



Idaho Society of Individual Psychology

The ISIP Newsletter

Volume 34, Number 3

January/February 2012

Save the Date!

March 9 & 10,
2012

ISIP ANNUAL CONFERENCE

Presenter:



**Marion Balla, M.Ed.,
M.S.W., R.S.W.**

Thank You

TO OUR ISIP ANNUAL
CONFERENCE SPONSOR

The INTERMOUNTAIN
HOSPITAL

303 North Allumbaugh
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2012 Spring Training Calendar

– Series Workshops –

Spring Workshops - *The Series*

April 13 & 14	SALT LAKE CITY	#2 Adlerian Psychotherapy
April 20 & 21	LEWISTON	#2 Adlerian Psychotherapy
April 27 & 28	POCATELLO	#3 Adlerian Family Therapy
May 4 & 5	BOISE	#1 Adlerian Theory
May 18 & 19	PORTLAND	#2 Adlerian Psychotherapy

Spring Workshop - **Advanced** (open to Series graduates ONLY)

May 11 & 12	BOISE	<i>Conflict Resolution in Stressful Times: An Adlerian Approach</i> Robert Werth, M.Ed., J.D., LCPC Presenter
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This is open to all graduates of the Series who have received their Certificate in Professional Studies of Adlerian Psychology.

Please check our website for more information, or email or call

Tom McIntyre – (208) 344-7194

Email: tommytmcintyre@gmail.com

HAPPY NEW YEAR TO YOU ALL!

ISIP enjoyed an excellent year last year and is looking forward to another this year. ISIP says thank you to you members who made it all possible. Last year's Conference turnout helped provide any necessary funds to support areas where workshop registration does not cover expenses. And, the cost is being held at the 2011 rate. When we opened the Series training presentation in Utah, one of the attendees reported that the price per CEU hour was lower than any they were aware of. That's an interesting measurement and it's probably true here in Idaho also.

You no doubt know that many organizations charge for a "membership" and then "discount" the registration fee for workshop or conference attendance. Didn't make sense to the ISIP board quite a few years ago. Our membership policy is simple. When you attend a conference or workshop as a regular or student attendee, you are automatically a member. No "special membership" charges or "membership discounts". The cost you see is the cost you get. ISIP does offer a very significant discount, however. Any three or more from the same agency/institution receive a 20% discount. Please let me know if you can find any other training that can match or top that.

Hope to see you in March. I have heard some are really looking forward to the Marion Balla training because they heard how much they missed out from friends by not being there. So, here's hoping you won't be one to say such after March. Come on out and be among friends!



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 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.

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?

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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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.

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Maybell Memos

Foundational Adler Theory

Part Two of Three

Teleology

- 12) The mysterious creative power of life is teleological, it expresses itself after a goal, and in this striving every bodily and psychological process is made to cooperate. (Alfred Adler)
- 13) Merely to institute a random movement from moment to moment would never be enough, there must be a goal for the strivings. (Alfred Adler)
- 14) All is Movement (Alfred Adler)
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Phenomenology

- 15) In a word I am convinced that a person's behavior springs from his ideas. We should not be surprised by this because our senses do not receive actual facts, but merely a subjective interpretation of them. (Alfred Adler)
- 16) It is not the child's experiences which dictate his actions, it is the conclusions he draws from his experiences. (Alfred Adler)
- 17) Meanings are not determined by situations, but we determine ourselves by the meaning we give to situations. (Alfred Adler)
-

Creativity / Uniqueness

- 18) The individual is the both the picture and the artist, he is the artist of his own personality. (Alfred Adler)
- 19) Do not forget the most important fact that not heredity and not environment are determining factors. Both are giving only the frame and the influences which are answered by the individual in regard to his styled creative power (Alfred Adler)
- 20) The directed utilization of instincts and drives, as well as impressions from the environment are the artistic work of the child and cannot be understood in the sense of a psychology of possession, but only of a psychology of use. (Alfred Adler)
-

Inferiority

- 21) To be human means to feel inferior. If we consider that every child is actually inferior in the face of life and could not exist at all without assistance from those close to him, if we focus on the smallness and helplessness of the child which continues for so long and which brings about the impression that we are hardly equal to life, then we must assume that at the beginning of every psychological life there is more or less a deep feeling of inferiority. (Alfred Adler)
- 22) It is not the sense of inferiority which matters, but the degree and character of it. (Alfred Adler)
- 23) The abnormal feeling of inferiority has acquired the name 'inferiority complex'. (Alfred Adler)

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

GOD/RELIGION/SPIRITUALITY

Adler worked as a physician and aspired to think and write as a scientist. His understanding of the range of scientific thought was, however, inclusive of a respectful consideration of the PHENOMENA of religious belief, language, and practice. Adler did not write in the tone of one who saw through or condescended toward symbolic forms or devout practices. His science was not meant to dispel "illusions" but to regard religious FICTIONS as necessary devices for an appreciation of realities otherwise inaccessible to strictly scientific inquiry. These FICTIONS remain illustrative as CONCRETIZATIONS OF THE GOAL of human MOVEMENT, which is included in the universal STRIVING of all things toward perfection. One who is not sympathetic to the metaphysics of emergent EVOLUTION in which Adler (1979) situated the study of both physical and psychological PHENOMENA will doubtless find his writings to be elusive, perhaps even exasperating. There will be little argument when he says, "Mankind has variously made the attempt to imagine this final GOAL of human development," or when he goes on to say, "Of course it seems to me that each person imagines his God differently." However, those who want an argument can find one when, in the same paragraph he also says, "The best conception gained so far of this ideal elevation of mankind is the concept of God (Jahn and Adler)" conceding that "There are conceptions of God which from the outset are not equal to the principle of perfection," and then concludes, "But of the purest formulation of God we can say: Here the CONCRETE formulation of the GOAL of perfection has been accomplished" (p. 33).

He anticipated argument and complaint, and a little later in the same paper, says "Of course one will ask, how do I know this?" answering, "Certainly not from immediate experience.... Those who find a piece of metaphysics in INDIVIDUAL PSYCHOLOGY are right. Some praise this, others criticize it." (Adler, 1979, p. 35).

We do not criticize it. His suggestive and poetic evocation of the MOVEMENT of human STRIVING, and of the place of religious thought and practice in that STRIVING, is to us a sign of his intellectual daring.

The idea of God and its immense significance for mankind can be understood and appreciated from the viewpoint of INDIVIDUAL PSYCHOLOGY as CONCRETIZATION and interpretation of the human recognition of greatness and perfection, and as commitment of the individual as well as society to a GOAL which rests in man's future and which in the present heightens the driving force by enhancing the FEELINGS and EMOTIONS (Adler, 1979, p. 276).

The ideal, ultimate union can hardly be attained, whether one forbids the making of an image or attempts to bring about identity with an image. No wonder that in the millionfold diversity of CONCRETIZATION the scale ranges all the way from personification to its opposite, especially when man no longer sees himself as the center of world events and is satisfied with a more meager CONCRETIZATION, with the recognition of causally acting forces of nature as the image of highest strength. INDIVIDUAL PSYCHOLOGY ... would by the essence of its view be forced to regard such an unpremiered, mechanistic view as an illusion inasmuch as it is without GOAL and direction, just like drive psychology, which is cut from the same cloth (Adler, 1979, p. 277).

See Adler, 1979, "Religion and Individual Psychology," pp. 271-308; Powers, R. L., (2003).

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

Children Are Not Pets!

by Thomas E. Edgar, Ed.D.

It is relatively easy to become a parent. The major requirements are being adequately fertile, having about nine months, and having some degree of luck. Behold, you are a parent! But to become a competent and effective parent requires considerably more time; a good deal of experience; a lot of luck, wisdom and help; and a double dose of patience.

As I have pointed out in earlier columns, the intrinsic difficulties associated with parenthood are expanded and more numerous in our time and in our culture. The future for which we hope to prepare our children is far less predictable, for one thing. As another example, our children are far less willing to obey simply because we demand that they do so.

There are many contemporary influences that complicate the task of parenting today. We have become an affluent society and an urban one. At the turn of this century, about 85 per cent of our people lived on farms and in rural places. Families were large, mainly because many hands were needed to ensure the economic survival of the family unit. There was work, real work, that needed to be done in order to wrest a living from the reluctant soil.

While I do not want to claim that children just loved to get up at 5:30 in the morning to milk cows, or were delirious at the prospect of chopping and stacking wood every evening, they always knew they were necessary and important. Because they were. They had to cooperate and do a share. Period.

By the time the usual day was over, the major problem of the child was to find how to get fed and to stay awake until bedtime. A good share of the days were spent working beside adults and with adult responsibilities.

By contrast, how is it today? Most of us live in cities. Most often our children are like our pets. Sure, they are cleaned and fed and well cared for, but they really don't have meaningful, necessary work to do. They really aren't expected to do much. And if we do expect our children to help, there is very little that really needs to be done. Electricity and the increase of energy have taken care of that.

Through modern gadgets house work has become much easier. Most of the common things in your home – the telephone, radio, toaster, blender, television, electric lights – have come into common use since 1900. The modern household probably has the energy equivalent of two or three full-time servants. Just for a little example of this, walk through the rooms of your house and

count the electric motors, large and small, at your disposal.

What does all of this mean and what does it have to do with the difficulties of parenting? It means that young people have far less chance to have a sense of usefulness and contribution to the family unit. All of us, including our children, are most content when we know we are needed and are making important contributions.

Because there are far fewer ways for a modern child to find useful outlets as a route to establishing a place in the family, they are far more likely to resort to useless or destructive ways of being recognized. They demand attention through laziness in school, through acting silly and being the clown, by being rebellious or stubborn, or by being vicious and cruel.

Couple this with the fact that mothers who choose to remain at home do not have a necessary 18-hour-a-day job any more. No, again, I'm not recommending a return to the wood stove and the washboard. But housewives have much less of a sense that their jobs are automatically and intrinsically necessary. The two or three extra sets of energetic hands have made that so. So many modern mothers have set about making themselves necessary in other ways.

They do everything all the time for everyone. They are the cook, the chauffeur, the dishwasher, the laundress, the disciplinarian, the accountant and the general foreman of the ranch.

They have become so essential that the family collapses in a puddle of helplessness should they leave the home for a week or ten days. Bills don't get paid, meals aren't cooked. Dishes pile up in the sink and on the tables. The house comes rapidly to look like a sanitary landfill that was devastated by a tornado.

As a result of the homemaker's need to be needed, the children are further deprived of a chance to be responsible contributors to the family unit. Perhaps it would be better all around if the children were involved in the work of maintaining the home. Of course, housework isn't fun. But everyone contributes to the mess and benefits from the work. Why should not everyone including the children and both parents participate in the work that does need to be done?

As a bonus, it develops a sense of "we". "We need to get this house cleaned up." "We are having trouble keeping the lawn trimmed up." "We are going to have to paint our house soon."

This is a first step in teaching the value of cooperation.

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.



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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*

**2012
ANNUAL CONFERENCE
MARCH 9 & 10
Includes 3 hours of
ETHICS!**

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

ISIP 2012 CONFERENCE

The Dance of Life:

Creative Approaches to Change

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 9 & 10, 2012

LOCATION: The Riverside Hotel, 2900 Chinden Blvd., Garden City, ID 83714

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

For more information call (208) 344-7194.

**Mark Your
CALENDAR!**
March 9 & 10, 2012