

Adlerian Society Year Book 2018

The Editors

Paola Prina (London), Christopher Shelley (Vancouver, Canada),
Karen John (Bath, Avon), Anthea Millar (Cambridge)

Contents

2018 UK ADLERIAN YEAR BOOK

Editorial

- How Did We Evolve to Have Adler's Four Attitudes/Activity Types? by *Emma Sweetland*
- "I Am Really Strong in What I Believe" by *Christine Parker*
- Adlerian Psychology and the Integral Paradigm: Synergies, Elucidations and Practices by *Chris Shelley*
- Overview of Individual Psychology: From Masculine Protest to Social Equality by *Paola Prina*
- Inferiority Feeling and Community Feeling in Adler's Concept of the Dual Dynamic by *Gisela Eife*
- Moving Criminological Theory and Criminal Justice Education Forward Through Reading the Original Works of Alfred Adler by *Phillip C. Shon*
- Adler's Use of Early Recollections: Evidence in Neuroscience Research by *Iris Lavon & Rachel Shifron*
- Student Self-Assessment Study: Using Life Style Assessment to Help Underprivileged College Student to Know Themselves by *Les White*
- Three Vignettes: An Adlerian Formulation of Parenting Styles and their Effects by *Lilly Merz Raff, Diethelm Raff & Andrea Hugentobler*
- Adler and Dreikurs in a Changing World: Refugees in 2017 by *Rachel Shifron, Zivit Abramson, Theo Joosten, Betty Lou Bettner & Eva Dreikurs Ferguson*

The Editorial Board has pleasure in announcing the publication of the *2018 UK Adlerian Year Book*. It is its **23rd consecutive year of publication** and presents original papers in this issue, written by contributors from, Canada, Germany, Israel, The Netherlands, Switzerland, the United Kingdom and the United States.

Emma Sweetland's essay "*How Did We Evolve to Have Adler's Four Attitudes/Activity Types?*" summarises her extensive knowledge of human evolution and environmental adaptation in light of her training as an Adlerian counsellor, focusing upon Adler's formulations of social interest as a measure of mental health and attitudes/activity types. She speculates about how these might have evolved since the time of non-human primates and the extent to which the reported contemporary decrease of mental well-being and depression globally are attributable to a decline in quality of life today.

In "*I Am Really Strong in What I Believe*", **Christine Parker** reflects upon her experience as a head-teacher, leading, then co-leading a dynamic "Girls Chat Group" of three 10-11-year-old girls of Pakistani heritage. She invited them to form the Group following racist actions against a staff member from a different minority ethnic group. The Group grappled with difficult questions related to anti-discriminatory practice and social justice. The enlightened girls led an anti-racism and anti-bullying campaign and a *One World* school assembly in their own and other schools.

Christopher Shelley's paper "*Adlerian Psychology and the Integral Paradigm: Synergies, Elucidations and Practices*", provides a helpful overview of the Integral Paradigm and identifies overlapping and shared assumptions, presuppositions and clinical practices between psychotherapy and counselling within Adlerian Psychology and the Integral Paradigm. Integral consciousness, reflexivity and processing dualisms, recognised and valued at both individual and cultural levels, are central features highlighted as powerful properties of the Integral Paradigm, and resonant with Adlerian Psychology.

In her *“Overview of Individual Psychology: From Masculine Protest to Social Equality”*, **Paola Prina** reminds us of the originality and prescience of Adler’s theory, as she tracks its development from 1908, through his break with Freud in 1911, until just before his death in 1937. She notes that in elaborating the core concept of the *inferiority feeling*, Adler introduced the notion of *social feeling* and restricted *masculine protest* to overcompensation. She places key Adlerian concepts in historical context, with *social equality* advanced as the “... indispensable corollary of *Gemeinschaftsgefühl*”.

Gisela Eife also considers Adler’s core concepts of striving to overcome feeling inferior in moving away from others and expressing our social feeling in moving towards others in her paper *“Inferiority Feeling and Community Feeling in Adler’s Concept of the Dual Dynamic”*. She presents two case vignettes to illustrate her contention that these are not separate elements but rather form a dual dynamic of life and “...work together in every psychological expression during a therapy session”.

Phillip Shon’s article *“Moving Criminological Theory and Criminal Justice Education Forward Through Reading the Original Works of Alfred Adler”* draws on Adler’s radical understanding of motivation, personality characteristics and theory of mental illness. Most crucially, in looking at the institutions involved - the police, the courts and corrections - he identifies Adler as the original life-course theorist, and as such argues that Adlerian Psychology deserves a place in the annals of criminological thought.

In *“Adler’s Use of Early Recollections: Evidence in Neuroscience Research”*, **Iris Lavon and Rachel Shifron** offer an innovative exploration of recent neuroscience research, providing tangible evidence of the efficacy of the therapeutic use of Early Recollections (ERs) as metaphor. The authors make a compelling case for using ERs not only to understand the person’s Life Style, but to trigger movement and change through the process of ER reconstruction and reconsolidation, as validated by the latest neuro-scientific research.

Les White’s paper *“Student Self-Assessment Study: Using Life Style Assessment to Help Underprivileged College Students to Know Themselves”* describes a creative study where students were invited to self-administer and evaluate four personality and vocational instruments. Two of these were developed by White, of which one was based on Adlerian Life Style assessment, and ultimately was confirmed as a valuable instrument for career counselling when used in conjunction with objective vocational and personality assessments.

Lilly Merz Raff, Diethelm Raff and Andrea Hugentobler follow on from their previous contribution in 2015, with their present article *“Three Vignettes: An Adlerian Formulation of Parenting Styles and their Effects”*, offering some additional illustrations of the importance of parenting styles and children’s perception of their upbringing. Three vivid case studies of pampering and/or authoritarian or inconsistent parenting are described: “Compulsion and Depression”, “Melancholy and Passivity” and “Sleep Disturbance and Exaggerated Correctness”.

In the final paper of the 2018 UK Adlerian Year Book, *“Adler and Dreikurs in a Changing World – Refugees in 2017”*, a series of short essays are offered. **Rachel Shifron** poses the crucial question: how can Adlerian principles be applied to the world’s efforts to provide refugees with appropriate help? **Zivit Abramson** follows with an exploration of the concept of Social Equality; **Theo Joosten** proposes a positive role of Education; **Betty-Lou Bettner** looks at supporting Families within the context of forced immigration; and **Eva Dreikurs Ferguson** examines the integration of displaced people in the world of Work.

We offer our grateful thanks to all the authors for their contributions and wish you all an enjoyable read.