



Idaho Society of Individual Psychology

The ISIP Newsletter

Volume 34, Number 2

November/December 2011

Save the Date!

March 9 & 10,
2012
ISIP ANNUAL
CONFERENCE

Presenter:



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

– Memo –

The Fall Advanced workshop attendees decided to pool resources and donate to a local charity. The choice was the Boise Interfaith Sanctuary, a one-of-a-kind facility that services people only on the basis of need. Our combined efforts resulted in a donation of \$350. The Adlerian members experienced the power of group action. This drive was spearheaded and coordinated by Andrea Ahmed-Zaid.

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 Worth, 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

MORE BREAKING NEWS!! ISIP Brings Adler to Oregon!

In your previous newsletter you were informed the ISIP Board approved bringing the Adlerian Training Series to Utah. Well, now add Oregon. The first in the *Series*, Adlerian Theory of Personality Development and Family Functioning, was first presented in Salt Lake City in October, and then in Portland in November. The *Series* presenter team of Steve Maybell (Boise *Series*) and Dale Babcock (Pocatello and Lewiston *Series*) added Edward Mowry as the Utah and Oregon presenter. Getting out there in “the white water” of educational presenting/teaching requires not only the “right stuff” to do it but the COURAGE. Edward has plenty of each and the famous blue form evaluation results from Oregon and Utah are testimony to the fact that these maiden voyages were extremely successful. Congratulations Edward for stepping up to the plate. Your work in both states went plenty deep. ISIP will be continuing the spring/fall routine in both states and anticipates that with the excellent start both states will continue to grow and develop as did Idaho, dating back to the fall of 2001 when Steve first presented the *Series* in Boise. To date, 220 of you have graduated from the *Series* and 35 of that group have gone on to graduate at the Advanced level (five courses and one annual conference after completing the *Series*). Those five courses translate to two and a half years of continued Adlerian study and practice. Another testimony to the relevance of Adlerian Psychology.

Another note. The Boise fall *Series* workshop finally took place in November after dealing with the need to reschedule due to Steve’s medical issue. A record number attended – 69.



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

The ISIP Newsletter

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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.

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Maybell Memos

Foundational Adler Theory

Part One of Three

Holism

- 1) *The whole is greater than the sum of its parts. (Alfred Adler)*
 - 2) *One can never regard single manifestations of the mental life as separate entities, but one can gain understanding of them only if one understands all manifestations of a mental life as parts of an indivisible whole. (Alfred Adler)*
 - 3) *With every individual we must look for the underlying coherence, for the unity of the personality. (Alfred Adler)*
 - 4) *When we try to pick out anything by itself, we find it hitched to everything else in the universe. (John Muir - Naturalist/Environmentalist/Founder-National Parks)*
 - 5) *We believe our understanding has reached a point where we can recommend an ideal treatment for panic disorder. What scientists now understand is the brain's chemical makeup and wiring are intricately tied to our thoughts and our emotions. Most importantly, we now know that altering brain chemistry with medication can alter thoughts and emotions, and altering the way we think and feel through psychological therapy can change the chemistry and wiring of our brains. There is no separation between the brain and the mind. (Alan Leshner, M.D., National Institute of Mental Health.)*
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Social Embeddedness

- 6) *Individual Psychology regards and examines the individual as socially embedded. We refuse to recognize and examine the isolated human being. (Alfred Adler)*
- 7) *We can understand the personality of the individual only when we see him in his context and evaluate him in his particular situation in the world. (Alfred Adler)*
- 8) *Two people cannot live together fruitfully if one wishes to rule and force and the other to obey. In our present conditions many men and, indeed, many women are convinced that it is the man's part to rule and dictate, to play the leading role, to be the master. This is the reason why we have so many unhappy marriages. Nobody can bear a position of inferiority without anger and disgust. Partners must be equal, and when people are equal, they will always find a way to settle their difficulties. (Alfred Adler)*
- 9) *There should be no ruler in the family and every occasion for feelings of inequality should be avoided. (Alfred Adler)*
- 10) *Three problems are irrevocably set before every individual. These are: the attitude toward one's fellow man, occupation, and love. All three are linked to each other by the first. (Alfred Adler)*
- 11) *All the questions of life can be subordinated to the three major problems - the problems of communal life, of work, and of love. (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

GOAL(S)

All of life is **PURPOSIVE**. Human beings, like other living things, move toward their own completeness. For the human being, whether or not in **CONSCIOUS** awareness, **MOVEMENT** is oriented forward, toward **goals**. Two **goals** operate constantly: The overarching **FICTIONAL GOAL** of the personality (**SELF-IDEAL**), and the immediate **goal**, consistent with the **FICTIONAL GOAL**, of one's activity in response to life's requirements. To **UNDERSTAND** a human being is to comprehend his or her **goals**. [See **GUIDING FICTION / FICTIONAL GOAL / FICTIONAL FINALISM**; **CONCRETIZATION OF THE GOAL, SELF-IDEAL**; **TELEOLOGY / PURPOSE**.]

We cannot think, FEEL, will or act without the perception of some goal... All psychic activities are given direction by means of a previously determined goal... Every psychic phenomenon... can only be grasped as preparation for some goal (Adler, 1959, pp. 3 -4).

In the case of a psychotherapeutic cure... [we examine] first the **SUPERIORITY-goal** (Adler, 1959, p. 13).

If we know the **goal** of a person, we can undertake to explain and to **UNDERSTAND** what the psychological phenomena want to tell us, why they were **CREATED**, what a person has made of his innate material, why he has made it just so and not differently, how his character traits, his **FEELINGS** and **EMOTIONS**, his logic, his morals, and his aesthetics must be considered in order that he may arrive at his **goal** (p. 196).

CONCRETIZATION OF THE GOAL

The individual moves in the midst of life's demands in accordance with the **FICTIONAL GOAL** of the **SELF-IDEAL**, which must be made **concrete**. Adler observed that the healthy person uses his or her **FICTION** "to attain a **goal** in reality," while the **NEUROTIC** is "enmeshed" in his **FICTION**, unable to find his way "back to reality." At each step the **goal** is made **concrete**, to "capture into fixed forms" what exists in **FICTIONS** (p. 96). Adler likens the **FICTION** of the **SELF-IDEAL** to the **FICTIONAL** meridians and parallels we use (make **concrete**) for orientation. [See **GOALS**; **GUIDING FICTION / FICTIONAL GOAL / FICTIONAL FINALISM**; **SELF-IDEAL (PERSONLICHKEITSIDEAL)**.]

[The] goal must be made **concrete** to become clearer (p. 99).

[While the **FICTIONAL GOAL** remains constant] an individual may change ... the way in which he makes his **GOAL concrete**.... The nearer to health and **NORMALITY** an individual is, the more he can find new openings for **STRIVINGS** when they are blocked in one particular direction. It is only the **NEUROTIC** who feels, of the **concrete** expressions of his **goal**, "I must have this or nothing" (p. 190).

The individual's artful construction of his form of life [**LIFESTYLE**] ... follows by no means a causal process. The decisive factor is always the **concretized FICTIONAL GOAL** of life (p. 282).

A **GOAL** of **OVERCOMING** as an abstract formulation is unacceptable to the human mind. We need a more **concrete** formulation. Thus each individual arrives at a **concrete GOAL** of **OVERCOMING** through his **CREATIVE POWER**, which is identical with the self (p. 180).

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

Better Never Than Late

by Thomas E. Edgar, Ed.D.

I've been wanting to write an article on procrastination since I began this column about a year ago. Somehow I've not gotten around to it until today, and now the deadline is staring me in the face. I hope it turns out right the first time because I won't have time to do it over.

Sound familiar? Ever find yourself in the same mess? Funny thing about it is that those of us who have the greatest need to do well and to look good in the eyes of others are the ones to procrastinate most.

Dyed-in-the-wool procrastinators are generally overly ambitious people. They are people who have a great deal, probably too much, riding on success or doing well or being seen as competent by others. Overly ambitious people are generally poor competitors. If they are not pretty sure of winning, they don't want to play at all.

Now, you say, how on earth does one make sense of the statement that procrastinators are overly ambitious? They practically doom themselves to producing careless work and mediocre results by their delaying tactics. I believe that it does make sense because procrastinators dread having their performance judged and because they have built an excuse for themselves in case they do fail.

So often lurking in the background will be found one or more perfectionistic parents. Such parents are ones who generally give with one hand and then take it back with the other. They say, "That is a nice job of cleaning your room, but..." There it is – giving recognition and then destroying its positive impact by pointing out how the job could have been done better.

So what do we learn from hundreds and hundreds of such exchanges? We learn that we can never do well enough or be good enough no matter how hard we try.

We also learn that success is all or nothing. Either what we do is perfect or it is a failure. There isn't really anything in between. Ordinary folks may be able to appreciate attaining 95 percent success on a project but not so the overly ambitious person. All the success is

ignored and the shortcomings are singled out, emphasized, and dwelt upon.

If a person doesn't do anything at least he is safe. If he doesn't complete the job it won't be judged! The procrastinator adapts the adage, nothing ventured, nothing lost, and lives by it.

Oh yes, most of those who put things off as long as possible also leave a trail of unfinished projects and hobbies behind them as they go through life. Look in the closet and you'll find a set of dusty, rusty barbells. In the basement is an enlarger that hasn't been used for years. In the drawer by the bed is a half finished needlepoint project.

Strange, the person who doesn't get at projects right away always seems to lose interest just at the point that he or she is developing some level of skill or competence. It is almost as if the procrastinator says, "If I really push myself a little further now I can master this art and really be good at it. Or can I really ever be good enough at anything? I guess I don't really want to know. Let me find something else to try."

Of course we do need to justify our silly behavior. There is a term paper due tomorrow. The assignment was given two months ago. Well I didn't start sooner because I forgot, had a bad cold, was run down and someone else had all the books I needed. If we don't find a series of excuses, our friends will surely help us. If a pal asks why we didn't get it done, and we answer without making excuses, "No reason, I just didn't do it," then our friend will pitch in: "Did you forget it?" "No." "Were you sick?" "No." "Couldn't you find the books you needed?" "Oh, they were in the library." "Well, for crying out loud, what did happen then?"

This is the least a friend can do. When a procrastinator puts off a project until the last minute he has a perfectly safe place to land if he trips. I must finish this article this morning so it can be typed and submitted tomorrow. Gee, I wish I had time to rewrite several times. I'm sure I could do it better. If only....

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 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**



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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
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