



Idaho Society of Individual Psychology

# The ISIP Newsletter

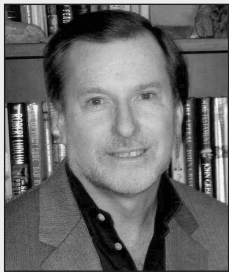
Volume 35, Number 1

September/October 2012

## Save the Date!

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

**Presenter:**



**William G. Nicoll, PhD**

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

## 2012 Fall Training Calendar

– Series Workshops –

### Fall Workshops - *The Series*

September 28 & 29	POCATELLO	#1 Adlerian Theory
October 5 & 6	BOISE	#2 Adlerian Psychotherapy
October 26 & 27	SALT LAKE CITY	#3 Adlerian Family Therapy
November 2 & 3	LEWISTON	#3 Adlerian Family Therapy
November 2 & 3	PORTLAND	#3 Adlerian Family Therapy

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

October 12 & 13	BOISE	<i>Intimacy: A Task for Two</i> Wes Wingett, PhD, LMHP 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](mailto:tommytmcintyre@gmail.com)

## ISIP Continues Positive Growth!

ISIP's Workshops and Annual Conference continue to draw Professionals from Idaho, Oregon, and Utah seeking CEUs in the Helping Professions. The basic *Series* is receiving positive marks and encouraging comments as it expands. Like any start-up in a challenging economy, Utah and Oregon would benefit from larger turnouts. Spreading the word about the usefulness of these trainings is the key to future growth. We appreciate all of the helpful comments and sharing of personal experiences that attendees are providing, which includes bringing in other Mental Health Professionals from agencies where these folks are from.

ISIP's Board is working on the creation of a Marketing DVD to help provide an additional avenue to get the word out. We welcome all thoughts and input that will help us target an effective presentation for the DVD. We are looking forward to the Fall Workshops, and to seeing you there!



**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 1 September/October 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)

## Elements of Encouragement in the Therapeutic Alliance

### (1) Empathy and Validation

"You're feeling frightened about the challenge that's facing you?"

"It makes so much sense that you would not trust him any longer!"

Provides an enhanced sense of not being alone in life and that even one's "craziness" has integrity.

### (2) Unconditional Acceptance

"I think you're OK just the way you are."

Helps to foster self acceptance, inner strength, and the ability to see life as a journey (with continual development) vs. a struggle (where one's value is continually at stake).

### (3) Active Seeing - recognizing the client's strengths, qualities, resources and effort

"I am so impressed with your relentless honesty."

"While it did not turn out as well as you had hoped, you moved forward and confronted the issue and learned from the experience."

Helps the client begin to see their strengths more vividly, enhancing the client's perception of what may be possible.

### (4) Recognize the client's heroism and heroic stories

"It is amazing to me that given the models from your childhood along with so many horrific experiences, you were able to survive and develop such wisdom and concern for others."

Every human being has a degree of resilience, creativity, and heroism about their life. Bringing this out can only add to a client's self regard and appreciation and provides a corrective balance for the tendency of the client to (a) be preoccupied with the misery of the past, and (b) hold negative beliefs about themselves.

### (5) Believe in the client, instill faith, hope and confidence – trust in the client's inner wisdom and unique creativity

"I have faith in you and in the real possibility of creating a better life. While real change takes time, I believe you have what it takes."

Without hope, nothing is possible. With hope, anything is possible.

### (6) Empowerment: While I am with you, I can't do it for you

"It's important that I am clear with you, if I've learned anything in this field it is that I can't *make* anyone's life better. The only life I can change is my own. At the same time I am with you all the way and believe in our team. My role is to contribute to your self-understanding, the generation of new possibilities and provide well deserved encouragement. Only you have the power to translate this work into your life."

True client empowerment is undermined the degree to which the therapist assumes responsibility for outcome and for change. Conversely, when we make room for the client's creativity and inner resources, when we "give the gift of responsibility", we are ultimately empowering.

# 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

## DREAMS/DAYDREAMS/FANTASIES

**Dreams, daydreams, and fantasies** can all be understood as activities of the individual consistent with and expressive of the LIFESTYLE. Adler includes **day** and **night dreams** among the five categories essential for exploring LIFESTYLE (pp. 327-32S). While Adler acknowledged that Freud was first in recognizing the value of studying patient **dreams** ("We must honor him for laying the foundation of the science of **dream** interpretation"), he also said, in a kind of second-born son's back-handed comment on a first-born son's priority, that he "learned from [Freud's] mistakes" and rejected Freud's idea that dream content has to do with infantile sexual wishes or death wishes (p. 358).

Adler's understanding is that an individual's **dreams, daydreams, and fantasies** inhere in the UNITY of the personality, and therefore that "only by considering **dreams** as one of the expressions of the STYLE OF LIFE may an adequate interpretation of them be found" (p. 359). **Dreams** serve a problem-solving function by moving the individual toward solutions, operating as "a bridge that connects the problem which confronts the dreamer [the EXOGENOUS FACTOR] with his GOAL of attainment" (p. 359). Adler, who claimed that he never **dreamed**, thought that people with COMMUNITY FEELING hardly ever dream, since they solve their problems in waking life. (Research affirms Adler's view that the function of **dreaming** is to problem-solve, but disproves his notion about the incidence of **dreaming**, showing that everyone who sleeps **dreams** every night [Cartwright, 1997]). Dreikurs (1973) quotes Adler as saying that **dreams** are "the factory of the EMOTIONS" (p. 221), and it is the EMOTIONS that serve as preparation for action: "The golden rule of INDIVIDUAL PSYCHOLOGY is: 'Everything can be different.' We must modify each **dream** interpretation to fit the individual concerned. . . The only valid **dream** interpretation is that which can be integrated with an individual's general behavior" (p. 363).

[On Sunday, June 18, 1989 the *London Observer* reported that a "previously unknown manuscript by Sigmund Freud, in which the founder of psychoanalysis describes **dreams** of appearing naked in public and failing crucial examinations, has been discovered in the archives of a European family. It is understood to have been written privately for Alfred Adler, one of Freud's most influential disciples [sic!]."]

The **dream** purposefully creates an EMOTIONAL state in the **dreamer** (Shulman, 1973, p. 63).

The meaning of **dreams** can be recognized by an objective and trained interpreter by looking for the PURPOSE which the **dream** situation might have in the actual life situation of the **dreamer**. Without knowledge of the patient's problems and conflicts, no **dream** can be accurately interpreted (Dreikurs, 1973, p. 22 1).

[A client's] made-up **dreams** are just as good as his genuinely remembered **dreams**, for his imagination and fantasy will also be an expression of his STYLE OF LIFE (Adler, 1969, p. 70).

The **fantasies** of children and grownups, sometimes called **daydreams**, are always concerned with the future. The[se] "castles in the air" are . . . built up in FICTIONAL form as models for real activity (Adler, 1957, p. 56).

The INFERIORITY FEELING finally culminates in a never-ceasing, always exaggerated FEELING of being slighted, so that the Cinderella **fantasy** becomes complete with its longing expectation of redemption and triumph. The frequent **fantasies** of children regarding their princely origin and temporary banishment from their "real" home are of this kind (p. 53).

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

## Ethnic Humor

by Thomas E. Edgar, Ed.D.

Several weeks ago I was in Houston for a professional meeting. I happened to be there on St. Patrick's Day and attended the parade. That is the day in America on which we all become Irish. I was reminded of the wonderful amalgam of races, religions, cultures and nationalities that exists in this land of ours when I heard a Black man wearing a green hat with a shamrock on it telling a Polish joke to a Chicano.

Where else but in America! In the process of telling the Polish joke, he offended both the Italians and the Catholics in the crowd. The joke? The Pope almost turned down the office when he found that he'd have to live in an Italian neighborhood.

The immense diversity among the peoples in America always amazes me. I grew up in the Seattle area. Almost all of the people in my home town were Norwegians, Lutheran and serious. I came into young adulthood assuming that all the world was Norwegian, Lutheran and serious. It isn't, but I'm still a little surprised that it isn't White, AngloSaxon and Protestant. In this country we even make jokes about WASPS and there is absolutely nothing funny about them. How many WASPs does it take to change a light bulb? One.

My own family was from Scotland so we were the minority group in the community. I guess I must have heard every joke ever told about Scots. People could hardly wait to come to members of my family with, "Did you hear the one about the Scot who...?" Usually we had a good idea that it was going to be about cheapness or frugality. I don't know how that legend ever got started.

Why, I distinctly remember that my father gave all three of us balloons for Christmas one year – one each. The following year for Christmas we got to blow them up! So when someone would catch me by surprise by asking an innocent-sounding question like, "How was copper wire invented?" I'd listen all the way through only to find that copper wire was invented when two Scots found a penny at the same moment.

Every new wave of immigrants has caught its share of ribbing, some good natured and some not. The newcomers would usually not be fluent in the language, generally would have little education and were often forced into jobs that no one else wanted. We've had our Irish jokes, our Polish jokes, our Bohunk jokes, and our Italian jokes. All the waves combined have left a string of slur-names in their wake. As relics of those times we have wop, dago, nigger, spick and chink buried deep in our language.

It is part of our national style to poke fun at the new kids on the block. Most of our ethnic jokes have been applied at different times to nearly all our minorities. Take this one:

What is a White driving a cadillac?

White Power

What is a Black driving a cadillac?

Black Power

What is a \_\_\_\_\_ driving a cadillac?

Grand theft, auto

All one needs to do is to fit any ethnic group recently arrived in the blank. The joke is an all purpose one.

Recently I heard about the Pole who won a gold medal in the Winter Olympics. As soon as he got back home, he had it bronzed. When I was a kid I heard the same joke told about the Swedes by the Norwegians.

Of course the people who were here before all the influx, our Native Americans, tell jokes about each other. Many years ago I served as a consultant to six tribal groups in a leadership training workshop at Fort Hall. There were Blackfeet, Shoshone, and Sioux among others. The Blackfeet had a collection of Sioux jokes. They told, for instance of the Sioux who asked a carpenter to make a wooden box 2 inches by 2 inches by 50 feet 2 inches long. The carpenter agreed to do so but asked, "Why?"

Said the Sioux, "I just bought a house. The guy I bought it from moved and left his garden hose behind, I want to mail it to him.

So you see, making fun of groups other than one's own is a good old American custom that goes way back to a time long before there was even an America.

Most of the ethnic jokes are considered to be in bad taste. But most of the time they are told everywhere, anyhow. It is especially fun for one minority person to tell another person of the same minority a joke about that group. There is the story of the Pole beginning to tell a Polish joke to another Pole. The second Pole said, "Be careful my friend. After all I'm Polish, you know." "Okay", said the joke teller, "I'll speak very slowly."

I've reread this article and realize that I've left a large number of groups out. I've not insulted the Mormons, nor have I gotten around to the Jews, the Germans or the Puerto Ricans. I just ran out of space. If you will send a self-addressed stamped envelope, I will enclose a joke offending almost any group you choose. You may even choose your own.

*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.**



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

*"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*

**2013  
ANNUAL CONFERENCE  
MARCH 1 & 2  
Includes 3 hours of  
ETHICS!**

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