



Idaho Society of Individual Psychology

# The ISIP Newsletter

Volume 28, Number 3

January/February 2006

## Annual Conference

Please come join us March 3 & 4 at the Annual Conference. Behind these words you will see subtle images meant to represent images of RESILIENCE. Bill Nicoll, a national and international presenter, will present "Fostering Client Resilience: Developing Competencies versus Treating Pathology." The underline is mine and I will add that individual resilience is vital to us all – client and counselor! I don't know what you are noticing as you read and study articles in our field, but I am seeing the word RESILIENCE popping up all over. Bill is onto something and he will deliver! See you in March!



Idaho  
Society of  
Individual  
Psychology

### Fostering Client Resilience:



Developing Competencies  
versus  
Treating Pathology

**ANNUAL CONFERENCE  
MARCH 3 & 4, 2006**

**Dr. William G. Nicholl, Ph.D.**

**Building Strengths –  
Couples, Family, Youth**

**HOLIDAY INN**  
3300 Vista Avenue, Boise, Idaho  
(208) 344-8365

## Maybell Memos

In the last newsletter we indicated a *new feature* would be introduced – Steven Maybell articles. These will be selected from one of the three workshops, which are presented in a *Series*, one each May and October in Boise. The same series is offered in collaboration with NASW in Lewiston and Pocatello and offered each Spring and Fall. Below is the schedule that was provided in a brochure mailed out last month. The brochure was titled "IMPORTANT ANNOUNCEMENT TO ALL HELPING PROFESSIONALS!!!" In it, the *Series* was described which leads to a Certification of Professional Studies in Adlerian Psychology. Please contact us if you did not receive one or need it replaced.

### – Series Workshops –

<b>BOISE</b>	May 5/6	#1 Adlerian Theory
	October 6/7	#2 Adlerian Psychotherapy
<b>LEWISTON</b>	April 21/22	#2 Adlerian Psychotherapy
	October 20/21	#3 Adlerian Couple & Family Therapy
<b>POCATELLO</b>	May 19/20	#3 Adlerian Couple & Family Therapy
	November 3/4	#1 Adlerian Theory

ISIP believes in, and is dedicated to, offering something UNIQUE from ALL the training, conferences, and workshops available to the helping professionals in the state of Idaho.

### A COMPREHENSIVE, STRUCTURED AND USEFUL MODEL OF COUNSELING, THERAPY, AND SELF-AWARENESS FOR PERSONAL GROWTH.

To more effectively meet ISIP's objectives, the training series began October 2001. Last year a program of ADVANCED Adlerian Psychology was added. We encourage you to jump right in, if you haven't already started, and be prepared for a rewarding experience.

Having said that, permit me to say a word about the first offering from Maybell's training packet. When you attend one of these workshops you will walk away with a handout packet of knowledge like no other. (Who doesn't want to reduce the note-taking as much as possible in an educational setting?)

The new section, "*Maybell Memos*" begins on page 3. The pie chart is a wonderful summary, all be it a bit busy, of Adlerian Psychology. Each "pie" section is then elaborated in detail on the following three pages. The article is placed in the center as a pull-out for your resource file. If you want to help your supervisor support you in this training, here could be a good place to start to help one get an idea of what Individual Psychology is about – and why the training is a valuable investment in time and cost. Cost? Where can you get a deal like this – two days training, CEUs, and Graduate Continuing CEU for a price far below any workshops costs we have checked. The "elaboration" sections present quotes that are underlying, basic common sense of principles to live by and use in our relationship with the self and others, both professionally and personally. I encourage you to select a favorite quote from each of the sections, write them down and periodically review them. Perhaps it would cause a positive affect effect?

*By Tom McIntyre (Your comments and thoughts are welcome!)*



**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?

## NEW ISIP WEBSITE

We plan to build to a full range of professional articles, workshop and conference announcements, news postings, conversation forums, and additional resources. So come take a look at our new home, and visit regularly to check us out!

<http://adleridaho.com>

## The ISIP Newsletter

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P.O. Box 284, Boise, Idaho 83701

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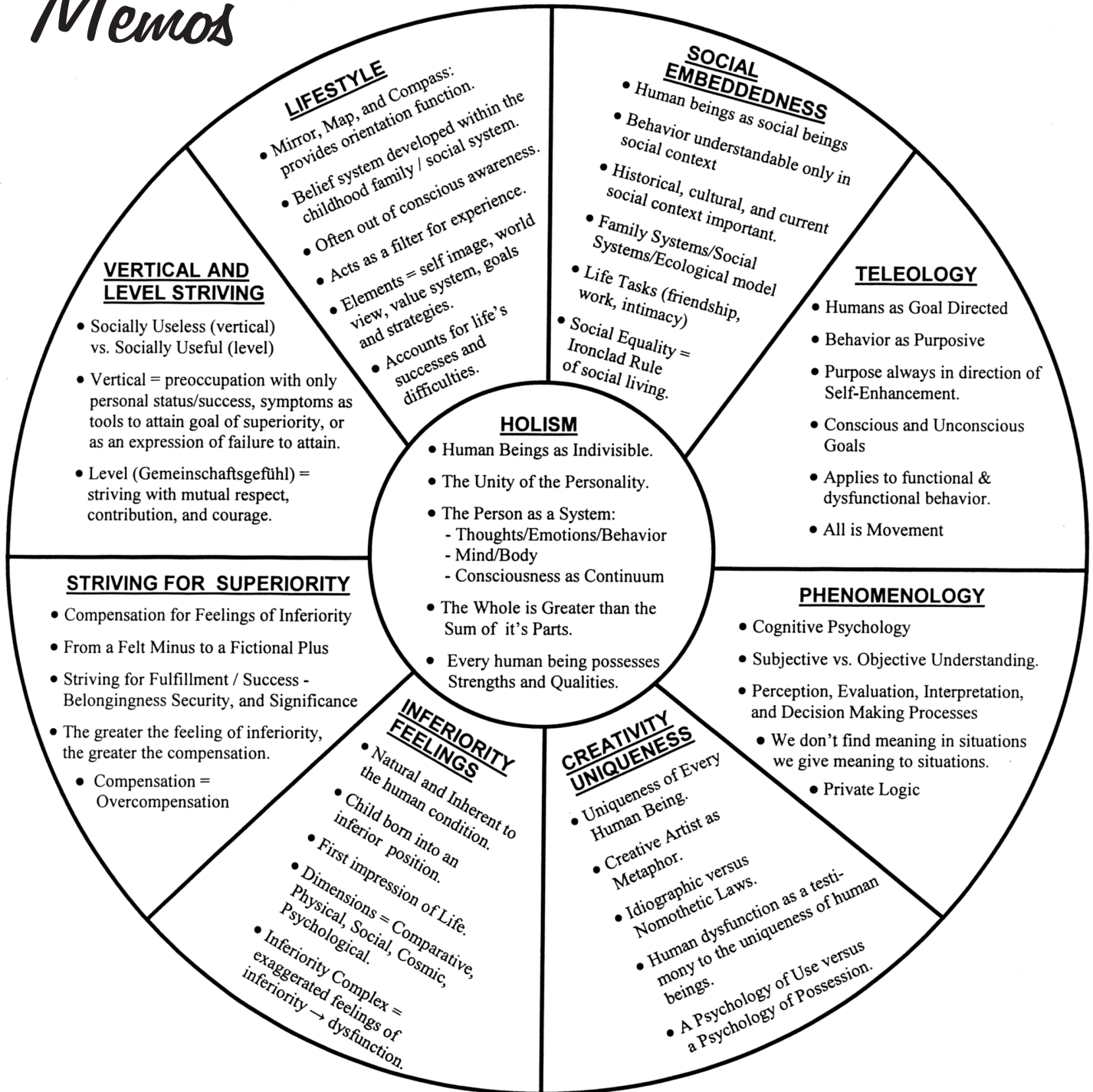
We encourage readers to send news, suggestions, ideas and opinions.

## 2005-2006 ISIP BOARD

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# Maybell Memos

## Adlerian Psychology Theory of Human Behavior



Theory in Brief: The Indivisible Person, Indivisible from the Social World,  
Strives for Goals of Security, Significance and Success, based on a  
Self-Created Philosophy of Life.

## Quotes (IP 101) Adlerian Theory

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Steven A. Maybell, Ph.D.

### Holism

- 1) *The whole is greater than the sum of it's 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 and 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, they 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)



## Teleology

- 12) *The mysterious creative power of life is teleological, it expresses itself after a goal, and in this striving every bodily and psychological process is made to cooperate. (Alfred Adler)*
  - 13) *Merely to institute a random movement from moment to moment would never be enough, there must be a goal for the strivings. (Alfred Adler)*
  - 14) *All is Movement. (Alfred Adler)*
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## Phenomenology

- 15) *In a word I am convinced that a person's behavior springs from his ideas. We should not be surprised by this because our senses do not receive actual facts, but merely a subjective interpretation of them. (Alfred Adler)*
  - 16) *It is not the child's experiences which dictate his actions, it is the conclusions he draws from his experiences. (Alfred Adler)*
  - 17) *Meanings are not determined by situations, but we determine ourselves by the meaning we give to situations. (Alfred Adler)*
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## Creativity / Uniqueness

- 18) *The individual is the both the picture and the artist, he is the artist of his own personality. (Alfred Adler)*
  - 19) *Do not forget the most important fact that not heredity and not environment are determining factors. Both are giving only the frame and the influences which are answered by the individual in regard to his styled creative power. (Alfred Adler)*
  - 20) *The directed utilization of instincts and drives, as well as impressions from the environment are the artistic work of the child and cannot be understood in the sense of a psychology of possession, but only of a psychology of use. (Alfred Adler)*
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## Inferiority

- 21) *To be human means to feel inferior. If we consider that every child is actually inferior in the face to life and could not exist at all without assistance from those close to him, if we focus on the smallness and helplessness of the child which continues for so long and which brings about the impression that we are hardly equal to life, then we must assume that at the beginning of every psychological life there is more or less a deep feeling of inferiority. (Alfred Adler)*
- 22) *It is not the sense of inferiority which matters, but the degree and character of it. (Alfred Adler)*
- 23) *The abnormal feeling of inferiority has acquired the name 'inferiority complex'. (Alfred Adler)*

## Compensation

- 24) *It is the child's helplessness, clumsiness, and insecurity which necessitates the exploration of possibilities... for the purpose of constructing a bridge into the future where resides greatness, power and satisfaction. The construction of the bridge (the process of compensation) is the most important achievement of the child, because otherwise he would find himself without composure, guidance, or comfort in the midst of overpowering impressions...* (Alfred Adler)
- 25) *The whole of human life never proceeds along this great line of action – from below to above, from minus to plus, from defeat to victory.* (Alfred Adler)
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## Striving for Superiority (Fulfillment)

- 26) *It is the striving for superiority which is behind every human creation.* (Alfred Adler)
- 27) *I began to see clearly in every psychological phenomenon the striving for superiority (fulfillment). It runs parallel to physical growth and is an intrinsic necessity of life itself.* (Alfred Adler)
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## Vertical Striving

- 28) *Once the goal of superiority is made concrete, there are no mistakes made in the style of life. The habits and symptoms of the individual are precisely right for attaining his concrete goal... Every problem child, neurotic, and addict are making the proper movements to achieve what he takes to be a position of superiority. It is impossible to attack the symptoms by themselves, they are exactly the symptoms he ought to have for such a goal.* (Alfred Adler)
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## Level Striving (Social Interest / Community Feeling / Gemeinschaftsgefühl)

- 29) *Superiority striving (striving for fulfillment) can take place in a satisfactory way and lead to a proper feeling of worth only on the useful side, in the developed social interest, where the individual senses himself as valuable. Valuable can mean nothing other than valuable for human society.* (Alfred Adler)
- 30) *Every human being strives for significance, but people will always make mistakes if they do not recognize that their own significance lies in their contribution to the lives of others.* (Alfred Adler)

# Edgar's Corner

## The Personal Priorities We Pursue in Life

by Thomas E. Edgar, Ed.D.

While life may be defined as movement, that movement is not chaotic nor random. Humans have the ability to give meaning and direction to their own lives. That direction can be seen as following the personal priorities of the individual, which are too often unknown to the person. When the priorities being pursued become known to the person, they can be changed. Our movement in life can also be interpreted as moving away from that which is to be avoided at all costs. But with a change in the priorities pursued in life will certainly come a change in the direction of movement.

The most common personal priorities are: comfort, control, pleasing, and superiority. Today, we will examine and attempt to identify the priorities we are each pursuing in our lives. Each priority has a price, and each has a gain for the person. When the cost begins to exceed the gain, the person feels unhappy, or discontent. Let's look at each priority in some depth now.

### Importance to belonging in life

Comfort

Pleasing

Control

Superiority

### To be avoided at all costs

Stress

Rejection

Humiliation

Meaninglessness

Every priority will be achieved at some price, and will evoke certain reactions in those who are most close to us. Different people will seek different ways to move in the direction of their own priorities. Here is a short summary of the prices paid, the common reactions of others, and the outward appearances common to each priority:

### Superiority

Others often feel inferior or guilty.

Forms: being competent, being right, being a martyr (see how nobly I suffer).

The price is over-involvement, over-responsibility, fatigue, stress, and uncertainty about one's relationships with others.

### Control

There are really two forms – self control and control over circumstances and over others.

1. Others feel, in the presence of a person with the priority of self control, frustration and annoyance, usually leading to distancing and isolation.

2. Around a person bent upon controlling others and circumstances, are feelings of frustration, challenge, and resistance.

The price is distance from others, loneliness, and isolation. Another cost is diminished spontaneity and creativity.

### Pleasing

Others do not respect them, since they do not respect themselves. There are two kinds of pleasers – active ones and passive ones. The active pleaser will seek ways of pleasing others, while the passive ones will go to almost any length to avoid displeasing others. Often there are feelings of frustration, disgust, and exasperation in those around the pleaser.

The price is stunted growth, retribution, and alienation from others. Personal needs are unmet.

### Comfort

To others it appears that comfort seekers will go to any length to get what they want **now**, with disregard for the interests of others. They appear self-centered. Annoyance is the most common reaction.

The price to a person with this priority is diminished productivity, since comfort-seekers often shirk responsibility and the challenges that go with it.

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*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 2006 CONFERENCE

## *Fostering Client Resilience: Developing Competencies versus Treating Pathology*

Dr. William Nicholl, Ph.D.

**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.

<b>COST:</b>		<b>Full Time Students</b>	
Both days	\$150.00		\$115.00
Friday only	\$105.00		\$ 90.00
Saturday only	\$ 95.00		\$ 80.00
Friday Evening only	\$ 10.00 - N/C with daily attendance		

*Registration includes breakfast both days, a hosted Friday lunch, all breaks and ISIP membership.*

**DATE:** March 3 & 4, 2006

**LOCATION:** Holiday Inn Airport, 3300 Vista Avenue, Boise, Idaho 83705

**FOR RESERVATIONS** call: (208) 344-8365 or (800) 465-4329

**For more information call (208) 344-7194.**

**Time to  
REGISTER!**

**LATE CHARGE AFTER  
FEBRUARY 11 - \$25**



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**IDAHO SOCIETY OF INDIVIDUAL PSYCHOLOGY CONFERENCE**  
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