



Idaho Society of Individual Psychology

# The ISIP Newsletter

Volume 41, Number 1

September/October 2018

## ISIP ANNUAL CONFERENCE

March 1 & 2, 2019

Presenter:



**Wes Wingett, PhD**

## 2018 Fall Training Calendar

### – Series Workshops –

#### Fall Workshops - *The Series*

September 21 & 22	POCATELLO	#1 Adlerian Theory
October 5 & 6	BOISE	#2 Adlerian Psychotherapy
October 19 & 20	LEWISTON	#3 Adlerian Family Therapy

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

October 12 & 13	BOISE	Presenter: Wes Wingett, Ph.D. <i>Making Memory Maps - Creating Lifestyle</i>
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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) 841-1048 Email: [adleridaho@gmail.com](mailto:adleridaho@gmail.com)

Thank You to our  
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IDAHO DEPARTMENT OF HEALTH & WELFARE  
DIVISION OF PUBLIC HEALTH

## BestNotes

ISIP thanks and is grateful for their support!

## In Memoriam

In May of this year, two *Significant Adlerians* passed away – Tom Edgar and Vivian Brault.

Tom was a Founding Father of the Idaho Society of Individual Psychology and one of ten signers of the Articles of Incorporation. Vivian supported and taught Adlerian Psychology with a zeal, sharing her enthusiasm for the ISIP mission with friends, family and students.

Please review the memorial articles for each of these marvelous individuals in this newsletter.



**Q** We are contemplating adding a "Question & Answer" column in future issues. Please drop us a note at the P.O. Box address, 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.org](http://www.adleridaho.org)**

## The ISIP Newsletter

Volume 41, Number 1 – September/October 2018

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ISIP membership and newsletter subscription is included in Annual Conference and event registration. We encourage readers to send news, suggestions, ideas and opinions.



## 2018-2019 ISIP BOARD

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## – In Memoriam –



**Vivian Brault, M.A.**, was an active Adlerian involved in ISIP from 1996 on. She studied and practiced and was one of the first *Series* graduates to earn her Adlerian Certificate in 2002, the first group in Idaho with this recognition. She persisted in advocating for the offering of the Advanced Certification and was in the first group to receive the Advanced Certification in Idaho.

Vivian spent her entire professional career dedicated to the betterment of children and youth as an educator, coach and counselor. After a career in the Boise Public Schools, then Director of the Parent Education Center at BSU, she founded “Directions” in 1987 as an educational resource for parents, day care providers and teachers. Her credentials and accomplishments in her professional field are numerous, and her body of work has been widely published.

Vivian Brault is considered by many of her students to be one of the finest persons to walk the earth. Her kindness, quick wit and willingness to be real won them over in the first few moments they spent together. Many ideas from experiences with Vivian stand out for those students. First of all, was Vivian’s ability to love. Her capacity to love all children and advocate for them is unparalleled. She believed in every child’s need for belonging and significance. She believed in every adult’s ability to learn to bring a child to a place where they could feel belonging and significance. Secondly, Vivian had a huge capacity for taking every day experiences and helping people know how they could change for the better. Her sense of self respect and her ability to give that same respect to others overflowed in all of her encounters.

Third to come to mind is that Vivian really believed the quote that says, “Where did we get the crazy idea that in order to make a child do better, first we need to make him feel worse? People DO better when they FEEL better.”

She devoted her life to helping people learn how to feel better so that they could do better. Better as children, better as parents and better as people.

Any of us reading through the notes incorporated here recognize her understanding of Adlerian concepts. She embodied the beliefs and practices Alfred Adler’s Individual Psychology.

Vivian Brault will be missed by all who knew and experienced her. Vivian will be remembered because all of the people she touched will understand that practicing what she taught them has influenced their lives in such positive, and profound ways.

# 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

## TELEOLOGY/PURPOSE

The terms **teleology**, **purpose**, FINALISM are used by those who study behavior as moving toward ends or GOALS. The word **teleology** derives from the Greek *telos*, meaning "end". INDIVIDUAL PSYCHOLOGY considers all behavior (thought, FEELING, and action) as **purposive**, that is, as MOVEMENT in line with the individual's LIFE-STYLE GOALS (whether or not the **purpose** of the MOVEMENT is CONSCIOUSLY UNDERSTOOD by the individual). [See GUIDING FICTION/FICTIONAL GOAL/FICTIONAL FINALISM.]

INDIVIDUAL PSYCHOLOGY insists absolutely on the indispensability of FINALISM for the understanding of all psychological phenomena. Causes, powers, instincts, impulses, and the like cannot serve as explanatory principles. The final GOAL alone can (p. 92).

The science of INDIVIDUAL PSYCHOLOGY developed out of the effort to UNDERSTAND that mysterious CREATIVE POWER of life which expresses itself in the desire to develop, to STRIVE, to achieve, and even to COMPENSATE for defeats in one direction by STRIVING for success in another. This power is **teleological**, it expresses itself in the STRIVING after a GOAL, and, in this STRIVING, every bodily and psychological MOVEMENT is made to COOPERATE (p. 92).

Every individual acts and suffers in accordance with his peculiar **teleology**, which has all the inevitability of fate, so long as he does not UNDERSTAND it (p. 93).

The fictional GOAL is blurred and pliable; it cannot be measured; it has been constructed with inadequate and definitely ungifted powers. It has no real existence and therefore cannot be completely comprehended causally. But it can well be understood as a **teleological** device of the soul which seeks orientation. This **teleology** is self-imposed. It arises in the psychological organ and must be understood as a device and as the individual's own construction (p. 93).

## TRAINING, SELF-TRAINING, AND THE REHEARSAL OF CHARACTER

INDIVIDUAL PSYCHOLOGY understands the development of the STYLE OF LIVING as arising in the CONTEXT of (a) childhood **training** by those in the family of origin (parents, siblings, and others in the household); (b) the **self-training** of the child who tests his or her sense of how to MAKE A PLACE in the family on the basis of his or her developing opinions; and (c) the child's **rehearsal** of those convictions and operations which the child experiences as effective, whether on the USEFUL or USELESS SIDE OF LIFE.

Wherever we find an ability it is the result of an interest in which the child has **trained** himself, stimulated by the totality of his circumstances (p. 430).

[The child] strives within the incalculable realm of his possibilities. From trial and error a **training** results for the child and a general way [of moving] towards a GOAL of perfection which appears to offer him fulfillment (p. 187).

From the beginning of a child's life a **training** comes about, as a result of which the child permits the growth of a role within himself of which he may be CONSCIOUS or UNCONSCIOUS (p. 367).

I am convinced of the free CREATIVE POWER of the individual in his earliest childhood and of his restricted power in later life, once the child has given himself a fixed LAW OF MOVEMENT for his life (p. 186).

[The child] arrives at his LAW OF MOVEMENT which aids him after a certain amount of **training** to obtain a STYLE OF LIFE, in accordance with which we see the individual thinking, FEELING, and acting throughout his whole life (p. 188).

You cannot **train** or condition a living being for defeat (p. 167).

Capitalized words refer to a cross reference to other terms in the Lexicon.

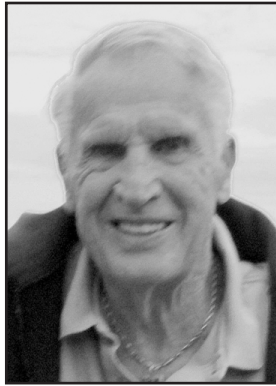
Page number quotations are from A. Adler (1946a) *The Individual Psychology of Alfred Adler*.

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@olympen.com

# Edgar's Memorial Corner



**Tom Edgar**, a beloved Idaho Adlerian, passed away in May of 2018 at age 93. Tom influenced students and fellow mental health practitioners in dynamic ways. A number of Tom's students joined him to form the Idaho Society of Individual Psychology in 1977.

Tom provided an entire cache of his essays written throughout his career to ISIP. With Tom's permission, the ISIP newsletter contains an article selectively chosen in each one. In each Newsletter "Edgar's Corner" will continue for the foreseeable future as part of "Edgar's Memorial Corner".

Frank Main, a long-time Adlerian active in NASAP, North Dakota, and South Carolina Adlerian Societies notes that Tom was a Mentor to him and many other active Adlerians. His influence is noted in most of the societies around the nation. His students went on to author journal articles, and books on Adlerian Psychology. Frank noted that Tom encouraged his students to get active in organizations and become Adlerian leaders.

Wes Wingett, a fellow University of Wyoming graduate, shares that Tom collaborated on four workbooks on Adlerian Family issues. Wes states that Tom nurtured, nudged and nodded to the mentees to help ISIP become a vigorous and vital institution. He states that Tom was determined to continue to support the good of others.

Dave Ferguson shares that Tom Edgar embodied social interest in an Adlerian sense. It requires active participation and Tom was a writer, publisher, and mentor. He loved to participate in group discussions to address contrasting ideas and principles. He became attached to the idea that being a high school counselor taught him that to truly influence the world, he needed to become an active college counselor and professor. His career spanned from 1959 to 1995, of which thirty years were at the university level. Thirteen of his students went on to also teach and work at the college level.

Tom's commitment to counseling involved being an active participant in the Legislative process to assure that counselors are recognized as mental health professionals with appropriate licensure. In addition, his work influenced healthcare insurers developing payments to counselors. He worked to influence counselors to provide parenting classes to families in Idaho.

Tom was awarded the ICA Lifetime Achievement Award in 2013.

ISIP is indeed truly indebted to Tom Edgar in ways beyond his corporate Founding Father contribution.



# ISIP 2019 CONFERENCE MARCH 1 & 2, 2019



## 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, PhD has been a counselor, educator, and consultant in private practice in Norfolk, NE since 1978. Dr. Wingett, a Diplomate in Adlerian Psychology conferred by the North American Society of Adlerian Psychology, has coauthored several articles published in professional journals, coauthored several chapters in books, self-published four workbooks focusing on the application of Adlerian psychology to various challenges of living, and co-authored four workbooks on families.

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

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

**For more information call (208) 841-1048.**

**Mark Your  
CALENDAR!**

IDAHO SOCIETY OF INDIVIDUAL PSYCHOLOGY ANNUAL CONFERENCE  
Presenter - Wes Wingett, PhD

"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  
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**2019  
ANNUAL CONFERENCE  
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Includes 3 hours of  
ETHICS!**

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