

YEAR BOOK 2006

From the Editorial

The eleventh volume of the Adlerian Year Book begins with a commemoration: 2006 marks the 50th anniversary of the publication of Hans and Rowena Ansbacher's celebrated text: *The Individual Psychology of Alfred Adler: A Systematic Presentation in Selections from his Writings* (1956). Still in print and widely used on Adlerian training courses, we asked a graduate student in Canada, who is new to the ideas of Adler, what she thought of the text. Deborah Levy Barnett's critical review summarises the continued relevance of the book as well as providing insights into what she feels the Ansbachers left out. We celebrate the Ansbacher's now classic work by emphasising the importance of critical scholarship in Adlerian psychology.

Harvey Gillman's insightful article on language and spirituality emphasises the creative aspects to counselling. Originally presented as a lecture to the Adlerian Society in London, Gillman reflects on the "indivisibility of the human search for significance, meaning and belonging" as pertinent to his work as a spiritual advisor with the British Quakers.

In *The Hero as Human Being*, Manu Bazzano re-reads the classic tale of Achilles through an Adlerian gaze. Achilles' heel is broached, for example, as organ inferiority with swiftness as compensation. Bazzano weaves prose to view anew Achilles' tragic "fate" as teleology of fiction, one replete with complex flaws and admirable (heroic) aspirations.

Penny Henderson's article tackles the sometimes thorny yet under-discussed issue of taking supervisory authority within the counsellor/supervisor relationship. She proposes five elements that supervisors might usefully consider in relation to the (necessary) authority of the supervisor, focusing in particular on enabling a relationship based on horizontal rather than vertical interpersonal dynamics.

John Newbauer reflects on the significance of spirituality positing that it is important for theists, agnostics and atheists alike. He considers Adlerian aspects to spirituality and creativity drawing on various philosophers, theologians and psychologists. The Adlerian idea/ideal of *Gemeinschaftsgefühl*, Newbauer argues, contains a spiritual dimension and brings individual subjects into closer connection with each other, the organic world and a universal consciousness.

William Nicoll's essay details the significance of guidance counselling for youth within educational settings. An Adlerian approach to encouraging mental health and social competence is juxtaposed with useful intersections that draw on the work of Goleman's Emotional Intelligence. Nicoll includes appendices to aid those who wish to employ "Developing Capable Youth" strategies within classroom settings.

Betty Lou Bettner illustrates the remarkable power of early recollections (ER) as a projective technique. In presenting a salient case study, Bettner re-affirms the value of ERs in Adlerian practice and how ERs may capture the subjective use of "symptoms" that may otherwise be misunderstood or misconstrued.

Wes Wingett and Al Milleren's *Personal Priorities through Metaphor* builds on the earlier work of the Israeli Adlerian Nira Kefir. Using Kefir's four priorities, the authors consider metaphors that assist in further explicating Kefir's priorities and the potential applications to group settings.

Eva Dreikurs Ferguson outlines contemporary shifts in workplace dynamics that often lead to individual stressors and group conflict. As a remedial strategy, she considers Adlerian concepts such as *courage*, *Social Interest* and *goals*, and the ways that these concepts might be deployed to point the way towards resolving organisational difficulties and crises for both workers and management.

Rachel Shifron also turns attention to the problem of work in her article on vocational therapy. Using parables and metaphors, Shifron underscores the significance of work as contribution and suggests ways in which the counsellor, therapist and the family can assist the unemployed to become re-employed.

Lisa Shields' article combines Adlerian and Feminist theories in outlining and analysing the problem of eating disorders. She argues that eating disorders in women are multi-determined. A focus on self-esteem, however, helps to ground analysis of cultural, peer group and media pressures on the internalised appraisal and self-comparison of the constructed ideal female body. A sense of inferiority in comparison with ideal forms may intensify into a complex, one that is evident in clinical eating distress.

Steve Slavik's essay on Holism offers a theoretical analysis of holism as a useful fiction. Employing the metaphor of the hologram, Slavik argues that holism is the integral theoretical aspect that unifies Individual Psychology. Through a case vignette, he illustrates the problem of conditional relationships and the varied safeguarding and avoidance strategies these pose. He also suggests that intensive work on some of these problems will transfer to improvement in other areas "since the client is indivisible". Encouragement, in particular, conceptually and therapeutically encapsulates the Adlerian emphasis on holism.

Roy Kern and Amy Land use the concomitant metaphor of the *psychological fingerprint* in their cross-cultural elaboration of the *Style of Life*. They emphasise the importance of the family and its internal dynamics for the development of the Psychological Fingerprint. In their discussion they also draw attention to clinical aspects such as assessment and psychological impairment.

For seasoned, proficient or novice Adlerians, or indeed the curious, we wish our readers an invigorating read. As always, we welcome future submissions to the Year Book on topics based on Adlerian theorising, counselling, psychotherapy or those consonant with Adler's vision of social justice and mental health.

The Editors

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