

YEAR BOOK 2007

From the Editorial

We are fortunate that a similar generosity of spirit has been so freely given by the authors of this, our 2007 edition of the Year Book, all of whom have donated their skill, time and energy in providing us with a rich read, on a broad range of topics.

The first three articles address the important issue of enabling those who are supporting others. We begin with Jan Hawkins' article describing her work that enables people with severe learning difficulties by ensuring their support workers are similarly enabled. Integrating her understanding of Adlerian principles, Jan offers a training programme that encourages the support workers themselves, and so re-establishes positive communication between them and their clients.

We follow this with an article from one of our editors, Karen John, whose work in developing and piloting a programme for supporting the leaders of the Integrated Children's Centres resonates strongly with Jan Hawkins' views. Dr. John stresses how the Integrated Children's Centres are ideally placed to provide encouragement to children and parents alike, but only if the leaders themselves are encouraged.

Christine Bell has contributed a delightful narrative, using the metaphor of the garden to create a vivid illustration of the multiple facets of the important role of supervision. Christine reflects not only on what she does as a supervisor, but she also ponders on why she does it, continually questioning her beliefs, values and assumptions, drawing our attention to Schon's "Reflection-in-Action", along with many other key figures that have inspired her practice.

Drawing on his own experience as an Adlerian therapist working predominantly with men, Jim Holloway challenges practitioners to understand men as a client group with specific needs. Jim describes our sex as "a fact" whilst our gender is "an act". A man's masculinity, then, is what he has taught himself to do to survive as a male person – and it is this that needs addressing in therapy.

Daniel Eckstein and Larry Wilson's article on Reminiscence Therapy (RT) offers both scholarship and very practical methods in its exploration of the therapeutic benefits of RT with older adults. Five specific Adlerian-oriented interventions, that have been found effective for reducing depression in older adults, are presented that stress the all-important aspect of re-establishing social connection.

Torrey Byles and Daniel Eckstein describe a hermeneutic approach to dream interpretation, focusing especially on the value of working in groups. They argue that the social process inherent in hermeneutics lends itself well to Group Dream

Work as it enables people to become more conscious of the way humans collectively establish, explore and evolve cultural memories, as well as encouraging a collaborative approach.

Manu Bazzano describes the innovative impact Individual Psychology has on our post-modern world, identifying psychology as an ethical human science. Drawing on the Adlerian Life Tasks of Love, Work and Community, Manu adds a fourth, that of Zen Meditation, which he sees as giving new strength, inspiration and purpose to meeting the other Life Tasks.

Carol Swan, in her paper, recognises that the phenomenon of transference (or as Adler termed it “the dynamics of Lifestyle”) can be a useful tool to understand the client, and help the client to know her or himself. However she also provides a clear challenge to the concept, stating that the transference neurosis of classical psychoanalysis is neither needed nor always helpful.

Rima Page shares her personal reflections on difference, drawing on both her own experience and research. She links her discussion with Adler’s concept of *Gemeinschaftsgefühl*, challenging society’s tendency to focus too much on difference. Rather, Rima advocates embracing our similarities and Adler’s ideas of social connection, inclusion and belonging.

Our 2007 Year Book is completed with a review by Dr. Erik Mansager, to whom we are deeply grateful for his regular and valuable contributions. This review covers a further 4 volumes (Volumes 5-8) of the *Collected Clinical Works of Alfred Adler*, a collection that has been painstakingly edited and co-ordinated by Dr. Henry Stein.

To all the contributors, our very many thanks, and to you the readers, we wish an enjoyable and fulfilling read.

The Editors

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References

Ansbacher, H.L. & Ansbacher, R.R. (Eds.). (1956). *The Individual Psychology of Alfred Adler: A Systematic Presentation in Selections from his Writings*. New York: Harper and Row Publishers.