



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>Topic to be announced (it will be a banger)</i> Jim Sulliman, PhD presenter
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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: tommytmcintyre@gmail.com

IN MEMORIAM - GLENDA BRESLIN

I have the privilege of gathering comments from several who were closely connected to Glenda and to share them with you. When you read them it will be simple to understand how she became such a very special person to me. As long as I can remember (Glenda was attending ISIP conferences well before I first attended) Glenda would approach me at every event and in that gentle, quiet way, offer to help. When ISIP expanded the Series workshop into Utah she was eager to provide assistance by reaching out to her contacts and pave the way with literature and information about our mission – always caring, helping, supporting and promoting the Adlerian training.

According to one, pages could be written on Glenda's impact in her community. Glenda impacted the community of Mountain Home for many years, as one of the initial organizers of the Elmore County Domestic Violence Council, a therapist known for her acceptance and empathy, a key provider of treatment in addiction and recovery, as well as an active member of her church.

Glenda was one of the most caring, thoughtful, serving people ever met. She frequently used her own money to help people to get things they needed, such as educational needs and food. She spent time doing housework for someone who

was sick. She invited wives to her house to make cookies every week when their husbands were deployed. She would drive someone to an appointment if they didn't have transportation. On a daily basis she set an example to all in this community of selflessness and service. I haven't gone to any community function since she has passed away where her name was not mentioned. She is truly missed and will always be remembered as a humble servant to our community.

As the owner and lead therapist of Counseling Services of Mountain Home, Glenda also provided supervision and guidance to multiple counselors and agencies. She created resources where there were none, motivated and connected other community leaders, and was well known for her support of the underdog. Glenda's integrity, wisdom, and encouragement were helpful to so many in our area.

She was always interested in the well-being of the whole person, helping them to connect with their inner value and worth. The solutions she offered were simple, yet powerful. She was not so worried about their pathology, but their humanness and their ability to lead successful lives.

Glenda passed away June 16, 2014, at her home in Mountain Home. Thank you Glenda. You made this a better place. – Tom McIntyre



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

The ISIP Newsletter

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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.

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Maybell Memos

The ELEMENTS of STYLE (LIFESTYLE)

AN ADLERIAN PSYCHOLOGY VIEW OF PERSONALITY

PROMINENT INTERNALIZED BELIEFS:	PRIVATE LOGIC: (OFTEN OUT OF CONSCIOUS AWARENESS)
1) <u>SELF-IMAGE</u>	"I am..."
2) <u>WORLD VIEW</u>	"The world is... life is... others are..."
3) <u>GENDER GUIDING LINES</u>	"Men are...", "Women are...", "As a man or woman, I must or must not..."
4) <u>BIG NUMBERS</u>	Unconscious expectations about what will happen at certain times in life, based on my "internal calendar" as it relates to the events and timing of my parent's life or events in my own childhood.
5) <u>RELATIONAL IMAGE</u>	"My view of relationships are that... therefore the relationship I must create or avoid is..."
6) <u>VALUE SYSTEM</u>	"What's important in life is..."
7) <u>GOALS AND METHODS</u>	"What I must do to achieve security, belongingness, significance, and success is..."

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

COMMUNITY FEELING/SOCIAL FEELING/SOCIAL INTEREST

These are unsatisfactory English language translations of Adler's German term, *Gemeinschaftsgefühl*. Most accurate of these is **community feeling**, which encompasses the individual's awareness of BELONGING in the human community and the cosmos of which it is a part, and an UNDERSTANDING of his or her responsibility for the way the life of the community is being shaped by his or her actions. It is a fundamental sense of being one amongst the others as a fellow being. Adler, for whom English was a foreign language, allowed himself to be persuaded that the term, **social interest** (by which was meant an interest in the interests of others) could be used to express what Adler called "the action line of **community feeling**" (as cited in Ansbacher, 1992, p. 405), especially in relation to addressing the three LIFE TASKS. **Social feeling** has sometimes been used, but the term **social interest** eventually came to be preferred, perhaps to avoid association with the rhetoric of socialism or communism. **Community feeling/social interest**, regarded as a universal human capacity, must be cultivated and trained, and so is understood by analogy to the human capacity for language and speech. It is further thought of as index to successful ADAPTATION (mental health): The more developed the community feeling, the more diminished the INFERIORITY FEELING with its associated sense of alienation and isolation; therefore, the effectiveness of psychotherapy or counseling depends upon increasing and strengthening the DISCOURAGED person's **community feeling** and **social interest**.

A phrase which clearly expresses what we could contribute to an explanation [of **social interest** is]: "To see with the eyes of another, to hear with the ears of another, to feel with the heart of another" (p. 135).

The capacity for identification, which alone makes us capable of friendship, LOVE of mankind, sympathy, occupation, and LOVE, is the basis of **social interest** and can be practiced and exercised only in conjunction with others (p. 136).

[**Social interest** or **social feeling**] is more than a FEELING; it is an evaluative attitude toward life (p. 135).

It means particularly the interest in, or the FEELING with, the community *sub specie aeternitatis* [under the aspect of eternity - Spinoza] (p. 142).

Lack of **social interest**, always due to increased INFERIORITY FEELING, drives the individual into NEUROSIS or crime, and groups and nations toward the abyss of self-extermination (p. 449).

Social interest is the true and inevitable COMPENSATION for all the natural weaknesses of individual human beings (p. 154).

Social interest... is an innate potentiality which has to be consciously developed (p. 134).

INDIVIDUAL PSYCHOLOGY maintains that the power of **social interest** lies at the basis of all social products, such as language and reason or "COMMON SENSE" (p. 449).

Feeling-at-home is an immediate part of **social interest**. The life on this poor earth crust of one who has **social interest** runs its course as though he were at home (p. 155).

For a report and discussion of the *Sulliman Scale of Social Interest* (1973), see Oberst, U. E. & Stewart A. E. (2003), pp. 181-184.

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

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.

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, 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
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
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