



Idaho Society of Individual Psychology

The ISIP Newsletter

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2022 SPRING TRAINING CALENDAR

- 2022 Annual ISIP Conference -

March 4th & 5th we will be holding our annual conference in-person at the Riverside Hotel. We will also offer this conference virtually through Zoom.

- Series Workshops - Spring Workshops - The Series

We will be offering all 3 Series workshops in the spring of 2022
(Dates are tentative)

April 8,9 - Lewiston (or Coeur d'Alene) Workshop 1 presented by Brad Lambson

April 22, 23 - Boise Workshop 2 presented by Steve Maybell

April 29, 30 - Idaho Falls Workshop 3 presented by Brad Lambson

Dates TBD: Advanced Spirituality with David Teed and Ted Warstadt

Certificate in Professional Studies of Adlerian Psychology.

Please check our website www.AdlerIdaho.org for more information, or email or call

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Presents

The ISIP Annual Conference

March 4th & 5th, 2022 in Boise Idaho or on Zoom

"An Adlerian Approach to Supporting Teens and The Families They Live In"

**Mark
Your
Calendar**

**14 CE HOURS!
INCLUDING 3
HOURS OF ETHICS**



Presented by Alyson Schafer this is a practical workshop for helping practitioners and parents understand adolescents from a bio-psycho-social perspective, using an Adlerian framework, and how to guide parents and teens towards happier, healthier functioning.

REGISTER NOW FOR THE 2022 ANNUAL CONFERENCE AT WWW.ADLERIDAHO.ORG

THE 3RD OF 9 PRINCIPLES OF ADLERIAN PSYCHOLOGY ~WES WINGETT

People are subjective in their own opinions based on their personal perceptions of self, others, and the world.

The third principle focuses on the developmental of life style, that is, the individual pattern of beliefs and character traits developed by a person to use as a compass to provide personal direction in life. These principles are based on my study of the psychology developed by Alfred Adler. These principles are based on my interpretations of the theory and practice of Adlerian psychology.

The first principle 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.

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

The third principle is: People are subjective in their opinions based on their personal perceptions of self, others, and the world. Adler theorized that infants and children observe the world through their senses, they see, hear, touch, taste, and smell. They make decisions about those various sensory inputs. They observe relationships with the people around them and make decisions about those personal and observed interactions. They observe and are involved in various events and they make decisions about the events. Based on the decisions about self, others, and events, individuals draw conclusions about the meaning of life and the way to move through life.

The conclusions made by children about themselves, others, and events become the integral parts of what Adler refers to as “life style.” Life style can be described as the personal beliefs and individual character traits that individual uses to guide them to make decisions about how to think, feel, and act as they move through life. These decisions are typically fairly well developed by the time an individual reaches the age of five or six or seven. The belief system and character traits developed by the young individual is based on personal perceptions and guides the individual’s responses to life in the family and then in school and finally in the larger community.

Adlerian psychology is a positive and dynamic psychology that postulates that individuals can change their belief systems and alter the use of their character traits. These changes and adjustments can be made through trial and error, self-reflection, education and re-education, and encouragement by others.

Healthy belief systems are those personal perceptions that guide us to be contributing and cooperative and imperfect individuals as we move through childhood, adolescents, adulthood, and aging.

Character traits, that is those qualities developed through personal perceptions of self, others, and events and the conclusions developed about life can be utilized in one of three ways. Character traits can be under-used or over-used and result in interacting in personal distancing from others in our social life. The third way of applying our character traits is through adapting to situations in accordance with the needs of the situation and the desire to be cooperative and contributing to the good of self and others.





Spirituality & Adlerian Therapy

by: Ted Warstadt

Adlerian psychology, with its emphasis on equality, cooperation and holism, make it appealing to therapists, social workers, pastors, chaplains, teachers, parent educators and a variety of other professions in the human services field. It is also a particularly inviting framework to wrestle with the spiritual dimensions of life.

Adler cautioned against scientific reductionism, indicating “I see no reason to be afraid of metaphysics.” He added, “I must admit that those who find a piece of metaphysics in Individual Psychology are right. Some praise it, others criticize it. Unfortunately, there are many who have an erroneous view of metaphysics who would like to see everything eliminated from the life of mankind which they cannot comprehend immediately” (1).



Ted Warstadt

Although Adler was not a religious person, there is ample evidence to suggest that he was a deeply spiritual man. Adler indicated that, “The

idea of God” could be “understood and appreciated from the point of view of Individual Psychology as ... a concretization and interpretation of the human recognition of greatness and perfection” (2). Additionally, Adler cautioned against denying the existence of the soul. In contrasting Individual Psychology with other theories, he said, “It is quite clear that in considering this subject (psychology) we move to a trans-phenomenal level. (Those) who refuse to do this ignore the existence and meaning of the soul. There are other schools, also, which take a purely mechanistic viewpoint on these matters, thus eliminating the mind and psychic life. In a true sense this is impossible since the very word ‘psychology’ means science of the soul. Many call themselves psychologists and according to the structure of their scientific training, eliminate the concept of the soul or think of it in a mechanistic way... ..let us assume, therefore, that the soul is a part of life” (3). His comments can be interpreted as an invitation to include spirituality as a part of therapy.

Adler emphasized the spiritual dimension of his psychology – as well as the deeper healing aspect of therapy by stating, “In Individual Psychology, during its mild barrage of questions, the erring person experiences grace, redemption, and forgiveness by becoming a part of the whole” (4). This summation of the Adlerian therapeutic process accords with the experience of this author and adds veracity to the invitation to recognize spirituality as welcome part of clinical intervention.

Reeducation and reorientation, using mindfulness and spirituality, can lead to sustained healing. For example, following the Lifestyle Assessment, with its deep introspective exploration, a clinician can assist the client via relaxation, visualization and music. Various songs, with a thematic presentation of the client’s mistaken beliefs and challenges, can be utilized while discussing empowering notions associated with the role that spirituality plays in the client’s emotional healing. Experience has shown that incredible growth can be accomplished by integrating music and mindfulness in the therapeutic experience. This can take place by using Adlerian principles and merging the client’s developing skills and insights with concepts

and notions of holism. This approach not only allows clients to review where they have been and how far they have come; when combined with relaxation, visualization, mediation and song/music, it actually assists clients in experiencing a deeper understanding of who they are and what they have always been. This effort operates with the empowering *notion that Love is within, so it goes a bit further than indicating that the individual has the capacity to love – the notion is that love is in every one of us. There is not an effort to try to define the “soul”, but the processes allows individuals to experience their deeper essence.

*This and other empowering notions, along with suggested relaxation techniques and songs will be a part of the Spring 2022 ISIP advanced workshop presented by Ted Warstadt and David Teed.

Sources:

1. (Adler, Alfred (1938), p 35. Social Interest: A Challenge to Mankind. J. Linton and R. Vaughan (Trans.). London: Faber and Faber Ltd.
2. The Individual Psychology of Alfred Adler: A Systematic Presentation In Selections From His Writings. Edited by Heinz L. Ansbacher And Rowena R. Ansbacher. 1956. Harper & Row Publishers, Inc. New York, NY.
3. (Adler, A. The Structure of Neurosis. 1935, Chicago, IL.) USA. International Journal of Individual Psychology, Vol. I, 2nd Quarter, Number

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2. pp 3-4).

4. You Shall Be a Blessing: Main Traits of a Religious Humanism. 1992. Translated by Sophia de Vries and Elske Soghikian. Edited by James Wolf, M.S., MFCC and Henry T. Stein, Ph.D. The Collected Works of Alexander Muller, Volume 1. Published by The Classical Adlerian Translation Project.



**The Goal of the human soul is
Conquest, Perfection, Security, Superiority.
~ Alfred Adler ~**