ALFREDS
Adler Learning Federation for Research, Education and Delivery of Services
Presented by: Cydney Lebovitz & Roja Vivekanand

PURPOSE
To improve human relationships and expand social interest by preserving, developing, and propagating the theory and application of Adlerian philosophy wherever it is taught or practiced

EDUCATIONAL OBJECTIVES
Participants will learn about the existence of the affiliate and its mission to increase Adlerian education in Ontario.

To provide information about available scholarship possibilities and learning opportunities for students wishing to study Adlerian theory or practice in Ontario.

To live by and teach the 5 Basic Adlerian Principles of Individual Psychology:
1. We are social beings who want to belong
2. We are all moving from a felt to perceived +
3. Our behaviour is goal directed and purposive
4. We give meaning to life
5. People are holistic

MISSION
To practice and promote community wellbeing by offering services based on Adlerian values of holism, mutual respect, and social responsibility

An individual’s attitude toward and awareness of Being a part of the human community

Mental health is measured by the degree to which We successfully share with others and are concerned with their welfare

Happiness and success are largely related to social connectedness

SOCIAL INTEREST
To see with the eyes of another, hear with the ears of another, feel with the heart of another —A. Adler

everyone is embedded in a social world and social interest becomes crucial for healthy adjustment

Social connectedness is essential for mental health
the individual who is embedded in social connectedness finds the solution to his or her problem and feels at home in the world...and feels security and courage...and even perceives with clarity

the socialization of each person is provided through the innate human ability for social feeling

although it is innate desire, it must be developed and the sooner the better

MRI/fMRI scans show that we are hardwired in this way

social interest and social connectedness are linked to our innate need for affection and belonging

GEMEINSCHAFTSGEFUEHL

gemein “together/belonging”
schaft “the whole/the group/ships as in relationships”
gefuehl “feelings/sense of"

Takes many words to translate in English!

Social interest and social connectedness are essential in any situation as the individual cannot be separated from his/her social environment

- usually related to some sense of inequality
- feeling worth “less”
- feelings of inferiority
- often feeling like “there is no one for me in the world”
- feelings of inferiority can be reduced by increasing social interest
- being with others, feeling for others is the secret to mental health
- failures are failures because they are lacking in social interest
- empathy, identity, & belongingness

“it is the individual who is not interested in his fellow human beings who has the most difficulty of life...and produces the greatest injury to others” —A. Adler

SOCIAL CONNECTEDNESS

ALFREDS ACTIVITIES
Providing Adlerian clinical services to the public
Granting Educational Scholarships
Practice and teach Adlerian concepts and techniques
Prioritizing relationships with other Adler institutions and Affiliates
Informing and encouraging more individuals toward Adlerian education
Encouraging Social Connectedness
Providing a platform for likeminded members of the community to come together and give back

CONTACT & WEBSITE
www.alfredsfoundation.org
Begum Verjee, Ed.D.
1-416-923-4419
890 Yonge Street, 9th Floor, Toronto, Ontario, Canada M4W 3P4

MEMBERS OF THE BOARD
Marion Balla…………………..President……………..Social Work, Psychotherapy
Beverley Cathcart-Ross……..Vice-president……………..Parent Education
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Dan Dalton…………………..Program Advisory Comm……………Supervisor, Psychology
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Debbilize Swart………………Student Board Member…………….MPsy Student

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