



Idaho Society of Individual Psychology

The ISIP Newsletter

Volume 39, Number 2

November/December 2016

Save the Date!

March 3 & 4, 2017
**ISIP ANNUAL
CONFERENCE**

Presenter:



Marion Balla, MEd, MSW, RSW

2017 Spring Training Calendar

– Series Workshops –

Spring Workshops - The Series

April 14 & 15	LEWISTON	#3 Adlerian Family Therapy
April 21 & 28	POCATELLO	#1 Adlerian Theory
May 5 & 6	BOISE	#2 Adlerian Psychotherapy

Spring Workshop - Advanced (open to Series graduates ONLY)

April 28 & 29 BOISE *Presenter and topic to be determined*

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

Thank you to our

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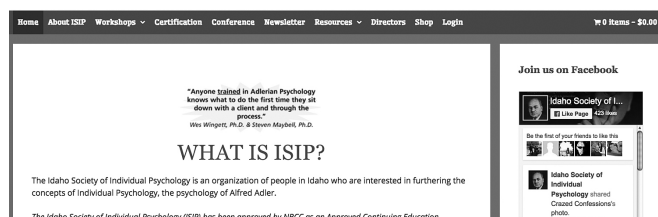
ISIP thanks and is grateful for their support!

CONFERENCE DVD's FOR SALE!

Conference DVDs have been shipped. Pix-n-Flix have captured the Alyson Schafer presentation and Mastered the 4 DVD set into a truly memorable and must have-learning experience. Alyson comes to life on the stage just as if you were there! For those who missed the event, it can now be appreciated as it happened. This means that anyone can learn the fabulous Adlerian approach to Families and Parenting from a third generation Adlerian! Alyson brought the concepts into practical use through her Demonstrations and wonderful examples that clarified Adler's ideas in fun and memorable ways. Owners of both Alyson's and Wes' Conference DVDs from the 2015 event are deeply appreciative of the quality captured in these sets. Each of us can learn so much by having gentle reminders of the Adlerian Approach to working with Clients and setting ourselves up to be positive supports. You can get yours by sending in your order form to Tom McIntyre, 828 E. Pennsylvania Ave, Boise, ID 83706. See the Website for further information and the forms.



Idaho Society of Individual Psychology



Be sure to check out the updated ISIP website! We are continually striving to improve the resources for people interested in furthering the influence of Adlerian Therapy. The new website offers a more user-friendly registration process! We will be adding links to resources that will help educate and inspire those in practice and those who are simply interested in the Adlerian approach. You will find updated information on the 2017 Annual Conference, links to our current and past Newsletters and much more. Thank you all for your continued support for ISIP!

We look forward to bringing you a more effective and useful website full of wonderful resources!



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 registration. Non-Member subscription rate is \$10.00 per year.

We encourage readers to send news, suggestions, ideas and opinions.

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The New York Times

February 28, 1971

by MAGGIE SCARF

Continued.....

He had to wait three years for a reply; and when it arrived, it came as an affront which rankled for the rest of his life. His candidature had been refused unanimously. (Recently, the report on Adler's work which was submitted to the medical faculty has come to light. Its author complains that, while Adler's ideas were often "ingenious", they are far too speculative, and are even occasionally as "grotesque as those of Freud.")

Meanwhile, World War I had broken out, and there were other worries. Adler's wife, Raissa, had gone with their four children to visit her family's home in Russia. When the assassination at Sarajevo took place, Adler telegraphed her to return immediately. "Shall wait" replied Raissa tartly – and then was caught there by the war for the better part of a year.

The Adler marriage does not seem to have been happy (the children all vastly preferred their ebullient, outgoing father to their sternly political mother). Raissa Adler was a radical and a feminist when she married, and Alfred's subsequent lack of interest in Socialist politics deeply disappointed her. Adler was, however, a sympathetic supporter of the feminist cause. Unlike Freud, who considered women's inferior social role to stem from her innate physical and psychological inferiority, Adler felt that women were depreciated by a male-oriented culture. He believed that only resentment and resistance could result from their being forced to subordinate themselves to their husbands – or to man in society – and predicted that women would one day rebel. Still, as one of Adler's biographers noted dryly... "... fighting for the emancipation of women and living with an

emancipated woman are two wholly different things."

At the close of World War I, Adler was 48 years old. He had served for several years as a physician and psychiatrist with the Austrian Army. The peace and the fragmentation of the Austro-Hungarian Empire brought a period of utmost suffering to Vienna. Food supplies were low, and there was virtually no fuel in the city. Nevertheless, in the midst of this general deprivation, the new Social Democratic Government asked Adler to organize a program of psychological counseling for problem children. It was in these unpromising circumstances that the famous Vienna child-guidance clinics were launched.

Adler's clinics were a pioneer effort in the direction of what is now called community psychiatry. All were attached to the public school system, any child who behaved in a disturbed way in the classroom could be brought to the nearest guidance center for help and treatment. Although they were successful from the very start and grew rapidly in number, the clinics came in for a certain amount of criticism – especially from the psychoanalysts.

The Freudians were particularly scornful of the public therapy sessions which Adler, as part of his program, held every fortnight. To these sessions he invited audiences of schoolteachers, for he wanted to "teach the teacher" – one of his favorite phrases – concepts of mental hygiene.

Each session began with the teacher of the "problem child" reading out his notes on the pupil. Adler then discussed these case notes with both teacher and audience, after which the child was invited to come in. This was always a moment of high drama: Adler had a

Alfred Adler: 'His Ideas Are Everywhere'

way of predicting, merely from hearing the notes and without having set eyes on the child, what his physical habits and appearance would be – even down to the most startling details. Thus, the child's entrance enchanted the audience, like the conclusion of a successful conjuring trick.

Adler wanted the teachers to notice particularly the child's physical behavior as he entered: whether he went to lean against something or stood alone, if he held out his hand or shrank back, whether he met the therapist's eye or scowled and hung his head. For these were what Adler called "organ jargon", modes of communicating without the use of words.

Adler himself, a short, sturdy man with a black mustache and piercing eyes, always shook hands warmly with the patient and treated him as a contemporary and an equal. His first question usually aimed straight for the core of the problem: "Do you help your mother very much?" he might ask a child whose problems centered around his being spoiled, self-centered and anxiously demanding. The opening remark was generally followed by a long, absolutely silent pause, which Adler never interrupted; a friend once described him as a "past master in the art of the pause."

Adler's second daughter, Alexandra, now a well-known New York psychiatrist, recalls these clinic sessions well: "Children really loved my father and wanted to talk to him because he was absolutely nonaggressive. Once, when I was helping out at a demonstration, a child refused to speak or even look at him. To establish rapport, my father softly asked him, 'What do you think, how old am I?'" *Article to be continued.*

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

HEREDITY (GENETIC POSSIBILITY) ENVIRONMENT (ENVIRONMENTAL OPPORTUNITY)

The nature vs. nurture controversy, originally the name of a religious dispute in an early 19th Century New England church over the meaning of original sin (Ahlstrom, 1972, pp. 610-611), continues to haunt popular and scientific thinking with an added new name, **heredity** vs. **environment**. Opinion shifts between **genetic** material as fixed, but not necessarily expressed, and **environmental** influences as fluid, and not necessarily impacting in any particular. For INDIVIDUAL PSYCHOLOGY, all questions of what one has (assuming a PSYCHOLOGY OF POSSESSION), such as certain **genetic** material or a certain childhood history, are distilled into Adler's question: "Who uses it?", reflecting a PSYCHOLOGY OF USE (p. 176).

Powers and Griffith (1987) state that the individual's opinion of self in childhood includes considerations of **genetic possibility** in the realms of physical and mental capacities, and DEGREE OF ACTIVITY, that lead to a self-assessment [SELF-CONCEPT] that could be expressed, "These are my personal limits and possibilities for MAKING A PLACE amongst others." At the same time, the child is aware of his or her situation in life, and evaluates environmental opportunities as openings for advancement, as if to say, "This is what is open to me in life, and this is what stands in my way" (p. 25). [See SELF-ESTEEM/SELF CONCEPT; LIFESTYLE.]

The raw material with which the INDIVIDUAL PSYCHOLOGIST works is: The *relationship* of the individual to the problems of the outside world. The INDIVIDUAL PSYCHOLOGIST has to observe how a particular individual relates himself to the outside world. This outside world includes the individual's own body, his bodily functions, and the functions of his mind. He does not relate himself to the outside world in a predetermined manner as is often assumed. He relates himself always according to his own interpretation of himself and of his present problem. His limits are not only the common human limits, but also the limits he has set himself.

It is neither **heredity** nor **environment** that determines his relationship to the outside world. **Heredity** only endows him with certain abilities. **Environment** only gives him certain impressions. These abilities and impressions, and the manner in which he "experiences" them - that is to say, the interpretation he makes of these experiences - are the bricks that he uses in his own "CREATIVE" way to build up his attitude toward life. It is his individual way of using these bricks - or in other words, it is his attitude toward life - that determines his relationship to the outside world (Adler, 193 5, p. 5).

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

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. Somehow I've not gotten around to it until now, 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 who procrastinate most.

Dyed-in-the-wool procrastinators are generally over 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 obtaining 95% success on a project but not so the overly ambitious person. All the suc-

cess 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 adopts 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?" - "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 2017 CONFERENCE MARCH 3 & 4, 2017



Presenter - Marion Balla, MEd, MSW, RSW

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 has gained recognition across Canada and internationally for her expertise, her dynamic speaking style, and her skills as a facilitator, workshop leader and trainer. Marion has built her credentials over a 35-year career in counseling and consulting. With a Master in Education (Counseling) and a Master in Social Work (Direct Intervention), she specializes in family, individual and couples therapy.

As a consultant, presenter and trainer with clients in government, public health and social institutions, business and various professions, Marion is an expert in a broad range of workplace and organizational performance issues, including team building, communication skills, conflict resolution and principles of progressive leadership. She has delivered keynote addresses and workshops on leadership, creative collaboration, work-life balance, parenting and many other subjects at national and international conferences. Marion became involved in Adlerian Psychology in the early 1970's and founded The Adlerian Counseling Group.

LOCATION: The Riverside Hotel, 2900 Chinden Blvd, Garden City, Idaho 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 - Marion Balla, MEd, MSW, RSW

"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

The ISIP Newsletter
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