



Idaho Society of Individual Psychology

# The ISIP Newsletter

Volume 41, Number 2

November/December 2018

## ISIP ANNUAL CONFERENCE

March 1 & 2, 2019

Presenter:



**Wes Wingett, PhD**

## 2019 Spring Training Calendar

### – Series Workshops –

#### Spring Workshops - *The Series*

April 19 & 20	POCATELLO	#2 Adlerian Psychotherapy
April 26 & 27	LEWISTON	#1 Adlerian Theory
May 10 & 11	BOISE	#3 Adlerian Family Therapy

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

May 3 & 4	BOISE	Presenter: Rocky Garrison Topic – TBD
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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)

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IDAHO DEPARTMENT OF HEALTH & WELFARE  
DIVISION OF PUBLIC HEALTH

## BestNotes

ISIP thanks and is grateful for their support!

## Idaho's Addictions Crisis

ISIP is pleased to bring Wes Wingett, PhD, to the March 2019 Conference –

### ***Addictions and Co-Occurring Disorders: An Adlerian Perspective.***

This 2-day presentation will help Mental Health Professionals prepare and increase their skills for addressing this often overwhelming problem.

Wes's work covers the effects for addictions and the co-occurring disorders on the user and the important others in their life.



**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

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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.



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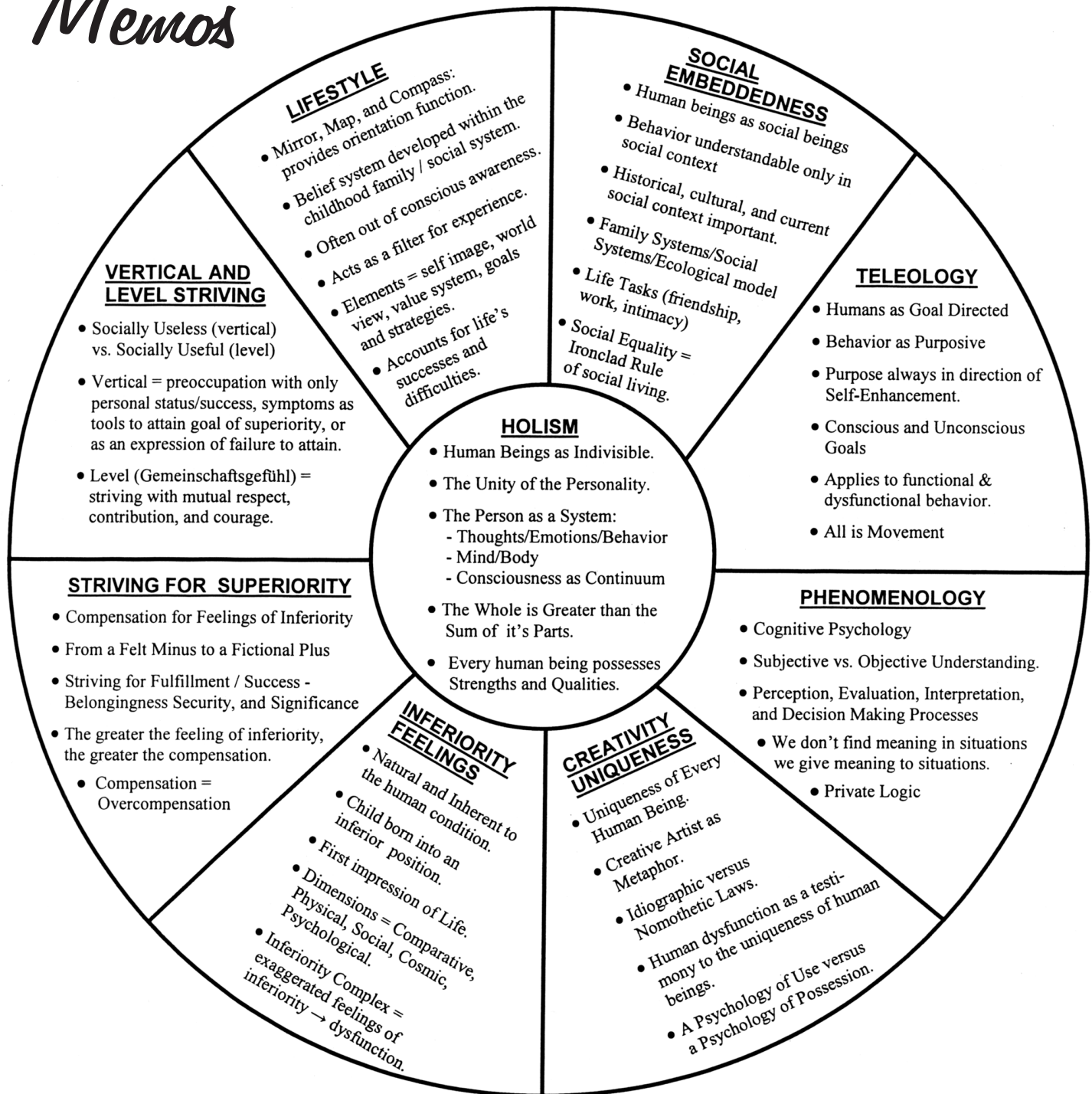
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# Maybell Memos

## Adlerian Psychology Theory of Human Behavior



Theory in Brief: The Indivisible Person, Indivisible from the Social World,  
Strives for Goals of Security, Significance and Success, based on a  
Self-Created Philosophy of Life.

# 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

## DEPRECIATION TENDENCY

The depreciation tendency is the practiced MOVEMENT of the discouraged individual to “enhance his self-esteem by disparaging” others (p. 268). Depreciation of others may take the form of belittling them, of putting them on pedestals only to attack them when they reveal themselves to be capable of shortcomings or mistakes, or of worrying about them as if they were not competent to manage their own lives. The depreciation of others “secures some triumph” for the individual – or “at least allays the fear of defeat” (p. 269).

It is the depreciation tendency which underlies the phenomenon Freud described as RESISTANCE and erroneously understood as the consequence of the repression of SEXUAL impulses (p. 337).

Every patient will attempt to depreciate the physician (p. 337).

A basic principle for the therapist is never to allow the patient to force upon him a superior role such as that of teacher, father, or savior, without contradicting and enlightening the patient. Such attempts represent the beginning of a MOVEMENT on the part of the patient to pull down, in a manner to which he has been previously accustomed, all persons standing above him, and by thus administering a defeat, to disavow them (p. 339).

Those who can't be big, belittle. (R. Dreikurs, as cited in Carlson, J., Watts, R. E., & Maniaci, M. H., p. 145).

## DETHRONEMENT

Adler employed the word dethronement to capture the drama of the first-born child's experience of his situation at the second-born's birth and subsequent incorporation into the FAMILY CONSTELLATION. Varieties of the upheaval can be seen in the experience of later-born children at the births of their younger siblings as well, perhaps especially when a child has enjoyed some time as a favored “baby.” One man, the youngest of four children in a farm family until he was five years old, when a fifth child was born, reported a family story about him (not his own EARLY RECOLLECTION), telling that he had been asked what he thought should be done with the newcomer. Without hesitation he replied, “I think we should feed him to the pigs.” (Adler was not beyond flattering his own vanity when in regard to this concept of dethronement he remarked upon his advance ahead of other theorists – not least Freud, as the second quotation, below, illustrates.) [See PSYCHOLOGICAL BIRTH ORDER POSITION/BIRTH ORDER VANTAGE.]

Sometimes a child who has lost his power, the small kingdom he ruled, understands better than others the importance of power and authority. When he grows up, he likes to take part in the exercise of authority and exaggerates the importance of rules and laws (pp. 378-379).

The first-born is in a unique situation; for a while he is an only child and sometime later he is “dethroned.” This expression chosen by me depicts the change in the situation so exactly that later writers, as Freud, for example, when they do justice to such a case, cannot do without this figurative expression (p. 377).

When other children lose their position in the same way [as the first born], they will probably not feel it as strongly, since they have already had the experience of COOPERATING with another child. They have never been the sole object of consideration and care (p. 378).

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](mailto:Adlerpsy@olypen.com)

# Edgar's Memorial Corner

## Irrational Beliefs Make Sense of Seemingly Irrational Behaviors

by Thomas E. Edgar, Ed.D.

It has been my good fortune to have worked with hundreds of people as their teacher and counselor. I have found my fellow human beings to be wonderfully creative and ingenious. When I hear someone say, "After all, I'm only human," I want to correct them, tell them it is the most marvelous thing they could be.

Human ingenuity and creativity is no where more evident than in the variety of ways in which we make ourselves miserable. There are common themes, to be sure. We share humanity and the tasks of being human in a less than perfect world. But even if common patterns do exist, we always supply our own twist.

Albert Ellis has listed a set of the most common irrational ideas that people create and live by. They are our own creation, they belong to us, and, most importantly, they form the foundations of our own reality – the place we occupy in the world. And that is why it is so difficult for us to recognize and change our useless beliefs. They are reality to us.

Why is a belief call, "irrational"? A belief is irrational if it leads us to being miserable whether we follow it or choose not to follow it. If I believe that I must be absolutely perform all the time or else I am nothing, a worm, then I am basically doomed to be unhappy much of the time. I give up spontaneity and plan, plan, plan. I dwell on possible errors. I say, "Well, nothing ventured, nothing lost." And I'm not happy. Or I just let things happen as they will and I blunder into errors and mistakes – and I am nothing, a failure. And I'm not happy.

We usually hold these irrational and harmful beliefs about ourselves, the others in the world, and about the nature of the world itself. Our behavior. The way we live our lives, flows directly from our beliefs. Here is an example of a person's belief:

- (a) I am vulnerable and helpless.
- (b) Others are out to get me.
- (c) The world is cold and indifferent.

Therefore: I should do unto others before they do unto me.

Human ingenuity is clearly seen in the responses we give to our own belief systems. Another human being starting with the same beliefs about self, others and the world could present a totally different set of behaviors. She may say, "Therefore: I must withdraw from life and the people in it," or Therefore: I should make myself so powerful that no one can hurt me." The list can go on for pages and never come close to capturing the creative power of human beings.

We choose the beliefs we hold and we select the behavior that, to us, matches best the beliefs we hold. We can make errors at both levels. That is just inherent in making choices. We can choose foolishly.

As I mention earlier, Albert Ellis has collected some of the most common irrational beliefs. They are listed below. Why not take the time to see if you can find some of yours among them? A little helpful trick is to identify some of the ways you behave that either mystifies you or surprises you. Then ask, "Why must I believe in order to make this behavior sensible?" This often provides a clue to an irrational belief. Remember, we are generally unaware of these irrational ideas we hold, and they are sometimes difficult for us to isolate and recognize.

1. It is a dire necessity to be loved and approved of by everyone all the time.
2. I should be thoroughly competent, adequate and achieving in all possible respects all the time.
3. Some people are bad, wicked, or evil and must be punished.
4. If things are not the way I want them to be it is awful, catastrophic or terrible.
5. Unhappiness is externally caused and I cannot control it unless I control the other person.
6. It is easier to avoid responsibilities and difficulties than to face them.
7. My early childhood experiences must continue to control me and determine my emotions and behavior.
8. The world should be fair and just.

Well, did you find yourself?

*Tom Edgar, Ed.D., was 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 2019 CONFERENCE MARCH 1 & 2, 2019



## Presenter - Wes Wingett, PhD *Addictions and Co-Occurring Disorders: An Adlerian Perspective*

**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.

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

**FOR RESERVATIONS call:** (208) 343-1871 **For more info 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  
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