



Idaho Society of Individual Psychology

The ISIP Newsletter

Volume 27, Number 3

January/February 2005

**REGISTER
TODAY!!!**

Counseling Strategies That Work... Adlerian Style!

We hope you marked your calendar for our Annual Conference, March 4 & 5, 2005, which was announced in the last newsletter. It will be outstanding!

Bob Powers and Jane Griffith have visited us years ago and are regular presenters at NASAP (the North American Society of Adlerian Psychology). Bob is a

spellbinder with his demonstrations, primarily regarding life-style. When you see him do his thing you will, in all probability, say, "How does he do that?" Come on down in March and he will let us in on this marvelous counseling strategy.

Jim Sulliman, another regular at NASAP will be binding a spell of his own. Several of our board mem-

bers attending the NASAP conference in Myrtle Beach earlier this year reported that we had to get Jim to Boise. We did, and you will be informed and entertained, guaranteed!

All three of our presenters are past presidents of NASAP.

ANNUAL ISIP CONFERENCE MARCH 4 & 5, 2005

Dr. James R. Sulliman is a licensed professional counselor, licensed marriage and family therapist, clinical member and approved supervisor of the American Association of Marriage and Family Therapy, and director of the Advanced Clinical Training Program at the Pastoral Care and Counseling Center in Abilene, Texas.

Dr. Sulliman is a past president of the North American Society of Adlerian Psychology and is internationally known for the "Sulliman Scale of Social Interest". He was a professional educator for 14 years, has more than 30 years of experience as a therapist, has taught more than 200 parent education classes, and has been a speaker at the local, state, national and international levels. In addition, he is a contributing editor for *The Journal of Individual Psychology*.

Bob Powers, a Distinguished Service Professor at the Adler School of Professional Psychology, Chicago, is a licensed clinical psychologist. **Jane Griffith**, also on the Adler School faculty, is a licensed clinical professional counselor.

Each is a past-president of the North American Society of Adlerian Psychology and a Diplomate in Adlerian Psychology. Co-authors of a well-known text in personality assessment, *Understanding Life-Style: The Psycho-Clarity Process* and its accompanying *Individual Psychology Client Workbook*, they have published numerous professional articles and are Column Editors for *The Journal of Individual Psychology*. They are frequent presenters who have lectured and taught in the United States, Canada, and abroad. They are married to each other and live in Port Townsend, WA.



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

In November ISIP put up it's new website. We will have a full article on our website in the January/ February edition of this newsletter. We plan to build to a full range of professional articles, news postings, conversation forums, and additional resources. So come take a look at our new home, and visit regularly to see what we have added.

www.alfredadleridaho.org

The ISIP Newsletter

Volume 27, Number 3 January/February 2005

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.

2004-2005 ISIP BOARD

President:	Michelle Sichak	939-2216	Site Coordinator:	Jane Baker	344-2923
President-Elect:	Micheal Spencer	385-7190	Members at Large:	Marlese Teasley	733-4643
Secretary:	Holly Bostick	703-2025		Dale Babcock	888-7274
				Andrea Leeds	322-6775
Treasurer:	Julene Coston	343-7296		Tim Hansen	746-6278
Historian:	Randy Williams	377-4946	Executive Secretary:	Tom McIntyre	344-7194

ADVANCED ADLERIAN PSYCHOLOGY STUDIES

Hopefully this newsletter will land in the mailbox of all of you who have received the certification of Professional Studies in Adlerian Psychology. There are thirty-nine of you. The series is now in its third year and we have enough folks to offer what you have been clamoring for – more of the same at a higher, deeper level.

Dale Babcock has arranged for Dr. James Bitter to present a course on **May 21 & 22, 2005**. The precise topic is being selected by the board as this goes to press and will determine, along with Dr. Bitter, how the two days should be utilized. Subjects, which he has taught and presented in his professional life, include: *Lifestyle Assessment*, *Early Recollections*, *Group Therapy* and *Couples Counseling*. Many of you will remember Jim when he was a co-presenter at our 2002 annual conference. As a refresher, here is what was said about him in our brochure.

James Bitter is professor of Counseling at East Tennessee State University in Johnson City, Tennessee. He is a former Vice President and Delegate to the General Assembly of the North American society of Adlerian Psychology (NASAP). He worked with the late pioneer of family therapy, Virginia Satir, for the last ten years of her life, and more recently, he has studied with the master

Gestalt therapists, Erv and Miriam Pollster. While Jim considers the body of his work to Adlerian, he has successfully integrated the work of his primary teachers into this model.

You are in for a huge experience for whatever training is selected. He recently co-authored a text on group therapy, which could well become the model used by anyone wanting to do group “Adlerian” style. The title is “Adlerian Group Counseling and Therapy: Step-by-Step.” It is a masterpiece.

Please feel free to email Tom McIntyre about your interest in registering – tommytom@cableone.net. Mark your calendar for May 21 & 22. We will be announcing this at our March Conference and will be in touch with each of you graduates. Some reading this announcement may need the second in the series, *Adlerian Psychotherapy*, to complete your certification. It will be offered May 6 & 7, 2005.

Here is a link for “Classical Adlerian Psychotherapy,” a new article recently published in the “Encyclopedia of Psychotherapy,” It may be found at <http://go.ourworld.net/hstein/encycl.html>. It may also be accessed from the homepage of Henry Stein, Ph.D. at <http://go.ourworld.net/hstein/>. Check it out and let us know what you think.

“The Rediscovery of Interventive Interviewing”

(by Len Sperry) in *Techniques in Adlerian Psychology*, Jon Carlson and Steven Slavik, editors, p 107-110

A book review by Holly Bostick

Karl Tomm proposed the term “interventive interviewing”, M.D. in 1987 to describe questioning that seeks to gain information, as well as to influence or change how the patient processes information. Dr. Sperry, faculty member of the Adler School of Professional Psychology in Chicago, writes that this process is not new, but rather, a re-discovery of Adler’s contributions and his genius as a clinician.

Interventive interviewing includes **circular questions**, which highlight comparisons and differences, useful for reframing life events. For example, “Who worries more, you or your daughter? When your wife is depressed, how does she respond? How do you respond to her response? How does your daughter respond to both of you?” How many brothers and sisters do you have? Do you fight or get along? Who gets along the best?”

Another technique is the reflexive **question**, which helps shift the perspective or context of an issue. The

intent is to highlight or mobilize resources. The “miracle question” is one of these... “If I had a magic wand and could eliminate all your troubles, how would your life be different?” “If your wife’s depression miraculously went away, what would be different in your life?”

Finally, **strategic questions** are posed to elicit change in behavior. For example, “what would happen if for the next week, you refused to make breakfast for your family? What would happen if your daughter slept until noon on Saturdays only?”

Sperry closes his chapter by recognizing how little most clinicians know about Alfred Adler’s contributions to the therapeutic process. Adler is being invented anew by a new generation!

This book, *Techniques in Adlerian Psychology*, (Slavik and Carlson, editors, Accelerated Development press, 1997) is filled with ideas and useful Adlerian tools for a variety of counseling scenarios. There are sections on adult counseling techniques, child counseling, and couple/family counseling. A very useful book to have in your library!

STUDY GROUPS

Certification Series participants and conference attendees have expressed an interest in getting together to continue their quest of Adlerian skills.

Adlerian study groups would provide an environment to staff cases with other Adlerians and study Adlerian ideas. Leadership of these groups would come from those who have completed their Certification in Adlerian Studies (Dr. Maybell's classes). We had planned to have the leaders complete an advanced Certification class, but it has not been offered yet.

If you are interested in an Adlerian focus group, please complete the following survey and return to Tom McIntyre.

Tom McIntyre
828 E. Pennsylvania
Boise, Idaho 82706



Name _____

Address _____

Phone _____ Email _____

I would be interested in leading an Adlerian Study Group: Yes No

I would like to meet: 1x per week 1x every two weeks
 1x every three weeks 1x a month

I would like to meet on the following night: (indicate one)
 M T W Th F S

I would be willing to host the focus group: Yes No

Additional Comments: _____

Edgar's Corner

Order with Freedom: Democracy

by Thomas E. Edgar, Ed.D.

As a nation we have produced a generation or two of pampered and over-indulged children. We parents have lost our courage to stand up and say, "No." We have come to believe that our children are fragile creatures who will shatter into little pieces or suffer damage egos for life if we fail to give them what they want.

Our children often confuse what they merely want with what they think they need. When a desire for an expensive dirt bike arises, the wish in many young people becomes first a need and then a demand.

Oh sure, we can find plenty of sources for blame for what has happened. Dr. Spock, the kindly old counselor/doctor to desperate parents is often held responsible for our permissiveness. Then, too, we have become so affluent that we can afford not give our children most of what they want. What we can't give, grandparents will provide. After all, what are grandparents for except to spoil the grandchildren? Often having reared their own children they do have available money. Besides, they don't have to live with the grandchildren day in and day out.

Casting about for something or someone to blame is a part of our national American character. When a dam fails, almost before we have helped the victims we establish a blue ribbon commission to find out who was at fault, who is to blame.

But the fact remains we are busily at work in this country over-protecting and pampering our children. Both are very discouraging to children. Both send a quiet message that we parents don't really believe that our children are strong enough to handle life. Every time we intervene to shield our child from the consequences of their choices, we show the child that we need to do so because the child can't take the hard knocks in life. Now please don't ask the Mack Truck question, "Do you mean that I should let my poor, helpless, little son (or daughter) run in front of a Mack Truck to let them learn about life?"

No, I don't mean that parents should let children endanger themselves or cause physical harm to others. That is part of the responsibility of the experienced adult who is hopefully wiser in many cases than the child. But short of real physical danger and potential harm, there are many opportunities to let children learn from their experiences – the consequences of their decisions – that we do not allow. We shield them far too often.

Many people have wanted to reject the role of the autocratic, know everything parent but have been unable to do so. Our society and especially our relationships with our

children are widely organized on a vertical plane. For many of us there are only two choices. Either we are completely in charge of everything all the time, or our children become tyrants who can do anything they want, when they want. We can either have order with little or not freedom or we can have freedom with no order.

This is why we as a nation have swung from the kind of parenting most of us older adults were subjected to, autocratic and punitive, to the permissiveness and pampering we see all about us today. We can't stand being autocratic (and our children won't accept it as we did), and we believe that if we can't be autocratic, then we've got to be permissive.

There is, oddly enough, another way to organize human beings in groups with order and freedom. We don't do it perfectly yet, but we're working at it. The other way to work together as human beings? It is called democracy. But you say, isn't democracy and participatory government really permissive? Test that one out by refusing to pay your income tax or breaking some other rule. I'm afraid that the rules once established become very binding on all the citizens. Perhaps the real difference between autocratic and democratic systems lies in how the rules are established and change. They are established and changed through the participation of the citizens.

Suppose that all this talk above is applied to a family problem situation. Let us assume that the children are leaving their toys all over the house all the time. Why not have an open meeting to establish some acceptable rules. Where may toys be left out – in what rooms? What is to happen when they are left in the part of the home shared by the entire family? Imagine that the family agrees that toys aren't to be left in the bathroom, kitchen or living room. If they are left out any family member who chose to do this can remove them. Perhaps the child may earn them back in some way or the child may present a plan to the family for future behavior about toys.

The family is building rules together. But the key is that when toys are left out, the established consequence takes place. No talking. No reminding. No nagging. The responsibility for the missing toy rests with the child and his decision to leave it out. That is, I think, as it should be.

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.



The ISIP Newsletter

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

PRESORT
STANDARD
U S POSTAGE
PAID
BOISE, IDAHO
PERMIT No. 628

IDAHO SOCIETY OF INDIVIDUAL PSYCHOLOGY CONFERENCE 2005
March 4 & 5, 2005 – Dr. James Sulliman, Ph.D. – Boise, Idaho

ISIP 2005 CONFERENCE

Counseling Strategies That Work... Adlerian Style!

Dr. James R. Sulliman, Ph.D.
with Robert L. Powers and Jane Griffith

WHO SHOULD ATTEND? Teachers, Parents, Counselors, Social Workers, Corrections, Psychologists, Psychiatrists, Nurses, Pediatricians, Day Care Providers.

WHY? This is a unique opportunity to learn from outstanding Adlerian practitioners and teachers. Basic and underlying principles of Individual Psychology such as birth order, family constellation, gender, and techniques of encouragement will be wrapped in Adlerian strategies of changing perspectives and altering perceptions.

COST:

Both days	\$140.00 including Friday lunch
Friday only	\$ 95.00
Saturday only	\$ 85.00
Friday Evening only	\$ N/C

Registration includes breakfast both days, a hosted Friday lunch, all breaks and ISIP membership.

DATE: March 4 & 5, 2005

LOCATION: Holiday Inn Airport, 3300 Vista Avenue, Boise, Idaho 83705

FOR RESERVATIONS call: (208) 344-8365 or (800) 465-4329

**REGISTER
TODAY!!!**

Watch for your Conference Brochure to get all the details. For more information call (208) 344-7194.