



Idaho Society of Individual Psychology

# The ISIP Newsletter

Volume 37, Number 3

January/February 2015

## Save the Date!

March 6 & 7, 2015  
ISIP ANNUAL  
CONFERENCE

Presenter:



Wes Wingett, Ph.D.

## 2015 Spring Training Calendar

### – Series Workshops –

#### Spring Workshops - *The Series*

April 17 & 18	LEWISTON	#2 Adlerian Psychotherapy
April 24 & 25	POCATELLO	#3 Adlerian Family Therapy
May 1 & 2	BOISE	#1 Adlerian Theory

#### Spring Workshop - **Advanced** (open to Series graduates ONLY)

May 15 & 16	BOISE	<i>Making A Difference - Teachings That Bring About Change</i>
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Jim Sulliman, PhD presenter

**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: [tommytmcintyre@gmail.com](mailto:tommytmcintyre@gmail.com)

## THANK YOU to our MEMBERS!

When you attend any of the ISIP events, you are a Member! No "special" membership dues to qualify for a "membership" member registration rate.

Gemeinschaftsgefühl – I will get back to this in a moment.

This message is two-fold: First – to extend a "special" invitation, and request, to each of you to join us at the **ISIP Annual Conference – March 6 & 7**. Why special? Simply, because ISIP needs you for financial support. The 2013 Annual Conference attendance was 330. In 2014, the Conference attendance dropped by nearly 100.

The GREAT news is that the Conference still produced a profit and that profit, plus the two Boise workshop net earnings due in part to reduced fees of the presenters, plus donations, allow ISIP to continue the uninterrupted offering of *The Series* workshops in Lewiston and Pocatello. And, why is the last phrase meaningful? Because, far more often than not, Lewiston and Pocatello workshops incur losses.

The second purpose of this article is to say thank you!

Thank YOU for your attendance/membership.

Thank you ISIP members for your donations. In the spring of 2014 ISIP announced it had overextended its resources due to training expansion efforts in Utah and Oregon and substantial hearing impaired interpreter costs. You responded with \$1,560 in donations.

Thank you for a gift of a Mexican timeshare week and for collector item books that produced \$860 in raffle and silent auction income.

Thank you Jim Bitter and NASAP. Jim requested a donation request

through NASAP that resulted in \$422 from their members, including a donation from AdlerKorea.

Thank you presenters for saving ISIP \$2,000 in presenter costs.

And now to you members, I say thank you for your "Gemeinschaftsgefühl". One of Adler's key concepts of "Individual Psychology" is that of social interest. "Social interest" in German is "Gemeinschaftsgefühl," which translates as "community feeling," as opposed to one's private interests or concerns. One's "style of life" is the set of constructs and personal narratives one has devised in order to cope with being-in-the-world. If one has social interest then one evidences or enacts a "useful" style of life. "Individual" means "all is taken together," not separately – one part of the individual is not separate from another. A basic fact of humanity is that we are social beings.

We are weak and inadequate when facing the world alone. So our alignment with the group is a good indication of our ability to thrive, and have our personal needs met. Adler says social interest is an attitude or outlook towards furthering the welfare of others. It comprises then a set of beliefs about the relationship between actions and outcomes. Actions evidencing social interest cause a certain set of outcomes to occur, which are welfare-enhancing.

Thank you for enhancing the welfare of not only yourself, but of ISIP.

See you at the Conference!

– Tom McIntyre, Executive Director



**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 37, Number 3 January/February 2015

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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.

## 2014-2015 ISIP BOARD

President: David Teed	424-3105	Past President: Rodney Dotson	422-1145
President-Elect: David Teed	424-3105	Members at Large: Dale Babcock	888-7274
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		Brad Lambson	569-4316
		Edward Mowry	376-8747
		Executive Director: Tom McIntyre	344-7194

# Maybell Memos

## ADLERIAN PSYCHOLOGY'S VISION OF MENTAL HEALTH

*(Gemeinschaftsgefühl, Community Felling, Social Interest)*

Central Condition:	Related Concepts:
<b>BELONGINGNESS</b>	<ul style="list-style-type: none"> <li>• Feeling at Home</li> <li>• We are All in This Together</li> <li>• Holding a World View</li> <li>• Finding a Place of Significance</li> <li>• Connection to the Cosmos, Interrelatedness of all Life, Spirituality</li> </ul>
<b>VALUE SELF</b>	<ul style="list-style-type: none"> <li>• Worth One Whole Person</li> <li>• Belief in Ones Own Abilities</li> <li>• Self Esteem, Self Confidence, Self Worth, Self Respect</li> <li>• Self Encouragement</li> <li>• Self Awareness</li> <li>• Having Choices and accepting Responsibility for One's Choices</li> <li>• Having a Voice</li> <li>• Differentiation, A Solid Sense of Self</li> <li>• Boundaries, Limits, Responsible Self Protection</li> <li>• Self Development</li> <li>• Self Care</li> </ul>
<b>VALUE OTHERS</b>	<ul style="list-style-type: none"> <li>• Every Person is Worth One Whole Person</li> <li>• Empathy, Caring, Consideration, Respect</li> <li>• Seeing with the eyes of another, hearing with the ears of another, feeling with the heart of another</li> <li>• People Esteem</li> <li>• Sensitive to Differences</li> <li>• Accepts and Values Differences</li> <li>• Celebrates Differences</li> </ul>
<b>CONTRIBUTION</b>	<ul style="list-style-type: none"> <li>• Mutual Respect</li> <li>• Meaning and Purpose in Life</li> <li>• Encouragement and Empowerment</li> <li>• Responding to the Needs of the Situation</li> <li>• Helping to Shape the Community</li> <li>• Protection of Our Shared Natural Resources</li> </ul>
<b>SUCCESSFUL SOLUTION TO THE LIFE TASKS</b>	<ul style="list-style-type: none"> <li>• Mutual Respect in Important Relationships</li> <li>• Fulfillment in the areas of Intimacy, Friendship/Community, Work</li> <li>• Making love, making friends, making a living</li> </ul>
<b>COURAGE</b>	<ul style="list-style-type: none"> <li>• Determined, Brave, having a Voice for what's "Right"</li> <li>• Willingness to move forward in spite of anxiety, and without the guarantee of success</li> <li>• Psychological Muscle</li> </ul>

# 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

## INDIVIDUAL PSYCHOLOGY/ADLERIAN PSYCHOLOGY

From 1902 Adler was a leading participant in the circle of physicians and others who gathered to form the Vienna Psychoanalytic Society at the invitation of the founder of the group, Sigmund Freud. His relationship with Freud, whom he served as confidant and personal physician, was especially close. Later, as the Society took on a more formal character, Adler became its first president, and the co-editor of its first journal. By 1911, however, it was apparent that Adler's theoretical development was moving in ways that were not congruent with Freud's ideas.

Early in 1911 Adler was asked to present a series of papers over the course of three successive meetings of the Society, for the purpose of detailing and formally setting forth the lines of his developing theoretical distinctions. These were especially those referred to under the term, "MASCULINE PROTEST", which more and more clearly could be seen as a challenge, if not a refutation of Freud's "libido" theory. The consequent division that showed itself in the discussions that followed, while it was for the most part expressed in the polite language of scientific debate, was clearly acrimonious, and the differences between the two most important figures in the Society very quickly came to be seen as irreconcilable. Adler took the initiative, voluntarily resigned as co-editor of the journal and president of the Society, with about one third of the members, who began to meet with him in a separate group, which they called "The Society for Free Psychoanalytic Research."

The name was unmistakably pejorative. Within a short time Freud decreed that those who took part in the proceedings of the new group were no longer welcome at meetings of the original group. Adler had by this time begun to call his method "Comparative **Individual Psychology**" to give emphasis to (a) each person as a UNIQUE VARIANT of human possibility in his or her style of approaching the problems of social living (*Comparative*); (b) the UNITY of the organism and the personality as an indivisible whole, indivisibly EMBEDDED in a social and historical situation (*Individual*); and (c) the agency of the person, a "soul" to be understood by a focus on PURPOSE, not process (*Psychology*). Before long therefore, the new group took the name **Individual Psychology Society**, to underscore these emphases, which the German name was able to achieve in the single word, *Individualpsychologie*.

The English name, necessitating two words for its translation, has been misinterpreted as if it were meant to emphasize the identification and study of the individual in isolation from his or her social CONTEXT, an unfortunate and unintended deformity of Adler's meaning. Probably for this reason, among others, Adler's work has come to be more commonly known under the name **Adlerian Psychology**. [See COMMUNITY FEELING/SOCIAL FEELING/SOCIAL INTEREST; HOLISM; MASCULINE PROTEST; ORGAN INFERIORITY.]

**Individual Psychology** is probably the most consistent theory of the position of the individual to the problems of social living, and is in this sense, therefore, social psychology (p. 157).

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

## For Sale: Mother Tapes

by Thomas E. Edgar, Ed.D.

Over the ten years I served as Director of the Family Education Center at Idaho State University, I have observed that mothers generally have more problems in their relationships with children than do fathers. Probably 80% of those who come to the Center seeking help with their relationships to children are mothers.

Of course women do tend to seek out help much more readily than men. We men feel we must be brave, strong and competent at all times. Women are actually brave enough, strong enough, and competent enough to turn to others when they do need assistance. And, mothers often spend more time with children. But, I am thoroughly convinced that mothers overall generally do have less satisfying relationships with their children. Why is this so?

Mothers tend to accept the major responsibility for the socialization of children. Even if Mother works full-time, there is a strong tendency to feel obligated to be a full-time worker at home, too. Despite all the talk over the past decade or so, I have found that mothers still take the major role in civilizing children.

And how do they try to accomplish this? Too often by nagging and criticizing. Mothers seem to believe they can control the behavior of children by producing a great volume of words. It is much as if they believe they can maneuver a car through city traffic by merely beeping the horn.

Mothers seem to feel an obligation to follow children around saying such important treasures as: "Were you born in a barn?" "Don't pick your nose." "I said, don't eat with your fingers." "Comb your hair." "If you don't brush your teeth they will all fall out before you're 13."

I am thinking of marketing a Mother Tape which can be played on any cassette player. Many homes have some version of a cassette player and they are inexpensive to purchase. My Mother Tape would have all the common

criticisms recorded in a feminine voice. The children could turn on the cassette when they wanted to be nagged, or the mother could start the tape playing and then go read or go shopping or go off to work.

But, you say, "The children just wouldn't listen. They wouldn't hear. They wouldn't profit from the remarkable remarks of Mom."

I guess I'd have to say, in reply, "But what would be different? They don't really hear most of the criticisms now, and think of how much would be saved - both the time of the mother and the time of the children."

In truth, one way in which fathers and mothers differ pretty consistently is in the use of words and in the use of action. Fathers tend to talk far less in attempting to correct the misbehavior of children. They act much sooner and more predictably.

Mothers talk far more. They say, "This is the last time I'm going to tell you." Translation: You'll hear this at least five times in the next twenty minutes. Or they call up the stairs, "I'm not going to call you again. It is time to get up." Translation: You get at least three more shouts, each a little more angry than the one before.

Children who are generally much wiser and more aware than their parents usually know the real rules. They translate what we say into what they know we will do. They often do not hear what their mothers are saying. They are really mother deaf. They aren't ignoring the words. They really don't hear them. In considerable numbers of cases they are extremely wise to do since most of the nagging doesn't result in any action anyhow.

I have found in my practice that children tend to mind fathers more readily than they do mothers. The tendency of mothers to talk, to substitute words for action, I believe, explains this very well.

*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 2015 CONFERENCE

## *Facilitating Change Across the Lifespan*

Presenter - Wes Wingett, 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:** Wes Wingett has been a counselor in private practice in Norfolk, NE since 1978. Prior to entering private practice, Dr. Wingett had been employed as a counselor in a mental health center, a college program director, elementary school administrator and a junior high and secondary school counselor and teacher. Dr. Wingett received his bachelor's degree from Wayne State College, Wayne, Nebraska and his masters and doctorate in counselor education from the University of Wyoming. Additional graduate study was completed at the University of Vermont and the University of Northern Colorado.

Dr. Wingett's private practice focuses on providing individual, couple, and family counseling; consultation to educational institutions and business enterprises; and presenting Adlerian training in a variety of venues. He has conducted Adlerian based training in sixteen states, Puerto Rico, two provinces in Canada and five countries in Europe. He has been a student and teacher of Adlerian psychology for more than 35 years.

**DATE:** March 6 & 7, 2015

**LOCATION:** The Riverside Hotel, 2900 Chinden Blvd, Garden City, Idaho 83714

**FOR RESERVATIONS** call: (208) 343-1871

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



IDAHO SOCIETY OF INDIVIDUAL PSYCHOLOGY ANNUAL CONFERENCE  
*Facilitating Change Across the Lifespan - Presenter: Wes Wingett, PhD, LMHP*

*"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  
 P.O. Box 284  
 Boise, ID 83701-0284



**2015 ANNUAL CONFERENCE MARCH 6 & 7 Includes 3 hours of ETHICS!**

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