



Idaho Society of Individual Psychology

The ISIP Newsletter

Volume 45, Number 1

June / July 2022

2022 FALL TRAINING CALENDAR

- Series Workshops - Fall Workshops - The Series

We will be offering all 3 Series workshops in the fall of 2022

September 16-17 - Idaho Falls Workshop 1 presented by Brad Lambson

September 30, October 1st - Boise, Workshop 3 presented by Steve Maybell

October 21-22 - Coeur d'Alene Workshop 2 presented by Brad Lambson

Advanced Workshop October 14-15 with Wes Wingett in Boise at the Riverside

- 2023 Annual ISIP Conference (In February) -

We are excited to announce our presenter for the 2023 Conference will be Jon Sperry! We will be holding our annual conference in-person at The Riverside Hotel and virtually through Zoom on February 24-25th, 2023.

Certificate in Professional Studies of Adlerian Psychology.

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

Dave Webster – (208) 681-3283

Email: adleridaho@gmail.com



CONGRATS GRADUATES!

THESE ARE THE MOST RECENT SERIES GRADUATES!

Maria Paz Geraldine Campos Lopez

Terry Hernandez-Ruelas

Erin Eadington

Joe Anderson

Caitlin Hart

Jennifer Haagenson

Ashley Weiss



Stay up to date on what's happening!

VISIT OUR WEBSITE

www.AdlerIdaho.org

IDAHO
SOCIETY OF
ISIP
INDIVIDUAL
PSYCHOLOGY





THANK YOU FOR 45 YEARS OF SUPPORT!!



The Idaho Society of Individual Psychology (ISIP) has been in existence since 1977, having turned 45 years of age recently. Alfred Adler said, “Essentially, Individual Psychology is a method of limitless encouragement”. ISIP has been fortunate to have had a long list of notable encouragers participate as trainers at our conferences, our advanced trainings and our series trainings. Due to the quality of trainers, ISIP is now recognized as the NASAP affiliate that provides the most trainings in the United State. This is largely due to the work of Tom McIntyre and Dale Babcock. Their untiring efforts have contributed so much to ISIP’s success. Tom served as the Executive Director of ISIP for decades. He is retired from ISIP now, but serves as an advisor to the Board of Directors. He is much appreciated by ISIP. Thank you Tom.



We suffered a loss in May of 2019 with the passing of Dale Babcock, who had served as ISIP’s training director for many years. Dale was known as “the heart of ISIP”. He was loved by so many and gave love to countless souls in return. ISIP members who were fortunate enough to attend Dale’s trainings know just what a valuable asset and friend he was. Dale participated in a very successful day-long training in Twin Falls two weeks before his passing. Oh, how we miss him, but oh how fortunate we are to have known him.

ISIP’s efforts involve training teachers, counselors, social workers, foster parents, parents and other human services fields. Our annual training conferences have been ongoing since 1978. The board of directors of ISIP selects our presenters and sends board members to the North American Society of Adlerian Psychology annual conferences to seek out trainers. Our presenters are energetic, intelligent, and do demonstrations of Adlerian techniques and practices.

In 2001, “The Series” was started as ISIP’s effort to train its members. We were fortunate to have Dr. Stephen Maybell develop and present our series workshops. Steve was mentored by Robert Powers who studied with and was mentored by Rudolf Dreikurs. Steve’s materials have made ISIP’s series training successful and very informative. The series consists of Theory of Personality Development and Family Functioning, Adlerian Psychotherapy and Adlerian Family Therapy. Steve continues to assist ISIP’s series in the Treasure Valley. Steve, you are highly valued by ISIP!



After several years of ISIP producing numerous series graduates, ISIP developed the Advanced Series workshops, bringing in remarkable talent from across North America. One of ISIP’s most frequent Advanced

Series presenters is Wes Wingett of Norfolk, Nebraska. His style, talent, encouragement, wisdom and Love for ISIP has been so helpful. Adler stated, “There is a law that man should love his neighbor as himself. In a few hundred years it should be as natural to mankind as breathing or the upright gait...”. Wes does well at modeling that brotherly love. Thank you Wes.



Relatively recently, Bradley Lambson, of Idaho Falls, has been providing series training workshops. Participants give Brad high ratings — Brad is a skilled therapist and talented trainer. Thanks Brad. The ISIP series is in good hands with your assistance.

In summary, The Idaho Society of Individual Psychology has a rich history of providing encouraging and intellectually stimulating techniques and ideas to its membership. Individual Psychology gets “the water to the end of the row” when it comes to healing the human soul. Quoting Adler once more, in describing his approach to healing the psyche, he said, “In Individual Psychology, during its mild barrage of questions, the erring person experiences grace, redemption, and forgiveness by becoming a part of the whole”. There are many practitioners in ISIP who have observed what Adler describes.

Thank you all for being here at this conference.
Written by Ted Warstadt, ISIP Historian



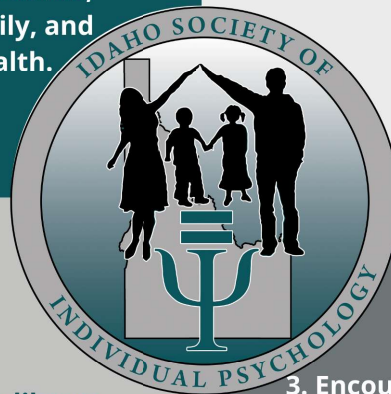
The 4 Objectives of the Idaho Society of Individual Psychology

1. Provide an opportunity for people to share in applying Individual Psychology to education, medicine, business, family, and mental health.

2. Encourage personal and professional growth.

4. Assemble a library relating to Adlerian Psychology for use by the members.

3. Encourage research in and stimulate the further scientific development of individual psychology.



THE 4TH OF 9 PRINCIPLES OF ADLERIAN PSYCHOLOGY ~WES WINGETT

People are holistic and must be viewed not only through the body-mind connection but also through their cognitions, emotions, and behaviors to understand them and their movement through life.

Here are some thoughts about the fourth of nine principles of Adlerian psychology. These nine principles are based on my study and personal interpretations of the theory and practice of Adlerian psychology. Before writing about the fourth principle, here is a synopsis of the first three principles.



The first principle focuses on the social nature of humans and their finding a place of cooperation and contribution in family, school, community, and beyond. The second principle focuses on personal creativity, self-determination, decision making ability, and ownership of personal thoughts, feelings, and behaviors. The third principle focuses on the development of personal strategies for moving through life based on personal perceptions of self, others, events, and the direction deduced from those perceptions about how to go about living in a social setting.

The fourth principle states: People are holistic and must be viewed not only through the body-mind connection but also through their cognitions, emotions, and behaviors to understand them and their movement through life. Adler began his meetings with Sigmund Freud and other colleagues in 1902 and left the Freudian group in 1911. Part of the intellectual divorce between Freud and Adler centered on whether human beings could be psychologically divided into three parts, the id, ego, and super-ego as ascertained by Freud or Adler's ideas that human beings are indivisible, that is, they are whole and need to be viewed as such. Hence, the name of Adler's psychology is known as Individual Psychology, focusing on the whole and undivided person.

As a child. Alfred Adler had rickets, a vitamin deficiency, that resulted in being unable to walk comfortably until age four, he had pneumonia at age 6, and he decided to become a physician at a young age. As a physician he was concerned about the personal perception of physical and other medical challenges faced by individuals and what the individuals thought, felt, and did about their physical challenges or organ inferiorities. Adler's theory and practice partially focused on how the individual compensated for any physical challenges.



In addition to the personal perception of organ inferiorities, Adlerian psychology is concerned about the attitude and behaviors of others toward individuals diagnosed with a physical or medical challenge. Did others pamper or neglect the individual with the physical or medical challenge?

"Trust only movement" is an oft repeated Adlerian adage. "I will trust the tongue in your shoes not the tongue is your mouth" and "I will trust what you do, not what you say you are going to do" are phrases that focus on movement.

To understand self and others, Adlerians focus on the direction, speed, and goal or purpose of individuals. Where is the individual going? What is the speed of the movement? What is the goal of the behavior?

Maybell Memos

Theory of Human Behavior:

- *The indivisible person.....(holism),*
- *indivisible from the social world.....(social embeddedness, social systems),*
- *strives toward self created goals of significance, security and success.....(teleology),*
- *based on a private philosophy of life.....(cognition, private logic, lifestyle).*

The lifestyle is created on the basis of necessity – for the child must immediately begin the process of orienting to the social world, and does so by creating meanings of what life is like, what others are like, what facilitates and impedes success, and what the child him/herself is like and is capable of. Since the first conclusions are formulated in childhood, they become the foundation of the lifestyle. Since the vantage point of all early conclusions is from the small, weak, inexperienced child, there are always mistakes made in the meaning given to life and the self-image is always distorted to some extent by feelings of inferiority. The growing and developing child compensates for these feelings through the creation of compensatory goals for success, which like other conclusions are likely to be mistaken to some degree.

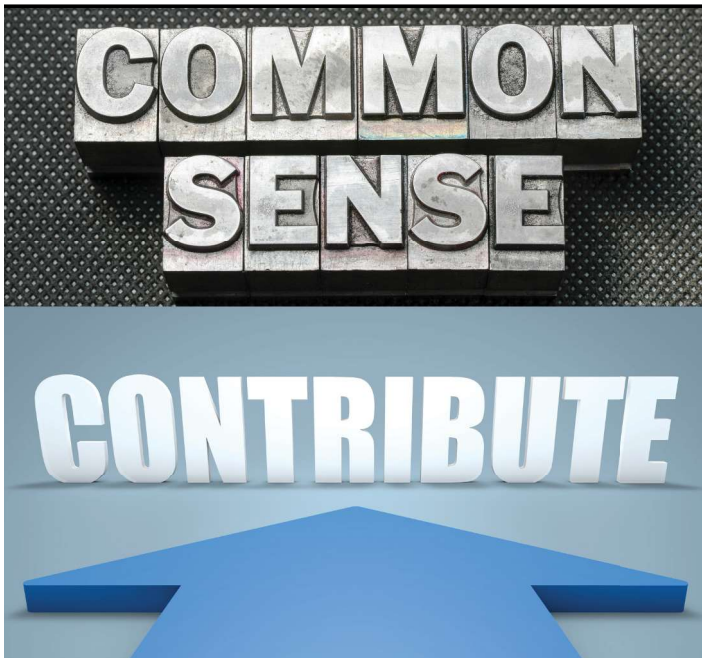
The lifestyle, which is created at a pre-verbal level and never formulated into clear concepts, operates at an unconscious level. All future experiences are interpreted in accordance with the lifestyle and all future actions are guided by its laws. As social beings, effective living means effective social living. In the rapidly changing and democratic world in which we live, the mandatory life tasks of work, love and friendship in their unending challenge, require confidence, courage and an approach to relating founded on the iron clad rule of social living – equality. An approach to social relationships based on respect for self, respect for others, and the working out of mutual agreements toward the enhancement of our shared lives, is the only approach, which results in real success, on the useful side of life.

The model for “mental health” is where the lifestyle meanings and goals of an individual are facilitative of successful social living and include a sense of belongingness, a valuing of self and others, autonomy and courage, and compensation for natural feelings of inferiority through goals which include self development in line with social enhancement (Gemeinschaftsgefühl -Social Interest). Such a person is prepared for effective social living based on mutual respect, and can meet life’s changes, challenges and losses with significant inner and outer resources.

Human dysfunction has as its foundation a lifestyle with distorted meanings (mistaken ideas) and extreme feelings of inferiority (inferiority complex) compensated for by narrow and exaggerated goals of personal significance, security and success (superiority complex). This foundation leaves the person vulnerable to life’s challenges, changes and losses (exogenous factors). Dysfunctional behavior occurs as the lifestyle is unable to accommodate to the challenges with necessary flexibility, courage and cooperation. In the place of flexibility, distorted meanings lead to hesitation and limited options for problem solving. In contrast to courage and confidence, a sense of failure and despair is eminent as the narrowly defined goals become impossible to retain. Cooperation is replaced by the self-elevation and self-protective requirement of the style, further limiting the individual’s resources and leading to avoidance, dependency or contention. The specific symptoms or dysfunctional patterns emerge as an expression of defeat and discouragement or as compensatory solutions – efforts to regain a position of personal safety and superiority in line with lifestyle convictions, while safeguarding the self-esteem.

Relationship dysfunction occurs whenever an effort exists to create or maintain superiority/inferiority dynamics, regardless of the nature of the relationship. Both sociological and psychological realities support the inevitability of disharmony which exists in all relationships of inequality. Sociological trends recognize the growing and unyielding development of democracy and equality in all our social institutions. Added to this the psychological movement of all persons that proceeds from the status of inferiority to a position of self-enhancement, and it is clear that no human being will agree to occupy a position of social inferiority, but will strive always to overcome this position. This is the basis for human conflict.

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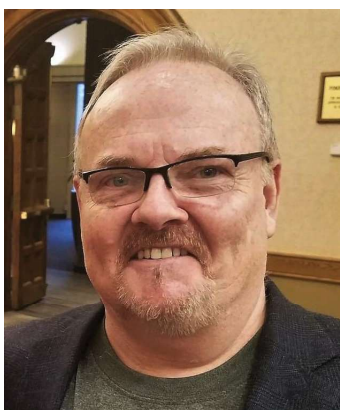


Contributing to Common Sense

by: Ted Warstadt

Recently members of Idaho's Adlerian organization have inquired as to what ISIP's direction might be in ameliorating issues of social justice and the marginalization of various groups. This article does not suggest a position statement for ISIP on social justice or other maladies facing local, county, state or national social issues; it simply provides some of Alfred Adler's teachings, most of which are in his own words, to perhaps guide an individual's efforts as they seek to maintain and teach equality and mutual respect.

Across the world we see numerous situations of social injustice. Many examples of marginalization can be found with individuals, groups, races, religions, tribes, political groups and even whole countries. Alfred Adler was particularly empathic regarding the need to support the marginalized.



Adler began his career as a physician, and he worked mainly with the poor in Vienna.

He was noted to be very caring and attentive with children. Adler observed, "I have investigated what children in poor neighborhoods feared the most, and found that in most cases, it was whipping". This recognition of the hardships of childhood poverty, along with other observations, led Adler to develop child guidance principles based on the assumption of equality and mutual respect. Adler felt it important that children learn at a young age that they possess 'equality of being' – that they are each a contributing and important part of life, and that they are connected to others.

A term Adler frequently used to identify optimal wellness in social and societal functioning is 'common sense' – the common weal, the good of society. Sophie DeVries, one of Adler's students, reflected on Adler's idea of common sense in these words: "There is quite a bit of difference, between intelligence, that is used for personal goals, and common sense, which is 'meaning' that is of benefit to mankind." Common sense encompasses the good of all as opposed to the 'private logic' which is self-interested and egoic. Adler referred to "false individualism" as those identifying themselves as apart from others. When common sense and private logic appose one another, emotional wellness suffers and, often, so do others. Those who are in relationships with a selfish or despotic person often pay a heavy emotional price for that involvement. In a lecture given in Berlin, June 7, 1930, Adler quipped, "Up to now, common sense has been under-valued out of misunderstanding, especially by those who are not well endowed with it". That message is applicable to our current national and world situation.

Alfred Adler used the term *gemeinschaftsguful* to describe social feeling. In an effort to more fully define social feeling (*gemeinschaftsguful*), he stated "I have found in an English author a phrase which expresses clearly what could contribute to our explanation. 'To see with the eyes of another, to hear with the ears of another, to feel with the heart of another.' For the time being, this seems to me an admissible definition of what we call social feeling". Adler felt strongly that optimal mental health was closely aligned with one's interest in their fellow beings and he warned of maladies that occur when individuals act selfishly. He

Ted Warstadt

stated, "It is the individual who is not interested in his fellow men who has the greatest difficulties in life and provides the greatest injury to others. It is from among such individuals that all human failures spring". He added, "All failures ... are failures because they are lacking in fellow-feeling and social interest".

It is common sense to see equality as a given, and mutual respect toward one's fellow beings as a societal essential. Adler was a gentle, loving, inspiring, feeling man. His wisdom and insight continue to be invaluable. His understanding of the seriousness of humanity's need to connect, and the existential imperative to love others, is succinctly articulated in his statement: "There is a Law that man should love his neighbor as himself. In a few hundred years it should be as natural to mankind as breathing or the upright gait; but if he does not learn it he must perish."

Adler not only saw connection to others as important, he indicated that each soul is connected to all life. Sophie de Vries said, "Adler sees man as a totality, belonging to a larger whole. He goes as far as seeing him as part of the cosmos, which is an infinite thought". That statement has philosophical and spiritual implications.

In summary, studying the psychology and writings of Alfred can perhaps be a buffer for individuals seeking to maintain connection in an increasingly divisive world. Albeit many challenging situations and injustices exist, encouragement continues to be an available resource to take on the ongoing and upcoming challenges. Encouragement is found in the psychology of Alfred Adler. He said of his approach to helping others, "Essentially, Individual Psychology (Adlerian Psychology) is a method of limitless encouragement."

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SHARE YOUR KNOWLEDGE IN
ADLERIAN THEORY

Content Writer

We are currently accepting articles for our next newsletter. If you are willing to write, or share a previously written, article we'd love to add it to our newsletter! Articles can include Adlerian Concepts that have helped in your practice or professional growth. If you'd like to contribute an article please submit it by email to:
adleridaho@gmail.com

**COMING
SOON**

2022 Fall Workshops!



Get your CEU's and improve your practice using techniques in Adlerian Therapy! ISIP is offering our Series Workshops this Fall in all 3 regions of the state. These workshops will also be available to attend through Zoom. Register Online Now to get the Early Bird Rate.

**September 16-17
Idaho Falls, Idaho**

**ADLERIAN THEORY
OF PERSONALITY
DEVELOPMENT
AND FAMILY
FUNCTIONING**

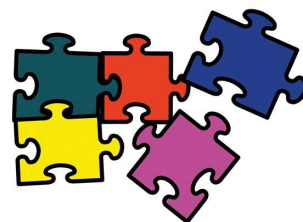
Brad Lambson will be presenting workshop 101: Adlerian Theory of Personality Development and Family Functioning. Participants will learn the theoretical concepts of Adlerian Psychology and receive an introduction as to how they are applied to the practice of counseling and therapy.



**October 21-22
Coeur d'Alene, Idaho**

**ADLERIAN
PSYCHOTHERAPY**

Brad Lambson will be presenting workshop 201: Come learn the Workshop process of Adlerian Description Psychology including developing lifestyle of the the client helping and relationship, identifying strategies assessing for the change.



**Sept. 30-Oct. 1
Boise, Idaho**

**ADLERIAN
FAMILY THERAPY**

Steven Maybell will be presenting workshop 301: Participants will learn the Adlerian Family Therapy process, parenting styles and the goals of misbehavior. The workshop will also focus on the Adlerian Therapy process, assessment and treatment considerations and explore family communication strategies -Adlerian Style.



**October 14-15
Boise, Idaho**

**2022 ADVANCED
WORKSHOP**



Wes Wingett is bringing his expertise back to Idaho for an Advanced Workshop this fall. He has been doing deeper work on the 4 Phases of Adlerian Therapy and will discuss other ways to improve your practice.

REGISTER ONLINE TODAY AT WWW.ADLERIDAHO.ORG

ISIP would like to thank the continued support of our sponsors. We are grateful for the past support these sponsors have given to the ISIP Society and its members.



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