

# NASAP<sup>SM</sup>

NORTH AMERICAN SOCIETY OF ADLERIAN PSYCHOLOGY

*Encouraging . . . Connecting . . . Contributing . . .*

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## NEWSLETTER SUBMISSIONS

Submissions for *The NASAP Newsletter* are always welcome. Let NASAP members know the great work that you, your NASAP affiliate, and other Adlerian colleagues are doing.

All submissions are due on the 1<sup>st</sup> of even-numbered months and should be in Microsoft Word format or a compatible word processing format.

Send them to **Susan Belangee**, the editor, via email to [susanbelangee@aol.com](mailto:susanbelangee@aol.com). Submissions can also be sent via regular mail to Susan Belangee, 25 Springfield Drive, Collegetown, PA 19426. If you send your submission via regular mail, please include a computer disk with your submission on it.

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## New Iranian Website

Poran Poregbal  
Adler School of Professional Psychology  
Vancouver, BC

I would like to share with other Adlerians what I view as an important piece of work. With the inspiration of Adlerian psychology and with the spirit of Adler's concept of social interest, I have started a website which is about promoting mental health in my Iranian community and also middle eastern people. This website, [www.middlepeace.com](http://www.middlepeace.com), has been in effect the past year and I am the only person working on this. I am happy to announce that already I have around 9000 hits on this website and I hope to present this to the outside world. I have received much positive feedback about my articles in this website and people find psychology interesting once I mingle our cultural aspects of life into the concepts that are useful for people to learn.

The goals of the website are to:

- Promote mental health in the Iranian community
- Move beyond culture and discussing individuation of a collective culture
- Integrate culture with psychological impact of migration into the Iranian life
- Help mental health professionals to learn about the invisible aspects of the Iranian mind
- Offer help in building healthy boundaries
- Discuss a culturally based counseling for Iranian community
- Discuss peacekeeping with focus on mental health and social interest

The experience of being an immigrant and new in a country is a shared common vision among many Iranian families today. I have lived outside my home country of Iran for the past 23 years, which means my whole adult life. During these two decades of living and experiencing a "migrant" life and due to the nature of my work (social worker, counselor, etc), I have met many Iranian families who are suffering from the anxiety of being new immigrants and dealing with settlement and adjustment issues in the new society.

A majority of Iranian people adhere to the western culture's values and style of life; however, they are dragged into the world of fanaticism, extremism, and violence, one way or another. Our peace keeping style in the family has changed due to the hardship of the financial, social, and political reality in Iran. We need to get back to the "true" Iranian culture, where children and women are valued and peacekeeping inside families stretches out to the society and politic. Unfortunately, the Islamic Iranian government forces individuals and families

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## Meet the NASAP Office Staff

Becky LaFountain, Executive Director

It is hard to believe that the NASAP Office has been located in Hershey, PA for over six years! I am really thrilled that the annual conference will be held in our own backyard this year and that you will have the opportunity to meet the NASAP Office Staff while attending the conference in June.

Both of the office staff members came to NASAP with no awareness of Adlerian Psychology. Although I found them both to be Adlerian in spirit, they just didn't know it at the time. You are likely to agree once you learn a little bit about them. Both Carol and Debbie are very competent, conscientious, and caring.

**Carol Salwocki** has been with NASAP since its move to Hershey in January 2002. Some of you may have had the good fortune to meet her at one of the past four conferences. She is behind the cheerful voice you hear if you call the office on Mondays through Wednesdays. Carol came to NASAP after retiring from the PA State Police following 25 years of service where she worked in the Information Technology Department that was connected by their mail computer to over 300 police departments all over the state. She has confided that it is a lot more fun working with NASAP members than PA State Troopers!

Carol spends about every other weekend caring for her mother in the Coal Region of Central PA where she was raised and keeps in touch with many of her extended family through personal visits or email. Her social interest is further shown in her position on the advisory board of Big Family Mission to Children – a ministry to orphan children (ages 6-16) in Russia, as volunteer co-director of a lay associate group of the Sisters of the Precious Blood, a Catholic order of religious sisters, as a leader of a bible study group that meets in her home weekly and as a Special Minister of the Eucharist in her church.

She previously served as newsletter editor for her church, spent several years doing voluntary hospice work, was a Girl Scout leader for 15 years, was a co-owner and operator of a drive-through newsstand business, and was active in hot air ballooning.

Carol is an avid collector of anything with light houses; her collection consists of over 1,000 items. She lived for a week in a lighthouse on an island with no public utilities. She loves traveling and one of her most adventurous trips was in Nov. 2005 to Russia with Big Family Mission to Children. While she was there she met a teenage Russian girl and they have been corresponding through email since then. Carol

has volunteered for Habitat for Humanity and her claim to fame is cleaning the restroom that former President Jimmy Carter used when he visited the LaGrange site in Georgia where she was working.

The religious order of sisters that Carol has been associated with for over 15 years was founded by a young Italian woman 175 years ago. The spiritual calling of that woman was to minister to families, community, and her “dear neighbor.” How Adlerian is that? After learning about Alfred Adler, Carol knew she was in the right workplace!

She has stated that her “real” retirement plan is to sell everything she owns and spend a month or two living with each friend or relative that she knows and then write a book titled “How I Really Got to Know my Friends and Relatives.”

**Debbie Johnson** kindly assists you when you call the office on Thursdays and Fridays. She joined NASAP in April 2002 after retiring from 28 years at the Milton Hershey Medical Center; 11 of those years were in finance where she dealt with patients' insurance and did general ledger booking, and the remaining 17 were in the anesthesiology department where she was the professional fee coordinator handling all billing for patients. By the way, the anesthesiology department is where she met her husband, a nurse anesthetist, of 25 years. She lives with him and her canine boxer Angel, who lives up to the name only part of the time.

Debbie moved to Central PA in 1966 when her father retired from the military. As a military child she lived numerous places including Germany, Kentucky, Tennessee, and Virginia. Debbie wears many hats as a volunteer at the Hershey-Derry Township Historical Society where she does data entry, co-coordinates the annual volunteer picnic, and heads up cookie sales as a fund raiser. Additionally she volunteers at the Food Cupboard, a local food bank, and at the gift shop of the Lebanon Valley Brethren Homes, a retirement community. Debbie is a passionate quilter, having donated many of her creations for charitable causes such as: Alex's Lemonade Stand, a fundraiser for a children's cancer organization; Domestic Violence; Disaster Relief auction; and Home of the Brave, an organization that collects quilts for family members of diseased soldiers who served in the war. She also recently made a few quilts to sell. One of her quilts adorns one of the walls in the NASAP office.

Both Carol and Debbie are expert cooks and enthusiastic bakers. Board and COR members have had the opportunity to enjoy their tasty wares when they have come to Hershey for meetings. Carol is known for her signature chocolate

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cake with peanut butter frosting; Debbie will dip anything (such as strawberries, pretzels, etc.) in chocolate. She has introduced a Pennsylvania Dutch touch to our meetings with chicken corn chowder and whoopee pies.

I think NASAP is fortunate to have both Carol and Debbie on the front line.....and I feel extremely lucky to have them as friends.

## Town Hall Meetings Hear Yee! Hear Yee!

In conjunction with the theme of the conference, “Alfred Adler and Milton Hershey: Building Families and Communities,” Town Hall Meetings will be added to the conference on Friday and Saturday mornings (8:00 – 8:45). They will be a wonderful forum where participants can gather at the start of each day to hear updates and announcements as well as a venue for handling some of the business of NASAP, which has been traditionally held in conjunction with the Saturday luncheon. This will allow us to enjoy **Dr. Lew Losoncy** give his post-luncheon speech on Saturday entitled “Building an Encouraging Community Moved by a Passionate Purpose.”

Video clips of **Milton Hershey**’s biography will be shown at Friday’s Town Hall Meeting to kick off the day that will feature Milton Hershey. Specifically, the luncheon speaker will be **John O’Brien**, president of the Milton Hershey School, tours of the School will be provided, and a chocolate extravaganza sponsored by the School will be held in the afternoon. The business of the meeting will primarily serve to orient first-timers, such as introductions of the Council of Representatives, as well as an orientation to our newly revised website.

Saturday’s Town Hall Meeting will focus on **Alfred Adler** who is featured on that day. An actual video clip of Adler will delight those gathered there. The majority of the awards and recognition will take place at this time with the balance occurring at lunch.

Each meeting will close with a drawing. On Friday the prize will be a huge 5-pound Hershey bar! Wouldn’t you love to take that home to family and friends? On Saturday it will be a gift certificate to the bookstore! There are a limited number of tickets available each morning so we encourage you to come early to get yours. See you at the Town Hall (location to be announced at the conference)!

## T-Shirts for Sale

Leigh Johnson-Migalski  
Adler School of Professional Psychology

The NASAP Affiliate at the Adler School of Professional Psychology created t-shirts that we are selling to raise money for the on-campus affiliate. **Michael Giammanco**, a student in the Art Therapy program, designed the t-shirt which was voted by the students as their favorite of the several entries.

The t-shirts will be on sale at the NASAP Convention but if you want the pre-convention price of \$18.00, plus \$3.00 for shipping and handling, you can send an email to [lmigalski@adler.edu](mailto:lmigalski@adler.edu). Or feel free to use regular mail to send a check (made payable to the Adler School of Professional Psychology) and mail it to Leigh Johnson-Migalski, Adler School of Professional Psychology, 65 E. Wacker Place, Suite 2100, Chicago, IL 60601.

The t-shirts are 100% cotton, Hanes, women’s sizes small, medium, large, XL; Men’s (tagless Hanes t-shirt) Large, XL, XXL, XXXL.

The source of the quote is from *Discipline Without Tears*, 2<sup>nd</sup> edition, page 49. However, **Erik Mansager** just told me that actually **Sofie Lazarsfeld** is the originator, “The Courage of Imperfection,” see *The Journal of Individual Psychology*, 22, 163-165. So there you, go, imperfection in action!



## Adler Institute in Israel Annual Conference

The Adler Institute in Israel will be holding their 3<sup>rd</sup> Adlerian Conference on the 11<sup>th</sup>-12<sup>th</sup> June, 2008. The conference focuses on Adlerian theory and practice through the prisms of coaching, therapy, group facilitating and supervision. The topic of the conference this year is "Motivation – channeling motivation towards personal and organizational goals." Guest speaker will be **Eva Dreikurs Ferguson**. Additional lectures and workshops will be held by leading Adlerian professionals from the field in Israel. The conference offers a two-day rich and varied program, following Adler through the different life circles.

The Alfred Adler Institute was founded in Israel in 1963 by a group of professionals under the leadership of **Rudolf Dreikurs**. Since its establishment, the institute has developed a variety of programs in order to adapt to the hectic changes in Israel and in order to accommodate the specific demands of new immigrants, women in poverty, inmates in prisons, police men in trauma situations, army officers and their wives, women empowerment workshops, elderly, Adlerian kindergartens, teachers workshops, and more.

The institute has branches all over the country and is involved in partnerships with other Non Profit organizations. We operate through the following units:

- The Dreikurs School for Adlerian Studies
- The Unit Parents, Family & Community Unit
- The Clinic for Individuals, Parents and Couples
- The School of Adlerian Coaching

We are now planning the expansion of our Family Therapy Studies as well as the opening of The School of Adlerian Psychotherapy. The Adler Institute of Israel has been well known and highly appreciated in the country.

## CEUs Available at ICASSI

As the summer heats up, the organizers of ICASSI wanted to remind the NASAP membership that CEU hours are available for attending the programs at ICASSI. The two-week program this summer takes place in Győr, Hungary from July 13<sup>th</sup> to July 25<sup>th</sup>. For more information about ICASSI, please visit [www.icassi.net](http://www.icassi.net).

## Italian Edition of *Superiority and Social Interest* Now Available

Ugo Sodini

We are glad to inform the NASAP membership that last month was published the Italian edition of Adler's book edited by the Ansbachers titled *Superiority and Social Interest as Aspirazione alla superiorità e sentimento comunitario* by Edizioni Universitarie Romane, Rome, 2008. The Italian translation was completed by Ugo and **Annamaria Sodini**. Dr. **Ugo Sodini** also wrote the Italian introduction. The Sodinis published into Italian (1997 and 2001) two other books by Adler that were edited by the Ansbachers titled *Individual Psychology of Alfred Adler* and *Co-operation between the Sexes*.

## Call for Proposals – SC Fall Conference

The program committee of the South Carolina Conference of Adlerian Psychology welcomes proposals for its conference to be held September 25-28, 2008, at Spring Maid Beach Resort at Myrtle Beach, SC.

Proposals are invited for workshops to be offered Friday and Sunday, and for twenty 75-minute presentations to be offered Saturday. An important change to our format for Friday is that we will offer four full-day workshops (9 AM to 5 PM with 1 hour for lunch) and four half day workshops, two from 9 AM – 1 PM and two from 2 PM – 5 PM.

Include the title and description of the presentation. Please do not exceed 60 words. Presentations must be based upon or related to Adlerian Psychology. Presentations that include demonstration and/or experiential activities will be given special consideration by the program committee.

Presenters are not paid an honorarium; however, \$200 per workshop will be paid to defray expenses of Sunday presenters and for half-day workshops Friday, and \$300 will be paid to defray expenses of the full-day Friday workshops. All presenters are required to register for the conference. The deadline for proposals is May 25. Last year the conference attracted presenters from 13 states and Canada. Come offer what you can and join a very pleasant group in a very pleasant area at a pleasant time of the year. Mail proposals to: Dr. Frank Walton, 1313 St. Andrews Rd., Columbia, SC 29210 or e-mail to: [DrFXwalton@aol.com](mailto:DrFXwalton@aol.com)

## MAPS Spring Coffeehouse Held

The McAbee Adlerian Psychology Society (MAPS) hosted its annual Spring Coffeehouse on April 13, 2008 in the residence of MAPS' esteemed first lady, **Norma Lou McAbee**. The Meet and Greet started at 2:30. The guest speaker was **Dr. Roslyn Green** of Bowie State University speaking on "Domestic Violence: Impact on the Family/Interventions for the Abused and the Abuser." For further information about MAPS, e-mail **Steve Stein** at [sjstein47@comcast.net](mailto:sjstein47@comcast.net).

## NASAP Member Travels to Eastern Europe

**Wes Wingett** arrived in Hungary on March 16<sup>th</sup> and spent five days in Gyor, three of those days were spent training teachers, social workers, psychologists and school administrators in an Adlerian approach to the development of resiliency. Two days were spent in Gyor consulting with the faculty of an alternative school for children from at-risk environments. One day of training in Adlerian approaches to classroom management and curriculum development and E5 Groups was conducted in Veszprem, Budapest and Mosonmagyaróvár. Training in an Adlerian approach to classroom was provided to teachers in training, teachers and professors at the University of Pannonia in Veszprem. Training in the E5 Group process was presented to educators and students in school psychology and school psychologists at the University of Budapest in Budapest. Educators and education administrators participated in a workshop on working with challenging students in Mosonmagyaróvár. A total of nearly 250 people participated in the training sponsored by two of the Adlerian groups in Hungary. **Iren Kinga** and **Emoke Bencze** were instrumental in coordinating the training events in Hungary.

From Hungary, Wes went to Romania and conducted three days of training in the cities of Brashov, Budapest, and Braila. The three days of training in each city was titled "Addictions, Anger and Abuse: An Adlerian Perspective." Participants included students and graduates of the 400-hour certificate program in Adlerian psychotherapy, educators, psychologists, social workers and psychiatrists. Over 150 people attended the training coordinated by the Romania Association of Adlerian Psychology and Psychotherapy. **Vlad Grigorescu**, a NASAP member and a graduate of the Adler Graduate School in Toronto, is founder and chairman of the Romania groups.

## Book Review

### The Collected Clinical Works of Alfred Adler (CCWAA)

Edited by Henry, T. Stein

Reviewed by Erik Mansager

[Editor's note: The review for Volume 9 is presented in this issue. Volume 10's review will appear in an upcoming issue]

**Volume 9: Case Histories: Problems of Neurosis; The Case of Mrs. A.; The Case of Miss R. (341 pp., \$59).**

In *The NASAP Newsletter*, 39(6) last year, I assured the readers that a review of the final four volumes of *The Collected Clinical Works of Alfred Adler (CCWAA)* would be forthcoming this year. Well, there's some good news and some bad in that regard. It seems that the completion of the reviews is still a bit at a distance; but that is primarily because a brief review cannot do justice to the contribution that these last four volumes represent. I'm not sure just why these volumes of practical applications come alive in such a special way for me. It may well be solely the content which I'll share an overview of; but I suspect my deeper involvement with project via studying within the Distance Training Program in Classical Adlerian Psychotherapy has something to do with it as well.

But here's the long and short of it: To see Adler in action -- engaged and engaging; patient and penetrating; humorous and humble -- is a real professional pleasure! If the earlier volumes of CCWAA brought Adler the scholar, theoretician and innovator forward, these final volumes bring forward Adler the clinician -- in a very satisfying way! In the following I provide the broadest of overviews of this wonderful encounter with Adler. Given the greater length of each of these volumes over the previous ones, I will review two of them here and the last two will await later review.

Volume Nine is a collection of case histories that provide examples of Adler's overall approach to the individual, while also providing rich specific instances of his use of the stochastic or conjecturing method. As noted in the title, there are three volumes in one here. As they appear in this volume, *Problems of Neurosis* was first published in 1929, *The Case of Mrs. A.* was published in 1931, and *The Case of Miss R.* was actually the earliest of the three (Ansbacher & Ansbacher, 1964); it was published in German in 1928 and in English a year later.

Soon after publication *Problems of Neurosis* was recognized as containing several classic formulations. Chapter VII

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to withdraw from any activity that brings joy, happiness, and health. What these people have brought to our home country is death, pain, sorrow, injustice, oppression, and sexism.

Peacekeeping starts with ourselves and if we in our families do not learn how to resolve conflicts we may not be able to do so in the bigger society. The reverse side is the way people are frustrated about this regime and they transfer the violence to their homes. Our Iranian People are violated from every aspect: emotionally, physically, sexually, spiritually, socially, politically, financially, and mentally. Depression, suicide, prostitution, crimes, hatred, suppression, submission, and anger are the reality of many of our Iranian families inside and outside our home country. The other side of this spectrum is a wide range of high educated families who value education, healthy style of life, and secular way of living their lives, yet, everyone is under attack of religious fundamentalism back home. We tend to internalize the attitudes that have been imposed on us for centuries. Now it is time for change, change from inside out.

How to deal with family problems, how to analyze our parenting styles, how to recognize our inferiority feelings, and how to strengthen our communities are topics that are hugely neglected and deliberately stigmatized by the extremism in Iran.

I have worked in the field of research, worked as a frontline worker, and dealt with people who are violated, abused, neglected, ignored, portrayed as an outcast, and stigmatized. I have observed families leaving Iran with a hope for a "better life," however, as soon as they arrive here in North America or elsewhere and once they are done with the primary settlement, they face the challenge of not finding the proper work and style of life congruent with what they had planned or hoped for. Many men and women are either overqualified or need to develop special skills for the work they are applying for.

Parents who are trying to create and maintain financial stability sometimes forget about the quality of emotional relationships inside the family. Spending time with children is often overlooked and undervalued as parents are themselves struggling to find jobs, etc. Youth are often forgotten as they are considered to be "old enough" to take care of themselves. The core values and traditions which were relevant yesterday, become more often inappropriate with the current life style, a reason many families fall into identify crisis. Depression, anxiety, and panic attacks are the symptoms that many families, men and women are experiencing, yet the stigma of mental illness makes individuals and families more isolated. Children who are

raised here find their families keeping a double standard that is not acceptable to the new pop culture they are accustomed to.

With this background the Middlepeace website will become the gap in-between families and the services out there in the society. The Middlepeace website is a new website intending to highlight and embrace the cultural and ethnic diversity among the Iranian community. This website will also be a forum to discuss many aspects of life that are evolving and changing due to adjustment challenges in the new society. Forced migration among our people has never been discussed or related to the emotional problems many people deal with. Now it is time to do so and bring the Iranian culture's life into the light of the migration, forceful dislocation, segregation, separation, and cultural humiliation.

The Middlepeace website is a non political, non religious space for everyone who likes to learn about the Iranian mind. This website will soon turn into a not for profit organization with the promises of offering culturally sensitive counseling services to Iranian families along with a wide range of other support services for this community.

Our Iranian culture has never before been able to evaluate its own identity, neither have we learned the basic role of life, respect for the other! Iranian people are a non homogenous and diverse group of people, where individual and collective rights are many times neglected and deluded. Throughout the history our Iranian culture has been poisoned with stigma, prejudice, biased opinions, racism, sexism, and gender stereotyping. Middlepeace website intends to open up the discussion about such topics related to our every day style of life.

I am hoping to encourage people from my community around the world to discuss the concept and phenomenon of migration as it still is a fairly new and also pervasive reality in our culture. I have already shared the vision of my website with my fellow country men and women who are showing interest to listen to what this website has to say.

There are many cultural adjustment challenges our newcomers are facing. I believe that by inviting the Iranian community to such a dialogue we may be able to work on the development of the hope, encouragement and participation in the societies they move in to. For people inside Iran the world of internet and satellite programs are although new, yet, the only hope for many families to learn something new and to listen to something new. People listen to these programs carefully and young Iranian generation loves to be on-line. I believe that my website can make a huge difference by opening up a dialogue, a way of talking about

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things that matter without “offending” these government people who can easily block websites.

There are many areas of life in Western cultures that are unknown and undefined for our Iranian culture. Many services such as victim services, support services, mental health services, and counselling services, are areas that Iranian women and families are not accessing due to many barriers. This website is created with the notion of developing links between the community services and the Iranian community (out there in the world) in a more culturally sensitive form. Also this website intends to have a discussion about how physical and emotional health is indeed interlocked with family relations and peaceful conflict resolution.

This website is being registered under a non profit society and it will have a charity number soon. On a local basis here in Vancouver, I am hoping to arrange workshops and discussion groups to talk about this website and the message of peacekeeping to Iranian families.

Contact Poran Poregbal by email: [pporegbal@hotmail.com](mailto:pporegbal@hotmail.com) for more information on the website.

## SILENT AUCTION ITEMS NEEDED

Don't forget to bring an item  
from your local region  
with you to Harrisburg.  
Bring that item your town is  
known for or something  
interesting you find on your  
travels to the conference.

We will package it for the silent auction and  
the proceeds benefit NASAP directly!

Questions?

Email Carol at the NASAP office:  
[info@alfredadler.org](mailto:info@alfredadler.org)

*CCWAA . . . continued from page 5*

on “The Family Constellation” and Chapter VIII on “Early Recollections” were both reprinted in 1937 in the *International Journal of Individual Psychology*. In addition, Chapter VIII was included in Hartley, Birch and Hartley’s 1950 collection, *Outside Readings in Psychology*. Chapter VI, “Neurotic Use of Emotion” was republished twice by Harold Greenwald (who is best known for his proficiency in the social psychology of prostitution), first in his 1959 edited volume of *Great Cases in Psychoanalysis* and then in 1967 in his *Active Psycho-therapy*.

Stein’s (2005) introduction of the *Problems of Neurosis* notes that it offers “vivid thumbnail sketches of thirty-three cases, spanning the symptoms of depression, obsession, compulsion, alcoholism, schizophrenia, clairvoyance, agoraphobia, impotence, sadism, masochism, and jealousy” (p. iii). The range is broad, indeed, and each individual instance has gems of theoretical and technical insight to offer. Here, rather than address the specific cases, I would like to share hints of Adler’s theory and technique from each chapter.

As an opening example, in Chapter I, Adler emphasizes the mechanisms of neurotic safeguarding: clients, by first disguising or hiding feelings of inferiority (p. 2) while simultaneously evading the life tasks (p. 3) and using exalted self-ideals that place their self-worth beyond the need for proof (p. 5) thereby excuse themselves altogether from the life tasks by expecting less of themselves (p. 9).

In Chapter II, Adler’s favorite technique for dealing with depression is re-iterated. Adler says after establishing an empathetic relationship, he approaches depression in two parts: First is a friendly client admonition either to “do only what is agreeable to you” or at least to “not exert yourself to do what is disagreeable;” second is to “consider from time to time how you can give another person pleasure.” But, he warns: “...do not actually do anything to please anyone else, but merely think about how you could do it” (p. 17). Adler’s clever ability to put patients’ private logic (in the case of depression, for the individual to think only of him or herself) into a paradoxical bind comes forward in subsequent volumes as well.

The accent in Chapter III is on social feeling; it contains several classically formulated statements of the theory:

- “Social feeling is not inborn, but an innate potential which must be consciously developed” (p. 21).
- “A [person] of genius is primarily a [person] of supreme usefulness” (p. 23).
- “Receiving too much from others, the spoiled child never proves [her or] his own powers to [her or] himself” (p. 24).

CCWAA . . . continued from page 7

- “All those who depreciate women ... incur inevitable punishment, because they develop an attitude which contradicts truth and reality” (p. 28).

Similarly, Chapter IV focuses on “Problems in Love and Marriage.” Herein Adler’s classical formulations of cooperation are folksy and informative:

- “It appears to be an immutable law of love and marriage that it can succeed only where the attitude is one of giving” (p. 33).
- “The decision whether a woman should or should not have a child should rest entirely with the woman; such at least is my personal belief” (p. 40).
- “We have two ways of trying to pass through a doorway only five feet high. One of them is to walk erect, and the other is to bend one’s back. If I try the first method, I not only bump my head on the lintel, but I also have to fall back on the second method after all” (pp. 36-37).

The last quote is Adler’s “law of the low doorway” which Markowski (2003) has developed into a popular and effective marriage-strengthening technique.

While Chapter V addresses the neurotic life style in some detail, it also has wonderful indications of Adler’s quite personal therapeutic style. He reminds the therapist to be circumspect in sharing information so that the client does not feel imposed upon (p. 46). In his own practice it seems he took great care “not to tell the patient anything he [or she] is not yet able to understand” (p. 47). And he encouraged therapists to let go of all self-importance and sensitivity about a position of dominance. Rather they are to remember the importance of never demanding anything [!] of the client (p. 48).

In Chapter VI an interesting historical anomaly appears. The chapter focuses on the “Neurotic Use of Emotion” and after discussing issues of depression, impotence and polygamy, pride in poverty and agoraphobia, Adler discusses early recollections and the meanings of persons who populate our ERs. Thereafter he recounts the case of “one man” whose ERs ultimately “showed his fighting attitude toward his mother.” The reason, Adler suspected, for the man’s turning away from his mother was that “he had been too spoiled by her to be able to put up with the younger brother’s appearance on the scene” (p. 61). The anomaly is revealed in the last section of the volume, when within his previously published *Case of Miss R.* Adler had already revealed these as his own ERs. “Reconstructing the past, I can understand it now,” he said of himself. “My mother pampered me during the first two years of my life because I was a sick child. I became accustomed to this pampering.

But when a new child was born, I was dethroned ... I could never forgive her for that” (pp. 198-199).

I take this as evidence of what Lydia Sicher (see Davidson, 1991) came to call “the courage to be imperfect.” Such self-revelation, along with his frequently-recounted overcoming of mathematics difficulties when a young student (e.g., Volume 10, p. 138), may well be the foundations of his insistence that adults should never, ever give up on children. He certainly never did.

Chapters VII and VIII will not be addressed here since they contain fruitful but, as noted above, more familiar and widely published information about “The Family Constitution” and “Early Recollections” respectively. Yet, in light of other developments in the Adlerian world -- viz., the upcoming special issue of *The Journal of Individual Psychology*, 64 (2) which focuses on affirming lesbian and gay persons’ identity -- a commendation to editor Stein is appropriate here. As he did in Volume Four of CCWAA which contains Adler’s first major paper on homosexuality (1918), Stein has identified Adler’s original position on gay and lesbian individuals as reflecting “the common bias of his time and place.” He further emphasizes:

These opinions, coming out of the early 1900’s in Vienna, do not represent contemporary classical Adlerian psychotherapy. While we respect every individual’s sexual choice, we apply the same psychological criteria to all relationships, promoting increased cooperation, respect, equality, mutual benefit and empathy, and working to eliminate domination, subordination, depreciation, exploitation, or abuse. (p. 73n)

In Chapter IX he addresses “Further Useless Goals of Superiority” by highlighting the use of antithetical thinking as exemplified in bipolar disorders (“manic-depressive cases,” p. 84) and issues of sadism and masochism (pp. 85-87, 93-95) as well as the avoidance of all sexual activity -- perhaps introducing the reader to the idea that chastity, too, is available for neurotic expression.

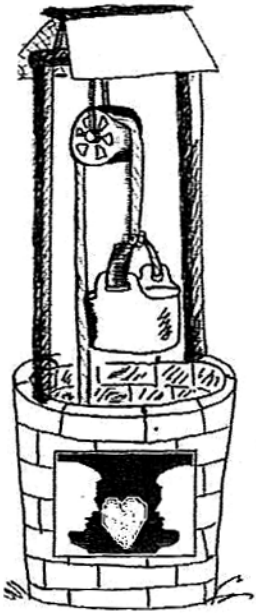
Chapter X addresses “Occupational Choice and Sleep Postures.” Its attention to body posture is a precursor to the cottage industry that has sprung up around “body language” over the last decade or more (cf., Hartley & Karinch, 2007; and Lewis, 1995). Adler advises taking hints from waking and sleeping positions -- from handshakes that betray tendencies to push others off or pull them in, to a sleeper’s sprawl which looks like a soldier at attention likely in order for the individual to “appear as great as possible” (p. 100).

The final chapter in the first section, Chapter XI, focuses on “Organ Dialect and Dreams.” Adler specified his approach

## Wellness For Life

Lois Marecek

### A Fable for All Who are Imperfect



It has been said throughout time that beauty is in all of us.

A poor farmer had two large pots. Each hung on the ends of a strong pole which he carried across his neck. One pot had a crack in it, while the other was perfect and always delivered a full portion of water.

At the end of the long walk from the stream to the house, the cracked pot arrived only about half full of water.

For a full two years this went on daily, with the farmer delivering only one and a half pots full of water to his house.

Of course, the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection. And quite miserable that it was able to accomplish only half of what it had been made to do.

After two years of what it perceived to be bitter failure, the cracked pot spoke to the farmer.

"I am ashamed of myself. This crack in my side causes water to leak out all the way back to the house."

The farmer said to the pot, "Did you notice that there were flowers only on your side of the path, but not on the other? I planted flower seeds on your side of the path. Every day while we walk back to the house, you've watered them. Now, every Spring, every Summer, and every Fall, I have been able to pick those beautiful flowers to decorate our table.

Although we are poor farmers by some standards, my family is rich because of you. Without you, being just the way you are, there would be much less beauty in our lives."

-author unknown

Dreikurs once said, "Insecurity is caused by the doubt in one's strength." It can take just a few simple words for you to discover **the beauty in you.**

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to dream interpretation by emphasizing "the unity of the waking and sleeping life" (p. 107). He understood dreams to be a consistent expression of the lifestyle, more oriented to the future and the solving of current problems, than of a substitute fulfillment of wishes as Freud contended. The chapter elaborates his point of view and illustrates it with absorbing case material.

After such an extended presentation of the first section of the volume, comments on the other two can be briefer. *The Case of Mrs. A.* is the standard of Adlerian-conjecture about the neurotic character from only the review of written case material. Besides seeing Adler in action, both this brief presentation (29 pages) and the more extensive *Case of Miss R.* (179 pages) allow for training oneself in stochastic guesswork. These are most absorbing examples of Adler the clinician. This method is taken up again in briefer vignettes in Volume 10, but here it can be seen in all its richness. In both cases Adler weaves the tenets of IP into his discussion until something like a living-experience of applying his technique surprises the reader.

Apparently without awareness, Adler's stochastic method seems quite similar to the method of "falsifiability" noted in the philosophy of science. This approach was officially introduced by Sir Karl Popper (1935/2002; 1963) who suggested that the measure of "truth" -- and thus of real science -- is not one of verification (for how, he asked, can one prove that all swans are white, without observing all swans in the world?) as much as it is one of assembling hypotheses that stand until they can be disproved (e.g., "no swans are black" can be disproved by the location of a single Australian black swan). In essence, assembling hypotheses that stand until they can be disproved was Adler's approach.

Adler describes the process as in *The Case of Mrs. A.*:

We must scrutinize each of our assumptions and try to understand the coherence of a case. Our general views may be reflected, but we must be careful not to bias our conclusions by trying to prove a theory. As in other sciences, we must stay open to a wide range of potential influences. This perspective is very valuable, because it keeps us open to intuitive, free guessing and discovery. This freedom will be tempered by the progressive refinement and correction of our thinking about cases, a skill that improves with experience. (p. 115)

That is, his method was one of guessing from the case details toward the goal of the client and searching for

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further evidence that could either confirm or refute his hunch. Thereupon he would reformulate his hypothesis in line with the new evidence. It is an interesting historical note that, as a young man, Popper had assisted in one of Adler's child guidance clinics.

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