



Idaho Society of Individual Psychology

The ISIP Newsletter

Volume 40, Number 3

January/February 2018

ISIP ANNUAL CONFERENCE

March 2 & 3, 2018

Presenter:



James R. Bitter, PhD

Helping Clients to Change:
Adaptive Reorientation
Therapy (ART)

Thank you to our

Conference

Sponsors!

BestNotes



ISIP thanks and is grateful for their support!

2018 Fall Training Calendar

– Series Workshops –

Fall Workshops - *The Series*

September 21 & 22 (tentative)	POCATELLO	#1 Adlerian Theory
October 5 & 6	BOISE	#2 Adlerian Psychotherapy
October 19 & 20 (tentative)	LEWISTON	#3 Adlerian Family Therapy

Fall Workshop - Advanced
(open to Series graduates ONLY)

October 12 & 13	BOISE	Presenter: Wes Wingett, PhD Topic to be determined.
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2018 Spring Training Calendar

– Series Workshops –

Spring Workshops - *The Series*

April 13 & 14	LEWISTON	#2 Adlerian Psychotherapy
April 20 & 21	BOISE	#1 Adlerian Theory
May 11 & 12	POCATELLO	#3 Adlerian Family Therapy

Spring Workshop - Advanced (open to Series graduates ONLY)

May 4 & 5	BOISE	Presenter: Michael McDonough, Ph.D. Adlerian Encounters from Many Sides
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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: adleridaho@gmail.com

The Idaho Society of Individual Psychology Celebrates 40 years!



by Executive Director
Tom McIntyre

I have had the privilege of being the ISIP Executive Director for the past 20 years, and have seen a lot of growth and changes. Forty years ago some people got together in Boise and incorporated ISIP, with the intent of developing a new channel for training and sharing knowledge in the local mental health services community.

Today, more than 3,000 people have been reached with the ideals of Alfred Adler, and have incorporated those principles into their personal life and clinical work. I look forward to the continuing contributions and success of ISIP because of all of you and those yet to embrace this Adlerian Psychology!

All the best to you and yours in the New Year!



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.ORG

The ISIP Newsletter

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ISIP membership and newsletter subscription is included in Annual Conference and event registration. We encourage readers to send news, suggestions, ideas and opinions.



2017-2018 ISIP BOARD

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DO YOU GROW GOOD CORN?

Maybell Memos

James Bender, in his book “How to Talk Well” (New York: McGraw-Hill Book Company, Inc., 1994) relates the story of a farmer who grew award-winning corn.

Each year he entered his corn in the state fair where it won a blue ribbon. One year a newspaper reporter interviewed him and learned something interesting about how he grew it.

The reporter discovered that the farmer shared his seed corn with his neighbors. “How can you afford to share your best seed corn with your neighbors when they are entering corn in competition with yours each year?” the reporter asked.

“Why sir,” said the farmer, “didn’t you know? The wind picks up pollen from the ripening corn and swirls it from field to field. If my neighbors grow inferior corn, cross-pollination will steadily degrade the quality of my corn. If I am to grow good corn, I must help my neighbors grow good corn.”

He is very much aware of the connectedness of life. His corn cannot improve unless his neighbor’s corn also improves.

So it is in other dimensions. Those who choose to be at peace must help their neighbors to be at peace. Those who choose to live well must help others to live well, for the value of a life is measured by the lives it touches. And those who choose to be happy must help others to find happiness, for the welfare of each is bound up with the welfare of all.

The lesson for each of us is this: if we are to grow good corn, we must help our neighbors grow good corn.

This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.

I am of the opinion that life belongs to the whole community and as long as I live it is my privilege to do for it whatever I can.

I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice for life for its own sake. Life is no ‘brief candle’ to me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to other generations.

- George Bernard Shaw -

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

EXISTENTIALISM

Existential questions are those addressing the meaning of existence and death, and the problem of personal awareness of one's place in the universe. **Existentialism** as a movement in philosophy includes those who take the position that the universe is indifferent, even hostile, to the human being, who is seen as isolated and alone and necessarily limited, and who, without a GOD, makes choices, under only the authority of individual responsibility that one would want all human beings to make if similarly challenged. In this view, it is ethical behavior that leads to self-transcendence.

INDIVIDUAL PSYCHOLOGY is an **existential** psychology in that it concerns itself with personal meaning, personal responsibility, and ethical choices. It separates itself from **Existentialism** in that INDIVIDUAL PSYCHOLOGY sees human being as SOCIALLY EMBEDDED, sees the development of COMMUNITY FEELING as essential to life, and identifies individual STRIVING toward perfection as present on both the USEFUL and USELESS SIDE. In pursuing GOALS of personal SUPERIORITY on the USELESS SIDE, the STRIVING is erroneous, misunderstanding the reality of its EMBEDDEDNESS, and therefore in need of guidance and EDUCATION toward GOALS on the USEFUL SIDE, CONCRETIZED in images of CONTRIBUTION and self-transcendence, whether in the ideal community (as envisioned *sub specie aeternitatis*), or in GOD.

None of us knows which is the only correct way toward perfection. Mankind has variously made the attempt to imagine this final GOAL of human development. The best conception gained so far of this ideal elevation of mankind is the concept of GOD (Jahn and Adler). There is no question but that the concept of GOD actually includes this MOVEMENT toward perfection in the form of a GOAL, and that as a CONCRETE GOAL of perfection it corresponds best to man's dark longing to reach perfection (Adler, 1979, p. 33).

There are, of course, countless attempts among men to imagine this GOAL of perfection differently. ... When, for example, someone attempts to CONCRETIZE this GOAL by wanting to dominate over others, such a GOAL of perfection appears to us incapable to steer the individual and the group. The reason is that not every one could make this GOAL of perfection his task, because he would be forced to come into conflict with the coercion of EVOLUTION, to violate reality, and to defend himself full of anxiety against the truth and its confessors (Adler, 1979, p. 33).

To be a human being means to have INFERIORITY FEELINGS. One recognizes one's own powerlessness in the face of nature. One sees death as the irrefutable consequence of existence (G., *Man sieht den Todt als unabweisliche Konsequenz des Daseins*). But in the mentally healthy person this INFERIORITY FEELING acts as a motive for productivity, as a motive for attempting to OVERCOME obstacles, to maintain oneself in life (Adler, 1979, p. 54).

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@olympen.com

Edgar's Corner

Early Recollections Offer Clues to One's Beliefs

by Thomas E. Edgar, Ed.D.

Did you know that your own early childhood recollections can reveal a great deal about you and your approach to life? Would you like to see if your own recollections can be helpful guides to self understanding? Then follow along through this brief article. At the end you will be invited to take a new look at your old recollections.

First, we need to agree on what a recollection is. Often the recollection begins with, "One day I..." They have a one-time-only quality. If you find yourself saying, "We always went to the park on...", you are probably talking about a childhood memory, not a recollection. Recollections are not always dramatic. They don't necessarily contain images of fires, robberies, or other traumatic events.

They can be as simple as, "One day I was watching ants carry this dead fly."

Generally, recollections have a vivid quality, almost like an 8 x 10 photograph of an earlier event in your life.

To summarize, I'd say that to be considered an early recollection, the event must be vivid and it must be a specific example of an event that happened only once. They usually begin with, "One day I..."

Since they aren't necessarily exciting and dramatic, why are they remembered? They may be remembered because they contain some personal truths or personal guidelines for life. They might exist to remind us of things important to us in our own lives. They keep these personal truths always before us.

Recollections usually contain our own personal truths about ourselves, others around us and about the world about us. If we feel that the world is cold and indifferent, that others are out to harm us, and that we are weak and incompetent, our behavior in life will be based on these personal beliefs. Recollections, in theory, serve to remind us of these "truths."

Want to test this out for yourself now? Here's how:

- 1) Put a little time aside so you won't be interrupted – maybe a half-hour or so.
- 2) Just relax and think back to a time before you went to

school as a kid if you can. Perhaps your early recollections don't begin until later in life. That is Okay.

3) Write down four or five of these early, vivid, one-time-only events from your own personal history. Try to get all of each one written down in reasonably complete detail just as it happened. Others may remember the event differently, but these are your recollections.

4) Now go back to each recollection and underline the part that is most clear, that portion that stands out most in your mind.

5) At the side by the underlined part, write how you were feeling at the time – scared, happy, sad or mad, or whatever seems most accurate to you. You have the raw material ready for use.

Now comes the hard part. You must try to forget that they are your own recollections. Instead, try to think of them as little one-act plays. The curtain opens, there is a short scene, then the curtain closes. After a pause, the curtain opens another short scene, and the curtain closes. Pretend you are sitting in the audience watching these connected bits of drama.

Now ask: What is the playwright trying to communicate to me about the world, the people in it and about the central character? Is the main character strong or weak, alone or surrounded by others? Is the world friendly and warm or cold and scary? Is the main character competent and self-reliant or does he need to be rescued by others?

When you think you have a good idea of what the author was trying to symbolize to you, check it out. Check it out by seeing if the way you approach life fits. Ask another person, "Do you see me like this?"

Go ahead. Try to see how much you can learn about yourself through this simple little exercise. Besides, even if you don't learn much, it is just fun to think back to the old days now gone.

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 2018 CONFERENCE MARCH 2 & 3, 2018



Helping Clients to Change: Adaptive Reorientation Therapy (ART)

Presenter - James R. Bitter, PhD

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: James Robert Bitter is Professor of Counseling at East Tennessee State University. Jim is a Nationally Certified Counselor, who has written four books and more than 70 articles. He is a Diplomate in Adlerian Psychology (NASAP, 2002) and a former editor of the Journal of Individual Psychology.

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

FOR RESERVATIONS call: (208) 343-1871

For more information call (208) 344-7194.

Mark Your CALENDAR!

IDAHO SOCIETY OF INDIVIDUAL PSYCHOLOGY ANNUAL CONFERENCE
Presenter - James R. Bitter, PhD

"Anyone trained in Adlerian Psychology knows what to do the first time they sit down with a client and through the process."
Mes Wingett & Steven Maybell

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**2018 ANNUAL CONFERENCE
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ETHICS!**

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