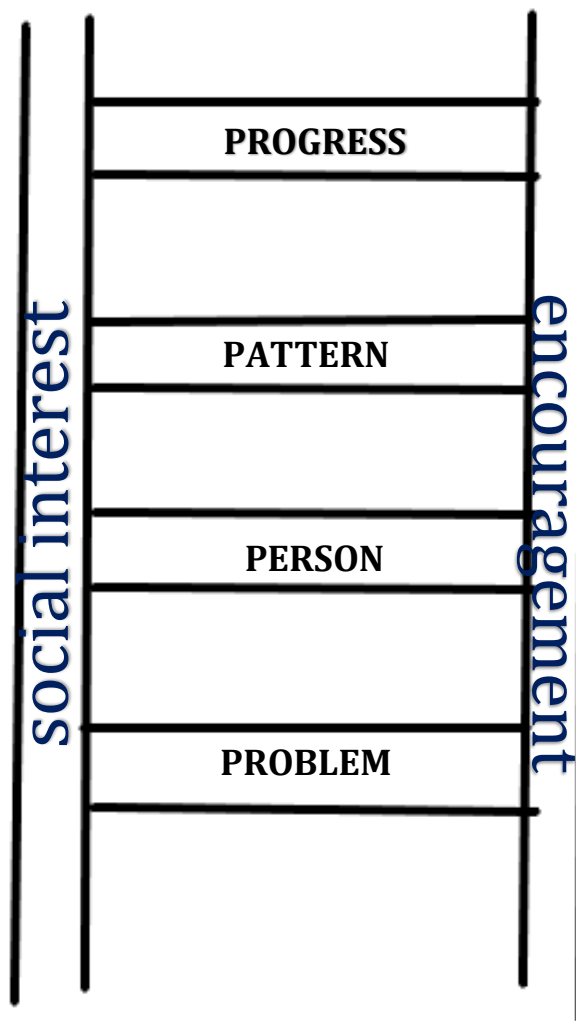


Phases of Adlerian Counseling and Psychotherapy
The Ladder Model, 2021

Developed by Wes Wingett PhD
weswingett@gmail.com weswingett@gmail.com



ADLERIAN THEORY

Felt minus to perceived plus

Alfred Adler (1870-1937) wrote in 1931: The whole of human life proceeds along this great line of action - from below to above, from minus to plus, from defeat to victory. The only individuals who can really meet and master the problems of life, however, are those who show in their striving a tendency to enrich everyone else, those who forge ahead in such a way that others benefit too.

Adler, A. (1931/1992). *What life could mean to you*. C. Brett, Trans. Oxford: Oneworld.