



Idaho Society of Individual Psychology

# The ISIP Newsletter

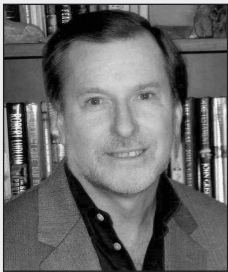
Volume 35, Number 2

November/December 2012

## Save the Date!

March 1 & 2, 2013  
**ISIP ANNUAL  
CONFERENCE**

Presenter:



**William G. Nicoll, PhD**

***A Resilience Focus for  
the Helping Professions***

## 2013 Spring Training Calendar

– Series Workshops –

### Spring Workshops - *The Series*

|               |                |                            |
|---------------|----------------|----------------------------|
| April 12 & 13 | SALT LAKE CITY | #1 Adlerian Theory         |
| April 19 & 20 | LEWISTON       | #1 Adlerian Theory         |
| April 26 & 27 | POCATELLO      | #2 Adlerian Psychotherapy  |
| May 3 & 4     | BOISE          | #3 Adlerian Family Therapy |
| May 24 & 25   | PORTLAND       | #1 Adlerian Theory         |

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

|             |       |  |
|-------------|-------|--|
| May 17 & 18 | BOISE | <i>Couples Counseling: Adlerian Style</i><br>Bob & Wendy Werth, Presenters |
|-------------|-------|--|

**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)

## ISIP Growth continues for Fall of 2012

ISIP's Workshops for the 2012 Fall Season have continued building rapport for Mental Health Professionals in Idaho and Utah. Oregon's Workshop was unfortunately canceled due to conflicts with their State Workshops for Counselors and Social Workers. The Oregon folks are looking forward to ISIP's return in the Spring of 2013 based on feedback from disappointed folks there. The comments and sharing from attendees in Oregon and Utah provide ISIP with a strong incentive to continue our outreach there. The Utah folks are building steam to create a State Society of Adlerian Psychology, and we are excited to see it and will help in any way we can. We also had our first Graduate of Basic Adlerian Studies in Utah this Fall. Congratulations to Paul France!

And really good news regarding attendance here in Idaho. Both the *Series* class and the Advanced class in Boise had in excess of 45 attendees and the Lewiston and Pocatello regions had more than 20. Adlerian training in Idaho is very much demonstrating stable or growing interests in the Adlerian model for Idaho Mental Health Professionals, thanks to you.

ISIP is looking forward to our Spring Conference in Boise featuring William G. Nicoll, Ph.D. This will be his second appearance in Boise for an ISIP Conference, and we are excited to have him share his Adlerian Approach!



**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 35, Number 2 November/December 2012

Published three times each year by: Idaho Society of Individual Psychology  
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.

## 2012-2013 ISIP BOARD

|                                   |          |                                     |          |
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# Maybell Memos

## The Art of Encouragement in Therapy

***Altogether in every step of treatment we must not deviate from the path of encouragement.***

(Alfred Adler in *The Individual Psychology of Alfred Adler*, page 342)

***Essentially Individual Psychology is a method of limitless encouragement.***

(Alfred Adler from *Individual Psychology*, page 27)

***Encouragement means... to restore the client's faith in himself, the realization of his strength and ability, and the belief in his own dignity and worth.***

(Rudolf Dreikurs from *Psychodynamics, Psychotherapy, and Counseling*, page 13)

***Therapeutic Encouragement is a deliberate communication conveyed through attitude, words and actions that sends that message that the client is worthwhile as she is, has strengths and resources to solve life's problems, and has the intrinsic ability to enhance her life and the lives of others.***

(Steven A. Maybell)

***Only the activity of an individual who plays the game, cooperates, and shares in life can be designated as courage.***

(Alfred Adler in *Superiority and Social Interest*, page 60)

***Courage is not the absence of anxiety, it is rather the capacity to move forward in spite of anxiety.***

(Rollo May in *The Courage to Create*)

***Courage means moving forward without the guarantee of success.***

(Robert L. Powers)

## ENCOURAGEMENT METHODS

### **Strengthening the Therapeutic Alliance**

All of the elements listed in "Elements of Encouragement" help "build the bridge" of the therapeutic relationship, strengthen and empower the client - building the client's courage to face life and to contribute to life.

### **Education**

Whenever we take the time to impart relevant information which increases the client's knowledge of their difficulties, their relationships, and strategies that are designed to effectively address their life challenges - clients are armed with new resources to move forward with enhanced courage. Education takes many forms, e.g. about relationship dynamics and skills, about stress and stress management, about loss and the grieving process, or about the dynamics of trauma.

### **Psychoclarity**

Helping client's to understand their own unconscious belief system and goal orientation, how it impacts their social field, and makes their difficulties "necessary" is ultimately encouraging. This empowers clients to see integrity in their own discouraging experiences, provides the impetus for considering new possibilities, and strengthens the client's courage.

### **Processing**

Taking the time to work through high impact experiences - losses and traumas, helps clients "move down the track" so to speak in their inner and outer worlds. This process provides empathy, validation, clarity, relief - stimulating movement forward. It lightens the client's psychological burden, and thus increases the client's courage to move forward in productive and contributive ways.

### **Generating New Possibilities of Meaning, Purpose, and Action**

The process of creating new possibilities with the client - enhances courage. Whether considering a new approach to a relationship or other life challenge, re-writing and reproducing early memories, re-creating client based metaphors or children's selfcreated stories - or other methods that open up new possibilities enhances courage.

### **Paradox**

An approach where the therapist takes the position of helping the client to appreciate - based on the client's life experiences and interpretation of those experiences, just how important and essential the symptom or dysfunctional behavior actually is ... is the ultimate in empathy, validation, respect, and empowerment.

# 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

## EARLY RECOLLECTIONS

**Early recollections** are stories of single, specific incidents in childhood which the individual is able to reconstitute in present experience as mental images or as focused sensory memories. They are understood dynamically; that is, the act of recollecting and remembering is a present activity, the historical validity of which is irrelevant to present PURPOSE. They are considered to be projective (Mosak, 1977), therefore, INDIVIDUAL PSYCHOLOGY understands **early recollections** as mirroring presently-held CONVICTIONS, evaluations, attitudes, and biases. Individuals usually retain only a few **early recollections** that come to mind in response to chance stimuli or upon inquiry, in either case without explicit awareness of meaning or purpose. They may be thought of by analogy to the myths of the peoples that validate and sanctify the practices and values of a cultural form (Powers, 1973).

As personal myths they are similarly held in memory and periodically REHEARSED for PURPOSES of individual identity and orientation. **Early recollections** are examined for their implications as they come to be reported in the course of therapy, either at the initiative of client or counselor. For example, in response to the client's report of a troublesome FEELING, the counselor may ask, "Can you remember the first time in your life you felt this way?" In the recollection that comes in response they may recover the CONTEXT of the original shock reaction, reappearing in the current FEELING as a caution or expectation directed toward an apparent similarity in the client's current situation and challenges. Further, the systematic gathering and interpretation of a set of **early recollections** is a component of LIFESTYLE ASSESSMENT. [See ERRORS/BASIC MISTAKES/INTERFERING IDEAS.]

Among all psychological expressions, some of the most revealing are the individual's memories. His memories are the reminders he carries about with him of his own limits and of the meaning of circumstances (p. 351).

There are no "chance memories": out of the incalculable number of impressions which meet an individual, he chooses to remember only those which he feels, however darkly, to have a bearing on his situation (p. 351).

The first memory will show ... [the individual's] fundamental view of life, his first satisfactory crystallization of his attitude (p. 351).

If we have found the real LAW OF MOVEMENT in an individual's recollections, we will find the same law confirmed in all his other forms of expression (p. 354).

Memory, like attention, is selective, in keeping with the economy of the mind and the PURPOSES of the individual. Actively to remember everything, even if it were possible, would so clutter and fill attention that it is difficult to imagine how we could endure it. The theoretical problem, therefore, is to account not for the fact that we forget so much (which is the burden of theories of repression), but rather for the fact that we remember what we do (Powers & Griffith, 1987, p. 185).

INDIVIDUAL PSYCHOLOGY is a theory of expression. It assumes that we retain these particular memories in order to maintain an orientation through time, to REHEARSE our UNDERSTANDING of the fundamental issues of life, and to provide ourselves with reminders of the reliability of our CONVICTIONS (Powers & Griffith, 1987, p. 185).

See Clark, A. J. (2002); Maniacci, M. P., Shulman, B., Griffith, J., Powers, R. L., Sutherland, I., Dushman, R., Schneider, M. F. (1998).

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

## How to Make Yourself Miserable

by Thomas E. Edgar, Ed.D.

We commonly believe that our feelings are caused by events and people around us. We often feel that our emotions are not really under our own control.

If you listen to yourself and to others you'll often hear us say things like "When I get a low grade, that really causes me to be depressed," or "That darned thoughtless neighbor really makes me mad," or "You make me so darned nervous when you do that!"

Notice that in each case the responsibility for the way the person feels is placed outside the person and even outside the possible control of the person speaking. In many ways this is nice and comfortable for all of us. I can say, "This is not my fault, my temper tantrum is your fault." To blame others for our anger or nervousness or depression allows us to evade responsibility for what we do or what we say.

Albert Ellis, a leading psychotherapist, claims that it is not what happens "out there" that causes us to be angry or hurt. Instead it is what we say to ourselves about what happens. A disadvantage of this point of view is that it holds us completely accountable for our own feelings. On the other hand, this way of looking at human behavior does give us the power to decide what we will say to ourselves and, in the end, to a great extent how we will feel about what happens in our lives.

Ellis presents an A, B, C, D, theory about our feelings. He says that some activating event (A) occurs and most of us experience an emotional consequence

(C). We say A causes C. We hear ourselves saying, "Your stupid behavior makes me embarrassed."

But Ellis says that it is what we believe (B) about what happens that leads us to feel a particular way.

Suppose George gets angry on the very same day at two different people. He tells them both off in no uncertain terms. Louise has the belief that people should like her all the time or she is worthless, a worm, or worse. Louise will probably become depressed or devastated by George's anger directed at her.

Alice, though, says to herself, "I would like people to like me, but sometimes they won't. I would prefer it, but it won't change my worth as a 'human being'." Alice will probably talk to George and say something like, "I'm sorry you are upset, George. Would you like to talk about the problem we have?"

Alice is using her time and energy in trying to solve the problem and correct the difficulty. Louise is wasting her time feeling depressed and worthless. The difference is not in what happened to the two people, but in what they said to themselves about what had happened.

Most of the beliefs that get us into trouble are filled with "shoulds" and "oughts". They are basically demands that life, the world and other people should be the way that we want them to be. When they are not, we get upset, angry, depressed or devastated. These beliefs are essentially like the beliefs of a spoiled child who has grown up.

*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 2013 CONFERENCE

## *A Resilience Focus for the Helping Professions: An Adlerian Approach*

Presenter - William G. Nicoll, 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:** Dr. William G. Nicoll received his Ph.D. degree from the University of Arizona, M.Ed. from Boston University and B.A. from the University of New Hampshire. His professional background in education includes serving as a classroom teacher, special education teacher (EH and LD), and school counselor/school psychologist. He has worked in both U.S. public and international schools. Dr. Nicoll serves as a consultant/trainer with the Resilience Counseling & Training Center in Port St Lucie, Florida. RCTC provides professional development programs for both schools and mental health organizations around the world. Dr Nicoll is the author of numerous articles and book chapters in professional journals and texts. A well known speaker and consultant to mental health professionals, educators, and parents, Dr. Nicoll has presented well over 400 lectures and workshops in his career.

**DATE:** March 1 & 2, 2013 **LOCATION:** The Riverside Hotel, 2900 Chinden Blvd, Garden City, ID 83714

**FOR RESERVATIONS** call: (208) 343-1871 or (800) 222-8733 **For more information call (208) 344-7194.**

IDAHO SOCIETY OF INDIVIDUAL PSYCHOLOGY ANNUAL CONFERENCE  
Presenter: William G. Nicholl, PhD

*"Anyone trained in Adlerian  
psychology knows what to do the  
first time they sit down with a client  
and through the process."  
Mes Wingett & Steven Maybell*

The ISIP Newsletter  
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