



Idaho Society of Individual Psychology

# The ISIP Newsletter

Volume 32, Number 1

September/October 2009

**Save the Date!**

**MARCH 5 & 6,  
2010  
ISIP ANNUAL  
CONFERENCE**

**Presenter:**

**Low Losoncy, Ed.D.**

## 2009 Fall Training Calendar

Please check our website for more information, or email or call Tom – 344-7194  
Email: tommyttom@cableone.net

### – Series Workshops –

September 18 & 19	LEWISTON	#3 Adlerian Couple & Family Therapy
October 2 & 3	BOISE	#2 Adlerian Psychotherapy
October 16 & 17	POCATELLO	#1 Adlerian Theory
October 23 & 24	BOISE	An Adlerian Approach to Addictions – Wes Wingett, PhD, presenter

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

### One More Value of Advanced Certification of Professional Studies in Adlerian Psychology

One of the ISIP board members and Veterans Health Administration (VHA) employee, Rodney Dotson, submitted a request for enhanced pay benefits for graduates of the ISIP Series training. Below is an article describing the VHA response and the achievement of this benefit. Way to go Rodney! Please visit our website, [www.adleridaho.com](http://www.adleridaho.com), for more information regarding the Certification programs of ISIP.

### U.S. VETERANS HEALTH ADMINISTRATION RECOGNIZES CERTIFICATE OF PROFESSIONAL AND ADVANCED PROFESSIONAL STUDIES IN ADLERIAN PSYCHOLOGY AS A SPECIAL ADVANCEMENT FOR ACHIEVEMENT (SAA) CERTIFICATION FOR SOCIAL WORKERS

The Social Work Certification Committee of the U.S. Veterans Health Administration (VHA) has included the *Certificate of Advanced Professional Studies in Adlerian Psychology* on the approved Tier One Individuals and Professional Organizations Certification list of approved certifications eligible for Special Advancement for Achievement (SAA) for VHA Social Workers.

This means that a social worker holding this certification can be eligible for an increase in pay with additional documentation of enhancement of job performance.

“Since its incorporation on May 23rd, 1977, the Idaho Society of Individual Psychology (ISIP) has

served to encourage personal and professional growth through providing valuable training opportunities for people to share in applying the concepts of Individual Psychology to education, medicine, business, family, and mental health.” said Rodney O. Dotson, MSW, LCSW, ISIP Board member at large.

“In the competitive and demanding practice environment we currently reside, professional certification is also an exceptional way for Adlerian therapists to distinguish themselves from other clinicians, which is exactly what it does on this list of approved certifications for VHA Social Workers.”



**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](http://www.adleridaho.com)

## The ISIP Newsletter

Volume 32, Number 1 September/October 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

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# Maybell Memos

[The following essay, reprinted by permission of THE VISTA (CA) PRESS, was one of a series by members of the author's community mental health agency. More inquiries were received in response to it than had been stimulated by any previous article.]

Anger is a very misunderstood emotion.

How many times have you heard someone say, "He made me angry" or, "I have a short fuse" or "I lost my temper"?

What all of these familiar statements have in common is a way of looking at anger that makes us appear to be innocent victims of it, and certainly not responsible for our expression of it. After all, he made me angry, and if I have a short fuse sudden explosions are inevitable, and if my temper is lost how can I be responsible for it?

There is another way of understanding anger that is not so easy for some of us to accept. This view sees anger as something only we can create for ourselves. And, it maintains, we create it for a purpose.

What purpose could possibly be served by anger, you ask? The answer is really quite simple. We create anger to fortify our ability to more effectively dominate, defeat, or intimidate others. In other words, to be more effective at fighting those people we perceive as threatening, or in the way of what we want to accomplish. What is the purpose of fighting? To win, of course, no one ever fought to lose.

Anger (and other emotions, for that matter) is much like the fuel in our automobile. We put the fuel in our automobile to help us to move, and we choose the direction that the

## ANGER – The Misunderstood Emotion

automobile travels, toward our desired destination.

The problem with anger in this context is that it inevitably leads us to further conflict, violating the principle of mutual respect, the key ingredient in all healthy relationships. When we generate anger, we are consumed with winning, which means someone else has to lose. Instead of solving problems, we are creating problems.

To be human is to experience anger. However, it is important that we understand our anger and realize that we have a choice of what to do with it. When we address another person in anger, the outcome is predictably consistent: opposition, conflict, and alienation. In most all cases it is best to wait until we are feeling more calm and receptive, and then engage the other person in a respectful dialogue with a view toward solving the problem.

Many also find that by pausing and reflecting, we can become more aware of what we're up to when we are angry - what our true goal is in the situation and how anger supports it. We can then decide if we want to support the goal of domination, or consider the more effective goal of solving the problem.

# 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

## PHENOMENOLOGY

This may be defined as a study of the apprehension of the self and the external world according to the way these things appear to an individual in his or her unique, subjective evaluation. The term is from the Greek, *phainomenon*, meaning appearance. INDIVIDUAL PSYCHOLOGY pursues a **phenomenological** UNDERSTANDING of the person's unique LIFE-STYLE, seen as the expression of a private and CREATIVE assessment of self and the world.

We do not suffer from the shock of our experiences - the so-called trauma - but we make out of them just what suits our purposes.... Meanings are not determined by situations, but we determine ourselves by the meanings we give to situations (p. 208).

I am convinced that a person's behavior springs from his opinion. We should not be surprised at this, because our senses do not receive actual facts, but merely a subjective image of them, a reflection of the external world. *Omnia ad opinionem suspensa sunt* [Everything depends upon opinion - Seneca) (p. 182).

[The individual] relates himself [to the outside world) always according to his own interpretation of himself and of his present problem (p. 206).

We are influenced not by facts but by our opinion of facts (p. 192).

Perception is more than a simple physical phenomenon; it is a psychic function from which we may draw the most far going conclusions concerning the inner life (Adler, 1957, p. 50).

## PROFESSIONAL RESPONSIBILITY

Adler took the ethical high ground in his opinions about **professional responsibility** toward clients and the common life. As a proponent of Marxist-Socialist concepts, he was a supporter of causes for social betterment, from health issues to government regulation of working conditions to FEMINISM. His first publication at age 28 was *Health Book for the Tailoring Trade* (1898), an attack on the conditions in which tailors worked, in which he described the connection between "the economic condition of a trade and its disease," and argued *for* government protection and *against* unrestrained capitalism (Hoffman, 1994, pp. 35-37). His further writings tell us that in professional work it is essential to convey attitudes of respect, EQUALITY, COOPERATION, and concern toward clients, and that in the public sphere it is essential to participate in promoting COMMUNITY FEELING, supporting social justice, and ameliorating the effects of disconnectedness and hostility.

The honest psychologist cannot shut his eyes to social conditions which prevent the child from becoming a part of the community and from feeling at home in the world, and which allow him to grow up as though he lived in enemy country. Thus the psychologist must work against nationalism when it is so poorly understood that it harms mankind as a whole; against wars of conquest, revenge, and prestige; against unemployment which plunges people into hopelessness; and against all other obstacles which interfere with the spreading of SOCIAL INTEREST in the family, the school, and society at large (p. 454).

The problem of human nature is one which presents an enormous task, whose solution has been the GOAL of our culture since time immemorial. It is a science that cannot be pursued with the sole purpose of developing occasional experts. Only the UNDERSTANDING of human nature by every human being can be its proper GOAL (Adler, 1957, p. 15).

INDIVIDUAL PSYCHOLOGY aims at serving the community rather than forging new arms for a caste of scholars.... It must hand over all its knowledge and skills to the community.... It will never do to permit less knowledge to the teacher, the PARENTS, the patient, than to the physician (Adler, 1978, p. 253-254).

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

## Are You Worth \$14.65?

by Thomas E. Edgar, Ed.D.

How much are you worth? Probably about \$14.65 on the open, scrap-metal market. If all the elements in your body – the iron, copper, zinc, calcium and sulphur – were reclaimed, there really wouldn't be very much to show. And, worst of all, that \$14.65 is cast in grossly inflated dollars.

Most of us, though, are not willing to cash in on the bonanza. Sometimes we really feel pretty good-for-nothing and feel we'd like to toss in the towel. But most of the time we somehow feel that we are worth more than the market value of the basic stuff of which we are constructed.

If indeed you feel worth more than \$14.65, just how much *are* you worth as a human being? It is popular to talk of our worth as being infinite, unlimited. Some suggest that God, at least, considers us to be of limitless value. It is part of the dogma of democracy to claim that all people are created equal in worth and to say further that our worth is without end. That is rhetoric and the dream.

In fact, though, most of us place our worth as humans on the line every day. We make our human value, our worth, conditional upon something outside ourselves. We say, "Unless I am loved by people important to me, I am worthless" or "Unless I do everything right all the time, I am a piece of worthless dung" or "I should be a perfect parent. If I am not, I have no value, no meaning, no place" or "Unless I am noticed all the time and am the center of attention, I am nothing" or "I need to be approved by absolutely everyone all the time, or I am without value."

We all have our own versions of this theme, our own creative and ingenious ways to place our value on the line. It is my contention that you are heading for trouble if you complete the sentence, "My worth as a human

being depends on or is conditional upon, \_\_\_\_\_" with any word or term.

If you cannot accept your infinite worth as a human being as unconditional, then bad things nearly always follow in life. Suppose, as an example, I complete the sentence in the fashion: "I am a worthwhile person only when I am seen as perfect by others." How does this affect me? How does this affect my performance and my relationships as I live my life?

First, I will only do those things I can be sure I can do well. If I try new things I might make a mistake and my worth would be gone. I give up being spontaneous. I adopt the motto: nothing ventured, nothing lost.

I begin to hide my faults and shortcomings from others because if they see me as I see myself that would be awful. I erect a facade. I remain distant and unwilling to share all the sides of me with others, leaving them generally to think of me as aloof, cold, distant and stuck up. They don't know that I am afraid to let them see me as I am. The price is isolation and loneliness. The gain? Being safe!

This is not to say that we should not evaluate our behavior. Of course we need to decide what we want to do better in the future and how we wish to improve. But I suggest that we would be better off if we would learn to separate the deed from the doer. We can feel that we have failed in our tasks in life without counting ourselves a failure.

All of us will one way or another complete some version of this sentence: "I am worthwhile only when \_\_\_\_\_." I challenge each of you to consider the ways in which you complete the sentence and to reflect on the impact this has on your life and on your relationships with other people.

*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.

The "Doctor of Encouragement"

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

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:** Lou 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". Lou 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!**



The ISIP Newsletter

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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