



Idaho Society of Individual Psychology

The ISIP Newsletter

Volume 40, Number 1

September/October 2017

Save the Date!

March 2 & 3, 2018
ISIP ANNUAL
CONFERENCE

Presenter:



James R. Bitter, PhD

2017 Fall Training Calendar

– Series Workshops –

Fall Workshops - *The Series*

September 22 & 23	POCATELLO	#2 Adlerian Psychotherapy
September 29 & 30	BOISE	#3 Adlerian Family Therapy
October 20 & 21	LEWISTON	#1 Adlerian Theory

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

October 13 & 14	BOISE	Presenter: Wes Wingett, PhD From Personal Perception to Community Feeling: An Adlerian Journey
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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

Thank you to our

Conference
Sponsors!



BestNotes

ISIP thanks and is grateful for their support!

2018 Spring Training Calendar

– Series Workshops –

Tentative

Spring Workshops - *The Series*

April 20 & 21	BOISE	#1 Adlerian Theory
April 27 & 28	LEWISTON	#2 Adlerian Psychotherapy
May 11 & 12	POCATELLO	#3 Adlerian Family Therapy

Spring Workshop - **Advanced**

(open to Series graduates ONLY)

May 4 & 5	BOISE	Topic to be determined.
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DEMONSTRATIONS! DEMONSTRATIONS!

Agency supervisors: please share this with your staff!

Agency staff: please share this with your supervisors!



For live excerpts of Conference presenter demonstrations, please visit www.adleridaho.org (under the Training Videos tab).

This is what Adlerian Psychology training is all about – doing psychotherapy!



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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Idaho Society of Individual Psychology

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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.



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The New York Times

February 28, 1971

by MAGGIE SCARF

Continued from previous newsletter....

In Adler's view, true contact with others counteracted a person's tendency to form the kind of irrational fictitious goal which would lead to his isolation and estrangement. The neurotic, in his fruitless striving for self-esteem, mistakenly exploited those around him. The therapist's role, maintained Adler, was to perform what is rightly the function of the mother: to give the patient experience of a loving contact with another person, and then help him to transfer this awakened social feeling to others. The prime effort was to bring the patient's private goal into agreement with general human interests - for when a man operated on "private logic" he became ill and useless. "All failures in life - neurotics, psychotics, criminals, drunkards, problem children, suicides, perverts and prostitutes - are failures because they are lacking in social interest. They approach the problems of occupation, friendship and sex without the confidence that they can be solved by cooperation. The meaning they give to life is a private meaning... their interest stops short at their own person."

Adler's system of psychotherapy stressed - as Individual Psychological treatment continues to do - the importance of early recollections. Adler believed the memory was biased and that an individual retained only that which was central to his main problems and preoccupations. He also worked with the patient's dream material - but an Adlerian dream interpretation was far different from a Freudian one.

For instance, in a dream of flying up and then suddenly falling, a psychoanalyst would probably see sexual symbolism related to impotence; an Adlerian would view the same dream as related to a fear of failure in any one of a variety of daily activities, such as work, social relations or, indeed, sexuality. Adler saw no universal sexual symbolism in the dream: he thought each dream a unique creation which had to be interpreted in the light

of the patient's line of movement, and often as a signpost pointing the direction he unconsciously was preparing to take.

As Dr. Kurt Adler, Adler's son and a leader in the current individual Psychological movement, explains: "Our methods of therapy revolve around, first, helping the patient to understand his mistaken life style and the real nature of his goal by slowly elaborating upon these topics and gently elevating them into conscious knowledge. Then, in helping him to use this insight in his everyday life; we do this by discussing with him his successes and failures. But the crucial part of the process is his learning to relate to the therapist, and subsequently becoming able to extend that feeling outwards, to increase his feeling of belonging, of his humanity... so that he's able to begin to cooperate.

"What I'm speaking of is essentially a process of socialization that the patient goes through during therapy. It's something he has failed to learn sufficiently during his development; he's held on so anxiously to his self-protective devices. What the patient must learn is to give, to share, and eventually - a point my father considered vital - he must come to see that his self-interest is really best served if his behavior benefits others as well as himself."

In 1937 Adler, whose personal appearances were in growing demand, embarked on a heavy speaking tour in Europe. Just as he was leaving he learned that the eldest of his four children, Valentina, who had fled the Nazis and gone to Russia with her husband, had been arrested by the Russian authorities.* He began making frantic attempts to get news of her and to send a message. In Holland, he suffered a minor heart attack. He continued on to England, and then to Scotland. On the fourth day of his tour, he collapsed on a sidewalk and died on the way to the hospital.

Shortly after the funeral, which took place in Edinburgh, Freud received a letter from the

Alfred Adler: 'His Ideas Are Everywhere'

German writer Arnold Zweig. Zweig mentioned how moved and saddened he had been by the news of Adler's sudden death. But the enmity of almost 30 years persisted, and Freud replied coldly, "I don't understand your sympathy for Adler. For a Jewish boy out of a Viennese suburb a death in Aberdeen is an unheard-of career in itself and a proof of how far he had got on. The world really rewarded him richly for his service in having contradicted psychoanalysis."

*Eventually, the family learned, through the intercession of their friend Albert Einstein, that Valentina had died in a Soviet concentration camp sometime during the war.

Adler's reputation sagged after his death. A number of Adlerian clinics closed down, *The International Journal of Individual Psychology* was discontinued, as were the activities of most of his European followers. Dr. Rudolf Dreikurs, now a prominent Chicago psychiatrist, recalls how in the late 1930's he was warned against revealing his identity as an Adlerian "for fear of professional discrimination."

Nevertheless, in the years just after the war, Individual Psychology began a steady return to life: new societies were formed; tired old groups experienced a spurt in growth; new periodicals were started and training centers established. Now, according to Dreikurs, the movement is growing at an astonishing rate, especially in the U.S. "To gauge its influence is utterly impossible," he says. "Any statement made at one moment is outdated in the next."

There are now Individual Psychological associations all over the world, including places as unlikely as Crete and Cyprus. In New York, the Alfred Adler Mental Hygiene Clinic is directed by a daughter, Dr. Alexandra Adler, with the assistance of Dr. Kurt Adler, a son. There are some 250 Adlerian psychiatrists in the city, including the well-known Dr. Danica Deutsch and Drs. Ernst and Helene Papanek. - M. S.

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

This article was first used in the Nov/Dec 2007 ISIP Newsletter. Most of us will not remember that, and even if you do, I trust you will agree... it's worth reviewing for the sense of courage it may evoke in you.

THE COURAGE TO BE IMPERFECT

The psychologist Sophie Lazarsfeld coined this phrase. According to H. L. Ansbacher's biographical note (Ansbacher, 1966, p. 152), Lazarsfeld was a therapist, writer, and Adlerian activist who joined the Vienna Individual Psychology Society after World War I. She first used the phrase in 1925 at the Second International Congress of Individual Psychology in Berlin. She later expanded on the idea, cautioning that "Adler viewed perfection as an ideal which can never really be reached," that there is a difference between "*sound* striving for perfection and the *NEUROTIC* wanting to be perfect [*italics added*]," and that in psychotherapy people "learn to face their own imperfection... They acquire the **courage to be imperfect**" (Lazarsfeld, 1966, pp. 163-164).

According to Terner and Pew (1978), Dreikurs (having given proper credit to Lazarsfeld) popularized the phrase and it "came to be a leitmotif in his work" (p. 88). Dreikurs was concerned that perfectionism permeated the society and led to everyone's being mistake-centered rather than success-centered, focused on what people did wrong rather than what they did right. He concluded that since schools and enterprises of all kinds emphasize mistakes, the COURAGE of both children and adults is undermined until they lose confidence and HESITATE to act.

Terner and Pew (1978) cite as seminal a speech delivered by Dreikurs in 1970 at the University of Oregon in Eugene, excerpted below.

To be human does not mean to be right, does not mean to be perfect. To be human means to be useful, to make contributions – not for oneself, but for others – to take what there is and to make the best of it. ... We have to realize that we're good enough as we are; we never will be better, regardless of how much more we may know, how much more skill we may acquire, how much status or money or what-have-you. If we can't make peace with ourselves as we are, we never will be able to make peace with ourselves. This requires the **courage to be imperfect**; requires the realization that "I am no angel, that I am no super-human, that I make mistakes, that I have faults. But I am pretty good because I don't *have* to be better than the others" – which is a tremendous relief. ... If we learn to function – to do our best regardless of what it is – out of the enjoyment of the functioning, we can grow just as well, even better than if we drove ourselves to be perfect (p. 289).

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@olyopen.com

Volunteers Needed as We Grow!

Thank you for being a member of Idaho's Adlerian training organization. Idaho Society of Individual Psychology is now a model for the Adlerian affiliate organizations in the United States and Canada. We have been blessed to have great presenters who have shared their skill, talent, and generosity of spirit. We also appreciate those that have assisted in the past by volunteering with Annual Conference set-up, *Series* trainings, and Advanced trainings.

I am very grateful for this organization and for the teachings of Alfred Adler. Central to Adler's teachings is the ongoing need for encouragement in life. Individual Psychology helps us all "understand" life's challenges and confusing events. For example, we all know that personal challenges can hinder a person's development while perhaps another person may "appear" to travel an unobstructed path toward the attainment of his or her goals. Still, Adler's teachings show us that looking for superiority or inferiority may reap very narrow, constricting, self-assuming, and socially disconnected emotional results – and at the expense of one's peace of mind.

Adler encouraged improving our individual talents while additionally engaging in constructive involvement with our fellow beings. Our personal challenges can never eliminate the opportunity for individual growth and development. Ironically, we often find that our most significant personal accomplishments occur amid life's most difficult and undesirable challenges. Such it was with Adler – he experienced significant challenges while selflessly teaching others how to courageously meet life's demands.

With the growth we have experienced, ISIP's Board of Directors realizes the need for more input from members. Specifically, the Board would benefit from your volunteer assistance by offering your expertise in selective areas of:

- Website Appearance
- Marketing and ISIP Promotion
- Membership Committee
- Regional Contact person
- Book Club organizer
- other areas identified as important to our growth

Your participation could involve participation in one of the above mentioned areas.

Thank you for your consideration of volunteering with the Idaho Society of Individual Psychology. If you would like to participate, please e-mail me at twwarstadt@yahoo.com

Appreciatively,

Ted W. Warstadt
President of the Board of Directors
Idaho Society of Individual Psychology



The History of ISIP's Training Program

by Dale Babcock, Past President and Member Emeritus

The Idaho Society of Individual Psychology was chartered in 1977. ISIP's sole purpose is to encourage the use of Adlerian ideas in therapy and life. The first Conference was held the following year. ISIP has continued to have an Annual Conference since its inaugural one, with the Board choosing the presenters. The Board also sends representatives to the National Adlerian Conference to look for speakers who have the energy, knowledge, and the ability to do demonstrations with Adlerian theory and practice. In 2001, the Board began "*The Series*", which is a series of three classes. Dr. Steve Maybell was the first presenter and is the author of this *Series*. Dr. Maybell has also written several books including *Calming The Family Storm*. Steve was also willing to give of his time and ideas to ISIP. ISIP would not be what it is today without his contributions. Steve studied with Robert Powers who studied with Rudolf Dreikurs. "*The Series*" is three classes which study Adlerian Theory of Personality Development and Family Functioning, Adlerian Psychotherapy, and Adlerian Family Therapy. At this time, more than 330 have completed the series. Thank you, Steve.

Participants of *The Series* have asked, what now? The Board decided to add the Advanced Series, which began in 2005. The Advanced Certificate is earned by taking an additional five classes and attending an additional Conference. At this time, more than 65 participants have earned the Advanced Certificate. The main presenter of our Advanced Series has been Wes Wingett. He presents all over the world with his dynamic style and his demonstrations are often compared to Alfred Adler's. Wes also reaches out to the community when he is here, touching the lives of many others. Thank you, Wes.

The Advanced Series continues to have the best of the best as presenters. Frank Walton has presented on Family Therapy and he is known to be the best in the Adlerian world in the area of family therapy. He also studied with Dreikurs. Jim Bitter has presented on Group Therapy to the Advanced group, as well as presenting at the Conference many times. ISIP likes to claim Jim as our own, as he earned his doctorate at ISU. He has done much writing in the Adlerian area along with being an international speaker. He studied with many skilled Adlerians, among them Virginia Satir. Jim also does amazing demonstrations. Thank you, Jim for the donation of your time and ideas.

ISIP provides the most
Adlerian training anywhere
in the nation.

I am not able to name all of the Hall of Fame presenters ISIP has had come to Boise. Due to the history of top-notch presenters, most of the NASAP presenters consider it a real honor to be selected to present at an ISIP function here. ISIP provides the most Adlerian training anywhere in the nation.

ISIP's Conference is one of the largest in attendance of the Adlerian ideas in the nation. We have been very lucky to have the quality of presenters at our training. No one in the nation has had better training in Adlerian psychology than ISIP. The Board, and you as participants, have made this happen. This is supported by our current presenter, Dr. Jim Bitter stating, "*This new plan envisions the development of a growing number of NASAP affiliates, which will become the heart and soul of Adlerian Psychology and Adlerian training across North America. I don't believe we have put it quite this way before, but my goal would be the development of a NASAP affiliate in every state and province within the next twenty-five years. In these affiliates, conferences would be held; training and education would take place; certification would happen; and maybe even the next generation of scholars would emerge. In this sense, NASAP, over the next few – maybe many – years will become more of a network of organizations rather than a central organization. We may even get to a point – I know this will be many years down the line – where Conventions happen annually in affiliate sites, and we have a National Convention, perhaps once every three years. All of that is still to be developed.*"

I emailed him saying that this sounds a lot like ISIP. Jim's reply was, "*You are so right!! I want an Idaho-type affiliate in every state.*"

Thank you Board, Executive Director Tom McIntyre, and each of you for helping make ISIP what it is today!

Edgar's Corner

It was Mark Twain, I believe, who wrote that humans were the only creatures on earth that cried – and had good reason to. Although Mark Twain grew increasingly bitter in his later years, there is a good deal of reason for optimism contained in his words.

We do have reason to cry. We humans can envision a better world, we can imagine how we, as individuals, would like to be. We, in other words, can and do have ideals and aspirations for ourselves, for our children and for all the peoples of this world. We can also fall far short of our dreams. But a main aspect of being human is to be free from the confines of this time, this place, this way of living our lives. This capacity we probably do not fully share with any other creature.

Not only can we dream our dreams, we can and do set out to make our dreams into reality. We can imagine a world in which people live together as persons of equal worth despite differences. We can dream of a world in which people, despite differences in age, sex, economic power, education, race or religion are accorded equal dignity and respect. Then we can work to create such a world.

Somehow, I believe that slowly we are struggling to build such a climate in this great land of ours. To be sure, the battle is not easy. Sometimes, we all feel that the very fabric of our system is being stretched to the point of just plain falling apart. When our comfortable and predictable niche in life is disturbed by all this, we all become fearful. For example, the most active and organized opposition to the “feminist” movement has come from other women. Our children no longer seem so willing to do what they are told – and that makes all of the adults vaguely uneasy, especially parents and teachers.

An event some time back, which happened in Seattle, Washington helps me remember that we are indeed moving in the right direction. It was very early in the history of kidney dialysis machines. The art was past the experimental stage, but there were only a few available machines, not nearly enough to serve the needs of people dying of kidney disease. A hospital in Seattle acquired the first, and at the time, the only kidney dialysis machine in the state.

The medical community evaluated the existing kidney

After All, I'm Only Human

by Thomas E. Edgar, Ed.D.

patients and found that there were more patients with sound medical reasons to have access to the machine than the machine could handle in a week. What to do? The hospital selected a group of persons representative of the city and charged them with the awful task of deciding who should be given the treatment, and live, and who should be denied the dialysis, and die. Remember, all the patients who were to be considered by the committee had sound medical reasons for the treatment – they were otherwise in good health. The list given to the committee included people like the following:

1. A 16-year-old high school student, a young woman who was a cheerleader in her school.
2. A 37-year-old prostitute presently in the county jail.
3. A young female nuclear physicist, age 29, who was engaged in important research in cancer treatment.
4. A 45-year-old protestant minister.
5. A male, 39-years-old, who was an FBI agent. He had 5 children.
6. A 14-year old young black man who played soccer and football on his junior high school team.
7. A homemaker, age 27, who was 6 months pregnant.

If you were on the committee, how would you have decided? Assume that only five of the seven could be chosen. Think for a moment what would be the basis for your choice, given the sketchy information you have to work with? Make your list, if you can.

What happened in the real situation? The committee, after many long and difficult sessions, selected those to have the treatment by lottery. They put all the names in the container and selected the recipients-to-be randomly.

Somehow, behind this decision, lies the fundamental belief that all people have an equal right to be seriously considered despite obvious differences. This committee simply could not find their fellow human beings to be of more or less worth based on any measured or measurable characteristics they possessed. Down deep, we all know this. Sometimes we forget, but I think we are getting there slowly and with hard work. I think we deserve credit. Remember, not only ducks and geese get down on themselves – sometimes we humans do, too.

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



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. Together with Drs. Oscar Christensen, Clair Hawes, and Bill Nicoll, he is a founding faculty member of the Adlerian Training Institute based in Port St. Lucie, Florida.

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."
Wes Wingett & Steven Maybell

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Includes 3 hours of
ETHICS!**

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