



Idaho Society of Individual Psychology

The ISIP Newsletter

Volume 43, Number 2

October / November 2020

2021 Spring Training Calendar

- 2021 Annual ISIP Conference -

March 5th & 6th we will be holding our annual conference via Zoom.

- Series Workshops - Spring Workshops - *The Series*

Stay tuned for training workshops information. Due to the Coronavirus we will be offering online workshops.

Certificate in Professional Studies of Adlerian Psychology.

Please check our website for more information, or email or call

Edward Mowry – (208) 761-2921

Email: adleridaho@gmail.com

The Idaho Society of Individual Psychology

presents



“Practical Adlerian Approaches to Trauma Throughout the Lifespan”

save
the
date

March 6th & 7th, 2021

The ISIP Annual Conference



Presenters:

We are excited to offer this year's conference virtually!
At this year's conference Anthea Millar will focus on healing trauma through connection using an Adlerian integrative perspective. Jody Malterre will teach us some practical adlerian skills that can be used by counselors, parents and teachers.

Charles Pohl will present 3 hours of ethics based on the
“7 Deadly Sins of Therapy”



Anthea Millar



Jody Malterre

Go to www.Adleridaho.org for more information

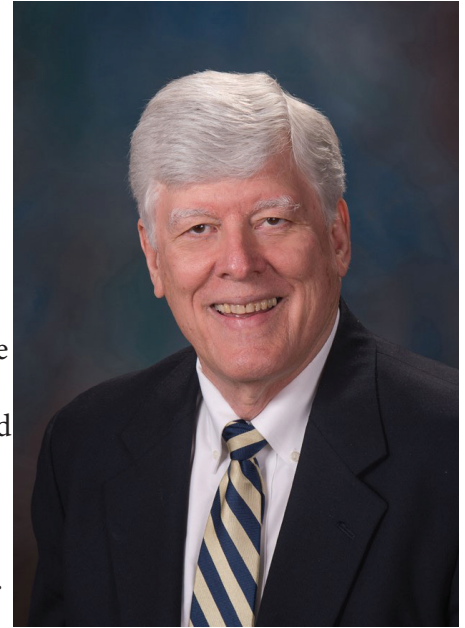
THE 2ND OF 9 PRINCIPLES OF ADLERIAN PSYCHOLOGY ~WES WINGETT

People are creative and self-determining decision makers who are responsible for their own thoughts, feelings, and behaviors.

Here is the second of nine principles of Adlerian psychology. These principles are based on my study of the psychology developed by Alfred Adler.

The first principle for me is: People are social beings who want to contribute and belong first in a family, then in an educational setting, and then in the larger community. From that principle, Adler and students become involved in social psychology.

The second principle is: People are creative and self-determining decision makers who are responsible for their own thoughts, feelings, and behaviors.



Adler believed that humans are born with three innate abilities. These three innate abilities include creativity, intelligence, and social interest or community feeling. These innate abilities are intertwined and can be developed in families, schools, and the larger community. Creativity can be enhanced through the caregivers offering of choices to infants and young children and teachers, parents, and community members encouraging adolescents, adults, and the aging to produce at least three options when facing a challenge. In addition, children, adolescents, adults, and aging need to be involved in decision making and problem solving that focuses on respecting self and others and maintaining dignity for self and others.

However, the decision making, the choice making process probably begins in infancy. Consider the following scenario: A caregiver feeds an infant a bit of baby food and the infant grimaces and spits out the food. The infant has decided that the food does not taste good. Here is the possible sequence of events. First, the infant uses one or more of the five senses (visual, auditory, kinesthetic, gustatory, or olfactory) to evaluate the food, then based on the perception of tasty or not tasty, the infant thinks the food is not up to standard, creates an emotion of sad or scared and then responds to the emotion by grimacing and spitting out the food. The infant then begins the creative process of perception, then cognition, then affect, and then behavior that is either internal or external or both. The process of decision making and creativity begins very early and remains part of human existence throughout the life span.

Adlerian psychology emphasizes that in our interactions with others that we be firm, fair, and friendly in our relationships and that when we decide that we are responsible for the outcomes of that decision. Implicit in that idea is that individuals have the opportunity to make choices, respond to options, solve problems, and utilize a decision-making model that is based on respect and dignity.

Adlerian theory and practice emphasized the ideas of rational thinking, that we create our emotions based on our cognitive responses to our personal perceptions, and that we respond behaviorally based on the strength and direction of the chosen emotion.

Adlerian theory and practice now involves perceptual psychology, cognitive psychology, affective psychology, and behavioral psychology.



Adler and Spirituality

by: David Teed

While Alfred Adler is not necessarily identified as belonging to any particular religion, he was “spiritual” in the true sense of the word. He defined human beings in terms of life tasks, with the core being social interest; we are here to help each other. In stating that we should not be afraid of metaphysics, he opened the door to defining human beings as souls. If he were alive today, I feel certain that he would embrace the practice of meditation as the means to experiencing that ultimate identity.

My personal journey regarding Adlerian Psychology began in 2000, with my acquaintance of Dr. Steve Maybell, Dale Babcock, and Tom McIntyre. But the preparation for my involvement with Adler’s principles began in 1969, when I became a student of Sant Kirpal Singh of Delhi, India. Kirpal Singh (1894-1974) taught that spirituality must become more than mere theory; it must be a direct experience, through meditation, of our true identity, that is, soul. He stated that “Ethical life is a stepping stone to spirituality,” and to that end he prescribed keeping a spiritual diary, much like the method of Benjamin Franklin, John Wesley, and the daily inventory of Alcoholics Anonymous. The idea is to maintain awareness of our character flaws, weed them out, and learn from our mistakes. The Path back to Higher Power, God, Omnipresent



David Teed

Consciousness, is a real inner journey, and is described by numerous mystics, such as Kabir, Guru Nanak, Hafiz, Mulani Rumi, and Baba Jaimal Singh. In 1917, Kirpal Singh began to see Baba Sawan Singh within in his meditation and finally met him in person in 1924. When asked by Kirpal Singh why Sawan Singh had not brought him sooner to his physical presence, Sawan Singh replied: “The time was not right; now it is.” Sawan Singh appointed Kirpal Singh as his successor, a task that Kirpal Singh fulfilled from 1948 to 1974. In 1957 Kirpal Singh served as the President of the World Fellowship of Religions, an organization that held several international conferences to promote cooperation and harmony among all religions.

Adler identified forgiveness as not only a personal awareness of the state of our being in relation to the All, but as a means of liberation from the anger and bitterness that accompanies being wronged by another. In describing the plight of all human beings as a state of inferiority, the journey to wholeness, from a perceived minus to a perceived plus, goes hand in hand with the notion of forgiveness.

All in all, Adler’s concepts of the components of a fulfilled life go hand in hand with the principles of spirituality, a journey of awakening to our true self.

THE ISIP 2020

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BestNotes



“To be human being means to possess a feeling of inferiority which constantly presses towards its own conquest. The greater the feeling of inferiority that has been experienced, the more powerful is the urge for conquest and the more violent the emotional agitation.” ~ Alfred Adler