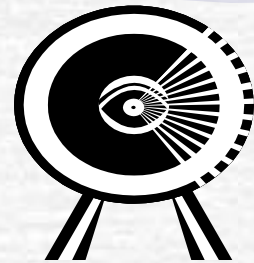


ASIIP Spring Conference 2013
Adler on Belonging: The feel good factor?

Margaret Wadsley
The Gables Hotel
Bristol
5th April 2013



Participants will:



- Discover experientially and theoretically that a sense of belonging enables people to feel significance and value.
- Learn the link between striving to **belong and the 'feel good' factor** in mental health and wellbeing.

Alfred Adler (1870 – 1937)

- ☛ A physician, psychiatrist, philosopher, humanitarian, author and educator
- ☛ Contemporary of Jung and Freud
- ☛ Most adopted, applied and borrowed
- ☛ Parent education, school systems, counselling, psychotherapy, public health, mental health, business and the arts [\(Adler Himself\)](#)

Principles of Adlerian Psychology

People:

- Strive to **belong**
 - Are **whole beings**
 - Have **life tasks** – communal life, work, love
 - Are socially **equal** – adults, C & YP
 - Behave: **in mind** but **out of awareness**
 - Need **encouragement** as **the key for change**
- (NASAP 2009)

Where do you belong?



Turn to your neighbour(s)

Take turns to:

Introduce yourselves, then describe the groups and places where you each feel a sense of belonging (3 minutes each)

Afterwards you will be invited to reflect on **'patterns of belonging'**, with the whole group

'Gemeinschaftsgefühl'

- Centrality of Adler's theory of personality and linked to the human capacity for social embeddedness:

"...an innate disposition for spontaneous social effort."

(Ansbacher & Ansbacher, 1956)

Life Tasks

Adler:

- “Communal Life”

- “Work”

- “Love”

(Adler 1998)

Additions:

- “How we relate to self”

- “Our relationship to the Cosmos”

- (Barry, in Adler, 1998)

Theoretical Links

Rogers met Dr Adler in winter of 1927/28.

“It took me a long time to realise how much I had learned from him.”

Albert Ellis:

Adler was influential in the development of CBT

Bowlby:

☛ Motive for attachment

Stern:

☛ Child is growth seeking. **(Mosak and Maniacci 2000)**

An Egalitarian Relationship

Relationship in Adlerian therapy is typically:

**“... a friendly one between equals.”
(Mosak 2000)**

Build:



A sense of contact, connection, trust and empathy.

Connection brings: caring for others,
‘gemeinschaftsgefühl’ (Stein 2010)

Style of Life

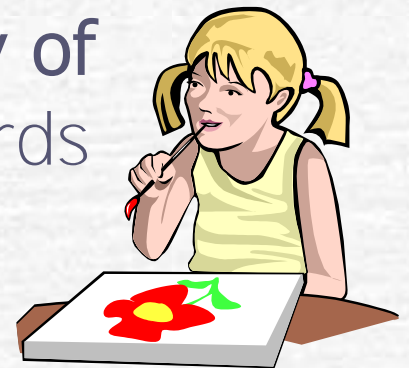
"Everything depends on the view you take of it."

Lucius, Annaus Seneca – stoic from the first century AD

"Omnia ad opinionem suspensa sunt."

Style of Life

- “An individual’s characteristic way of thinking, seeing and feeling towards **life**” (Mosak and Maniacci 1999)



- “ ...varies with every single individual and is characteristic of him (her) **alone.**” (Dreikurs 1989)

Style of Life and Social Responsibility

- ☛ Make meaning during early life experiences - act within the lifestyle framework
- ☛ Personal freedoms **can** exist together with social responsibility
- ☛ **Choice!**

Family: Constellation of...



Factors motivated by quest for belonging:

- **Brothers and sisters influence each others' choice of lifestyle beliefs**
- **Parents' expectations: gender and culture**
- **More than birth order**

Family: Constellation of...

- ☞ First child – the only for a while
- ☞ Time between
- ☞ Second born – feel pressure and inferiority
- ☞ Middle children – not sure how they fit
- ☞ Youngest children – speed/discouraged/excel
- ☞ Only child – skills for approval/seek sympathy
- ☞ Initial psychological indicator

(Eckstein & Kern)

Heredity and Environment

Rudolf Dreikurs



“... not the equipment we bring with us but the use we make of it” (Fundamentals of Adlerian Psychology (1989))

Heredity and Environment

ALL...

- ☛ Actions
- ☛ Emotions
- ☛ Qualities
- ☛ Characteristics

- } Serve
- } The
- } Same
- } Purpose



Belief in creative power



Style of Life



Heredity = A

Social experiences = B

Creative interpretations of (A+B) = C

☛ C is the element that is complex and least skilled – “The creative force...”

☛ **A + B + C =**

☛ **Personality**

...“doing what arises out of being...”

Winnicott (1907/1986)

Uniqueness and family constellation

Indicates...

- ☞ Phenomenology
- ☞ Striving for perfection
- ☞ Inferiority feelings



Therapy involves...

- ☞ Establishing
- ☞ Analysing
- ☞ Making conscious its impact

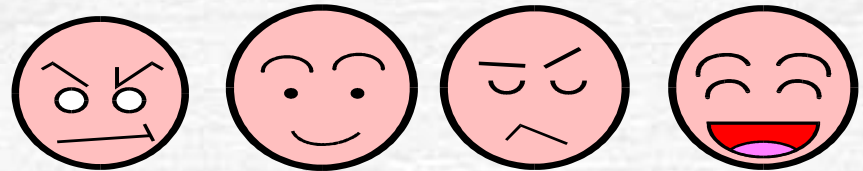
Brinich and Shelley (2002)

The 'Inner Child' as Metaphor

☞ "...experiences his environment equally by the pleasant and unpleasant consequences of his actions."

☞ Dreikurs (1989)

☞ ...has hidden personal objectives that are manifest in outward behaviour. Both + and -



Private Logic (illogical!?)



- What kind of person am I?

I am different from other people

- What kind of a world is this?

The world is a place of uncertainty and confusion

- What must I do to make a place for myself?

I must be in control

Encouragement



☛ Purpose:

“To encourage clients to acknowledge that they are social equals.”

“To encourage clients to re-orientate their personality beliefs.”

(Clifford and Baumer in Palmer 2000)

Encouragement

Who has encouraged you most in life:

At home?

At school?

At work?

With Friends?

With family?

Or somewhere else?

Write down some thoughts. (3 mins.)

When you feel ready, share your thoughts with your neighbour(s) (5 mins.)

The Crucial Cs

☞ Important to ALL

☞ **CONNECT**

– I belong!

☞ **CAPABLE**

– I can do it!

☞ **COUNT**

– I matter!

☞ **COURAGE**

– I can handle what comes along!



(Lew and Bettner 2000)

WASP.ed -

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A Constructive Quest to Belong...Contribution

- Reduces distress and powerlessness
- Supports the emergence of optimism
- Stems from making choices
- Provides opportunities to feel belonging
- Encourages movement



Reading List

- ✔ Alfred Adler Understanding Human Nature: One World Publications 2009
- ✔ Alfred Adler (1998) Social Interest, One World Publications
- ✔ Brinich and Shelley (2002) The Self and Personality Structure OUP: London
- ✔ Dreikurs, R. (1989) Fundamentals of Adlerian Psychology, Adler School of Professional Psychology: Chicago
- ✔ Dinkmyer D. & Sperry, L (3rd Ed 2000) Counselling and Psychotherapy: an Integrated Individual Psychology Approach
- ✔ Eckstein, D. and Kern, R. Psychological Fingerprints, Kendal/Hunt Pub.Co: Iowa
- ✔ Journal of Individual Psychology, Volume 66, Number 1, Spring 2010
- ✔ **Lundin (1989) Alfred Adler's Basic concepts and Implications Accelerate** development PA USA
- ✔ McKay, G. & Dinkmyer, D (2002) How You Feel is Up To You: Impact Publishers
- ✔ Manaster and Corsini (1982) Individual Psychology Bruner/Mazel
- ✔ Mosak, H. H. (2010) Adlerian Psychotherapy in Current Psychotherapies (9th edition) Brooks/Cole: USA
- ✔ Mosak and Maniacci (1999) A Primer of Adlerian Psychology , Bruner/Mazel Philadelphia
- ✔ Palmer, S. (2000) Counselling and Psychotherapy: London Sage