

## YEAR BOOK 2004

### *From the Editorial*

The theme of healing surfaces in this edition of the Adlerian Year Book, though not always exclusively nor explicitly. Healing is related to holism. The term holism is defined in the Oxford Dictionary as: "(1) the theory that certain wholes are to be regarded as greater than the sum of their parts (compare *reductionism*); (2) the treating of the whole person, including mental and social factors rather than just the symptoms of a disease" (p. 673). The connection with Adlerian theory is clear, especially in the second definition. Jung (1968) once remarked that holism means "to make holy or to heal" (p. 137). With the inclusion of social factors intrinsic to the definition of holism, the task for Adlerians is clear. Mental *health* [heal + th] cannot be achieved under the guiding ideal of *gemeinschaftsgefühl* (feeling of community) without considering the crisis of the human community. The *whole* human community. Thankfully Adlerians are not, at least theoretically, cynics. We remain optimistic that the human community can and will be healed. Typically pragmatic, Adlerians recognise that, under current social conditions, we certainly have our work cut out.

The first article in this 2004 edition of the Adlerian Year Book may challenge our non-academic readers. Nevertheless, we believe that the perseverance required to make one's way through the work of our American friends, Dr. Richard E. Watts, Daniel and Jennifer Williamson, in *Viewing Adlerian Psychotherapy as a Relational Constructivist Approach*, will leave much to savour and contemplate. For our academic readers, this paper places Adler in the constructivist camp via the essentialist vs. constructivist debate. As with any paper published in the *Adlerian Year Book*, we invite replies that we will consider for the 2005 Year Book.

One of our editors, Dr. Karen John, is the author of *The Challenge of Social Inclusion in Meeting the Health Needs of Children and Young People*. She reviews recent UK research, policy and funding documents that identify socio-economic disadvantage as the prime risk factor for mental health problems in young people and call for greater efforts to achieve social inclusion. Encouraging as this shift is, the extent of the problem and limited resources demand that frontline practitioners find the "courage to be imperfect".

From the U.K., Wendy Goddard's article, *Facilitating Parent Support Groups: the Adlerian Way*, offers a pragmatic view of the author's experiences in working with families according to Adler's, Dreikurs', and Henry Stein's principles. Building on Adlerian and other parenting approaches, she has developed a flexible programme that ensures the participation of parents who might otherwise be excluded.

Linda Edwards, the former training co-ordinator of the Adlerian counselling in London and current co-ordinator of the new Adlerian counselling course in Wales, offers an article on *Healing through Self-Encouragement*. Her paper makes use of varied processes (interpretation, re-framing, encouragement, self-healing, guided memory and narration) that are available to Adlerians to facilitate self-healing and provides case material that illustrates the power of these processes in practice.

Next, we have a paper from our American friend, Professor Bill Linden. He offers some provocative and illuminating remarks in *Treating the Modern Male*, drawing on his many years of experience leading men's courses and groups in the USA and internationally. Addressing the alienation of men from themselves and others, he discusses both individual and social changes that might lead to a positive reconstruction of the concept of masculinity and provide flexible and authentic alternatives for being male.

Jill Reynolds presents from the U.K., a paper on *Adler, Neurology, and the Brain*. She skilfully connects evidence emerging from the sophisticated medical tools of the PET and MRI scans to corroborate five key indicators in Adler's Individual Psychology (social embeddedness, purposive or goal-orientated behaviour, creativity, biased apperception and holism).

Alison Still's article *An Exploration of Attachment Theory, Some Applications to Work with Adult Clients, and the Potential for Overlap and Integration with Individual Psychology*, also written from the U.K., is an ambitious analysis of the principles of Bowlby's celebrated ideas on attachment and their compatibility with Adlerian theory and practice.

Clarissa Cochran's article, *Adler and Jung - the Last Two of the Big Three*, is another article from the U.K. that considers the relation between Adlerian theory and another major figure in psychology. She queries the lack of writing on Adler and Jung in the shadow of significant writings on Adler and Freud, and Jung and Freud. Her paper is certainly a good start on filling this gap.

Writing from Latvia, Inguna Upzare gives us a lovely if short portrait of the development of Adler's Individual Psychology in this Baltic State. She covers the reasons why Adler's psychology was suppressed under the Soviet Union and the exciting developments that have happened since Latvia restored its independence.

We complete the Year Book with three book reviews: (1) our American friend, Erik Mansager, reviews the first four volumes of the recently published *The Collected Clinical Works of Alfred Adler*, edited and co-ordinated by Henry, T. Stein, (2) Hugh Clarke reviews Oberst and Stewart's *Adlerian Psychology: An Advanced Approach*; (3) and finally, Erik Mansager also reviews Savage and Nicholl's *Faith, Hope and*

*Charity as Character Traits in Adler's Individual Psychology with Related Essays in Spirituality and Phenomenology.*

We are proud to offer this rich range of articles, for which we are very grateful to our contributors. We wish our readers an enjoyable and stimulating read.

*The Editors*

Karen John   Anthea Millar   Paola Prina   Christopher Shelley

**Reference**

Jung, C.G. (1968). *Analytical Psychology: Its Theory and Practice*. New York: Vintage Books.