



Idaho Society of Individual Psychology

# The ISIP Newsletter

Volume 27, Number 2

November/December 2004

## OCTOBER WORKSHOP ADLERIAN TRAINING



Left to Right: Dale Babcock, Brenda Pichett, Kimberly Hoffman, Steve Maybell, Beverly Glouser, Loyce Crawford, Janet Gillespie, Tom McIntyre.

The October Workshop, held the 1st & 2nd, was another smashing success with Steven Maybell presenting to rave reviews – once again. It is hard to believe that in October the first (Adlerian Theory of Personality Development) in a series of three workshops leading to certification in Adlerian studies kicked off it's third year.

The experience is wonderful, so jump right in each May and October here in Boise. The program has begun in Lewiston and in October the second in the series was offered. We will follow the same format there as here in Boise and next year we plan to offer



the series in Pocatello.

The Lewiston and Pocatello series are co-sponsored with NASW who have been as enthusiastic about the opportunity as are those attending and completing the Boise series.

Here are some pictures of the action that took place with five more graduates. The graduate group now is approximately forty, so stay tuned you graduates. We will offer a "graduate" level course beginning next year.



## ***Counseling Strategies That Work... Adlerian Style!***

We hope you marked your calendar for our Annual Conference, March 4 & 5, 2005, which was announced in the last newsletter. It will be outstanding!

Bob Powers and Jane Griffith have visited us years ago and are regular presenters at NASAP (the North American Society of Adlerian Psychology). Bob is a spellbinder with his demonstrations, primarily regarding lifestyle. When you see him do his thing you will, in all probability, say, "How does he do that?" Come on down in March and he will let us in on this marvelous counseling strategy.

Jim Sulliman, another regular at NASAP will be binding a spell of his own. Several of our board members attending the NASAP conference in Myrtle Beach earlier this year reported that we had to get Jim to Boise. We did, and you will be informed and entertained, guaranteed!

All three of our presenters are past presidents of NASAP.



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.

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 . . .*



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

In November ISIP put up it's new website. We will have a full article on our website in the January/ February edition of this newsletter. We plan to build to a full range of professional articles, news postings, conversation forums, and additional resources. So come take a look at our new home, and visit regularly to see what we have added.

[www.alfredadleridaho.org](http://www.alfredadleridaho.org)

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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.

## 2004-2005 ISIP BOARD

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# 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.

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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.*



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Boise, ID 83701-0284

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**IDAHO SOCIETY OF INDIVIDUAL PSYCHOLOGY CONFERENCE 2005**  
March 4 & 5, 2005 – Dr. James Sulliman, Ph.D. – Boise, Idaho

# **ISIP 2005 CONFERENCE**

## ***Counseling Strategies That Work... Adlerian Style!***

**Dr. James R. Sulliman, Ph.D.**  
**with Robert L. Powers and Jane Griffith**

**WHO SHOULD ATTEND?** Teachers, Parents, Counselors, Social Workers, Corrections, Psychologists, Psychiatrists, Nurses, Pediatricians, Day Care Providers.

**WHY?** This is a unique opportunity to learn from outstanding Adlerian practitioners and teachers. Basic and underlying principles of Individual Psychology such as birth order, family constellation, gender, and techniques of encouragement will be wrapped in Adlerian strategies of changing perspectives and altering perceptions.

**COST:**

Both days	\$140.00 including Friday lunch
Friday only	\$ 95.00
Saturday only	\$ 85.00
Friday Evening only	\$ N/C

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

**DATE:** March 4 & 5, 2005

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

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



**Watch for your Conference Brochure to get all the details. For more information call (208) 344-7194.**