocatello Series workshop coordinator, seventeen attendees, and, to Steven Maybell, presenter. The third workshop in *The Series*, Adlerian Couple and Family Therapy, was scheduled for May 26 & 27, 2006. This would have been the first complete *Series* in Pocatello and twenty-one registrants were ready to go last May.

The workshop was cancelled due to surgery complications for our presenter, Steve. We were on a wait and see watch to determine if the workshop could be rescheduled in order to keep the sequence of workshops in place (*The Series* is offered each spring and fall in Pocatello, Lewiston and Boise) and to permit those who were anticipating graduating from *The Series* to fulfill their expectations.

By July, Steven felt sufficiently recuperated to reschedule for August 11 & 12. Seventeen candidates were able to adjust their summer schedules so we had a plan for a go at 9:00 a.m., August 11. Remember the day? Liquid explosive alert spread from London to Seattle and Steve was unable to get out of Seattle on time. He spends Thursday night in Boise instead of Pocatello and planned to get to Pocatello for a noon start.

Linda, unnerved by it all, replied, "No problem, I can offer some ethics training to fill the time and we will just adjust." You can guess what happened Saturday morning in Boise. Another delay. But, yes, we did get the workshop in. Four of the attendees received their Certification in Professional Studies – Doug Gallup, Sue Hacker, Leticia Reyes, and Genevieve Thomas. Congratulations! Two other attendees – Judy Anderson and Karen Michaelson – have completed *The Series* and will receive their Certificate in Professional Studies upon attending an ISIP Annual Conference.

We look forward to seeing all of you in Boise, March 2 & 3, 2007.

IMPORTANT ISIP-NASW ANNOUNCEMENT

ISIP AND NASW-Idaho have mutually agreed that ISIP will solely be responsible for all the workshops in *The Series* leading to Certification in Professional Studies of Adlerian Psychology.

ISIP and NASW began a collaborative effort in presenting the workshops in Lewiston in 2004 and then in Pocatello in 2005. ISIP is appreciative of and grateful to NASP for this liaison in offering Adlerian Psychology training in northern and eastern Idaho.

In recent years social workers at all levels have been attending the ISIP Annual Conference each March in growing numbers. It seemed a logical move to bring the workshops, which began in Boise in 2001, to other key areas of our state and NASW agreed to partner with ISIP in that venture.

Thank you NASW for your contribution and for the mutually beneficial relations over these past few years.

ADVANCED TRAINING FOR SERIES GRADUATES!

Advanced Couple Therapy - Frank Main, Ed.D. Presenter

October 13-14, 2006 – Boise

Syllabus and presenter bio to come. Please visit our website for details and registration info - email or mail.



Q 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 Alderian 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.

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.

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



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 one never forgets. Wouldn't you like to give that opportunity to someone special you know?

NEW ISIP WEBSITE

We plan to build to a full range of professional articles, workshop and conference announcements, news postings, conversation forums, and additional resources. So come take a look at our new home, and visit regularly to check us out!

www.adleridaho.com

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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.

2006-2007 ISIP BOARD

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Maybell Memos

Why Adlerian Psychology has not been more recognized.

1. Adler's Personality – Was far more interested in making a contribution by getting out ideas that were useful than getting recognition for them.
2. Freud's Rejection – Demanded that his followers not credit or reference Adler.
3. So far ahead of its time it was perceived as "Unscientific - Due to its holistic, phenomenological and "value oriented" "philosophical" emphasis and lack of "scientific" jargon.
4. Adler's emphasis on training non-medical professionals and lay-persons, e.g. counselors, social workers, teachers, parents, the public, etc. (lacked status)
5. It's Place in History – "Neo-Freudian" therefore rejected by Freudians and Non-Freudians alike.
6. Introduction of new and controversial modalities, e.g. family counseling, public forum counseling (violation of confidentiality).
7. Since so many have knowingly or unknowingly "borrowed" from the Adlerian model, to give recognition now is to admit ones' lack of originality (at best) or plagiarism (at worst). Now, so many theories and models are more similar than not to Adlerian concepts and principles, the attitude frequently is, "What's the big deal?"
8. "Threatening" Concepts and Principles:
 - Social Equality: No one to be superior to, including women, children and clients.
 - Responsibility and Self-Determination - No one to blame.
9. Difficult in Application - e.g. the challenge and effort involved in understanding a client uniquely and holistically vs. the ease of fitting a person into a diagnostic label.
10. In English, the term "Individual Psychology" lends itself to distortion and misunderstanding.

Maybell Memos

The Four Phases of Adlerian Psychotherapy

The following phases of psychotherapy were identified by Rudolf Dreikurs, M.D. They are designed to be in a logical sequence for progressive movement in the therapy process.

In the reality of actual practice, there is significant overlap between these phases; the necessity to return to a previous phase, leap to a future stage, etc.

There are innovative interventions that cover all the phases within a short period of time (e.g. the single recollection method, metaphorical intervention, mutual story-telling, etc.)

1. **Relationship/Rapport Development:** The establishment and maintenance of an empathic, respectful and collaborative partnership.
2. **Psychosocial Investigation:** The gathering of information in order to obtain a context within which the difficulties can be clarified and understood. Included in this process is the "tracking" of the symptom or dysfunctional pattern, evaluation of functioning in the life task areas, a systematic review of formative experiences, including: family atmosphere, gender guiding lines, big numbers, psychological birth order vantage, early recollections, etc.
3. **Interpretation/Insight:** A mutual effort to understand those lifestyle meanings, values and goals that make the dysfunctional pattern or symptom necessary. The Socratic method of asking questions and stochastic guessing method are employed.
4. **Reorientation:** Facilitating movement toward more flexible, effective and courageous ways for the client to see him/herself, his/her world and his/her place of significance, security and success.

Reference:

Articles in "Psychodynamics, Psychotherapy and Counseling" by Rudolf Dreikurs, M.D.

Edgar's Corner

To Compete Effectively: Cooperate

by Thomas E. Edgar, Ed.D.

Like it or not, we share this earth with other human beings. This little satellite with only a thin crust of arable soil is our home for better or for worse.

We have had to find ways to limit our actions and our choices in order for us to inhabit this earth together. None of us alone is capable of survival through the first years of our lives without the care and nurturance of at least one other person. While we do interfere with each other and sometimes fight with each other, we do need each other also.

For the successful resolution of the tasks of life, we need to cooperate with each other. Generally, we need to be willing to make our contribution to the welfare of the community. Producing a living, the effective response to the need for love, intimacy, and the reproduction of our kind; and being a friend all require cooperation.

Perhaps the early history of humans provides the best example of our need to cooperate to produce a living. As a group we are not able to run as fast, hear or see as well as many other creatures. Nor are we as strong or as effectively armed with claws and teeth. Compared to the other creatures with whom we've had to compete, we were poorly prepared for survival in that earlier time of physical violence and death.

In order to acquire enough food for survival, humans had to accept specialized functions. The women who bore and suckled the children became the gatherers of nuts, berries and roots. They were less mobile because of the children for whom they cared. Being stronger and more mobile, the men of the clan became the hunters. But the animals that the men hunted were often stronger (like the woolly mammoth) or faster (like the antelope) or more savage (like the cave bear). In order to attack and conquer their prey, men had to use cooperation and superior intelligence.

Before passing on, it might be instructive to note that women actually kept the clan or tribe nourished. The men quite probably expended more energy in capturing their quarry than they reclaimed when the flesh was eaten. No, it was the women who were instrumental in feeding the clan, in insuring its survival. But seldom, if ever, was gathering or digging ever glorified through song or dance. Even then men

had convinced women that men's work was the most important. Men danced the story and the glory of the hunt and the women sat in an admiring circle.

It was the cooperation, though, of the people of the clan that allowed the group to survive in circumstances in which no single member was strong enough or fast enough to compete effectively alone.

While the need for cooperation in the task of work and productivity today is not so obvious, it is no less important. And in order to cooperate, we need to develop an empathy for or a sense of identification with others. If we are to work together well, one must be able to anticipate the next move of the other, and be prepared to respond to it.

Even in professional football, one of the ultimate examples of competition in this, the most competitive of societies, in order for a team to succeed, each member must cooperate smoothly with others. The success of the team depends upon each member being willing to do his task and to sometimes submerge his personal desire for glory and stardom. If quarterback and wide receiver are to work well together, they must have a kind of empathy between them that allows them to understand and anticipate the actions of the other. Strange, isn't it, that such a highly competitive activity should depend so squarely on the willingness and ability to cooperate effectively.

Let us move from the ball field to the market place. In the competition with foreign automobile manufacturers, we are being soundly drubbed. Why? For one reason, we have based our labor-management relations on competition. Management has been seen by labor as the enemy to be confronted and fought.

The Japanese, by comparison, have brought a much higher level of cooperation to their industrial relationships. Their productivity is high, their unit prices are low. Cooperation within competitive activities does seem to produce immense benefits.

Success in competitive activities seems to depend squarely on being willing to ask, "What can I give, where can I contribute?", rather than, "What's in it for me, what can I get?". Odd, isn't it?

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 2007 CONFERENCE

Maintaining Balance Despite the Turbulence of Life – How not to “Lose It!”

Presenter - Marion Balla, M.Ed., M.S.W., R.S.W.

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

WHY? This is a unique opportunity to learn from an outstanding Adlerian practitioner and teacher. Basic and underlying principles of Individual Psychology will be wrapped in Adlerian strategies of resilience and strength building.

ABOUT OUR PRESENTER: Marion Balla is the President of The Adlerian Counselling and Consulting Group in Ottawa, ON, where she offers individual, couple and family therapy. As a trainer, she has presented a variety of workshops for workers in the mental health and social services fields; hospitals, municipal, provincial and federal government departments focusing on team building, communication skills, conflict resolution and principles of progressive leadership. Marion is the recipient of many awards acknowledging her important contributions to business and in parent education.

DATE: March 2 & 3, 2007

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

FOR RESERVATIONS call: (208) 343-1871 or (800) 222-8733

For more information call (208) 344-7194.

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March 2 & 3, 2007 – “How Not to Lose It” – Boise, Idaho