

YEAR BOOK 2010

From the Editorial

This year, the *2010 UK Adlerian Year Book* welcomes a fine collection of articles from international as well as British contributors. We begin with Jan Hawkins' *Paradoxical Safety and the Billy Goats Gruff*, an insightful re-reading of the classic Norwegian fairy tale. Hawkins adds some interesting twists to the original story that illuminate the effects of childhood trauma. The discussion also considers safeguarding tendencies and amplifies understanding of the therapeutic relationship such as when encountering states of stuck-ness. The recapitulation of seemingly "normal" experiences and dynamics often therapeutically emerge in those with a history of childhood trauma and Hawkins' sensitive exposition aids in better understanding.

Paul Murfitt's *Private Logic and Goal-Oriented Behaviour: A Metaphorical Presentation* is allegorically rich in its astuteness and illustrative in form. Murfitt uses Adlerian principles and motifs to tell a personal and compelling story, a story of one man's journey to claiming hidden inner gifts, finding empowerment and the sharing of the wisdom acquired.

Manu Bazzano returns to the *Year Book* with an essay contemplating the question: *Mindful of What? An Alternative Exploration of Meditation and Therapy*. A Zen Monk, Bazzano is also a Person Centred/Existential Psychotherapist who uses meditation as an embodied practice to enhance empathic channels and overall trust in life. He argues that, whilst Cognitive Behavioural Therapy and mindfulness integrations have been considered lately, more attention is needed on the connections between mindfulness and humanistic modalities. Through discussion and the sharing of personal experience, Bazzano contends that mindfulness is especially beneficial to the work of the therapist, refining the therapist's presence and capacity to serve as an instrument for the client's development of well-being.

Lennox K. Thomas's *On Meeting Adler in the Juvenile Courts Service* speaks to the influence that Adler's work has had on his professional social work practice. Also trained as a Psychodynamic Psychotherapist, Thomas has devised an Adlerian inspired check-list, which he incorporates into his work as a London-based probation officer serving juvenile populations. Antisocial and delinquent tendencies are touched upon vis-à-vis Adlerian concepts. The author's wisdom, honed through more than 30 years of social service, combined with strong evident knowledge-bases in Psychoanalysis and social thought, all these are brought to bear on the essay, one that also evinces a deep appreciation for the Adlerian discourse.

Paola Prina's *Collaborative Response: Transference and Individual Psychology* provides a crisp and conversant engagement with an issue raised in Thomas' article. Transference and counter-transference are considered as therapeutic phenomena, dynamic concepts that Prina intersperses with core Adlerian precepts such as biased apperception (which Adlerians often use in place of these terms), encouragement, style of life and private logic. Prina's sagacious clarification utilises helpful contrasts with traditional psychoanalytic positions on these notable therapeutic and supervisory issues.

Eva Dreikurs Ferguson's *the Fundamentals of Adlerian Psychology: Their Value in Preventing and Reducing Stress* examines how the ideas of Alfred Adler and Rudolf Dreikurs contribute to understanding stress and wellness, a core thematic of this year's 2010 Yearbook. Dreikurs Ferguson, an internationally acclaimed Adlerian scholar, raises the significance of cognition, motivation and other psychological processes, which provide conceptual light on the ensuing issues of culture, values and personality. Co-operation and human interconnection are aspects of social interest that contribute to the notion of a "healing community".

Encouragement is a vital instrument for implementing health promotion and healing. The necessity of encouragement within a "positive psychology" is one that promotes democratic structures and increases the affirmative aspects, those that permeate horizontal striving and deepening interconnectivity.

In Rachel Shifron, Gad Shifron, George W. Linden, Zivit Abramson, John Newbauer, Paul R. Rasmussen and Theo Joosten's *Addictions – The Addiction to Power*, the connectivity that the preceding article espouses finds itself manifest in micro-form with this informative and collaborative article on addictions. Led by the Israeli Adlerian Rachel Shifron, this international collaboration links the addiction to power to a host of related perspectives. The first is Gad Shifron who provides analysis from the perspective of economics, followed by George W. Linden with his insight gleaned from philosophy, carried forward by Zivit Abramson who imparts her experience of how power operates in intimate, sexual relationships, with Paul Rasmussen continuing the discussion on power in the therapist-client relationship. This is followed by John Newbauer's views on power and spirituality, and concludes with the Dutch Adlerian Theo Joosten's knowledge on power in relation to education.

Erik Mansager & John Newbauer's *Spirituality and Individual Treatment* elaborates on the topic of spirituality, especially as it pertains to client-expressed spirituality. Practical considerations are provided in relation to implementing spirituality into the three classic Adlerian social ties or Life Tasks. Human creativity as a personal and transpersonal facet of *Gemeinschaftsgefühl* is considered, especially as it pertains to universal interrelatedness, spiritual processing and meaning-making. Case examples are shared to exemplify the clinical aspects to working from a

spiritual orientation and the relevance of spirituality to so many of those who engage in the therapeutic process.

Steve Slavik & Russell King's *The Unity of Adlerian Psychotherapeutic Strategy* argues for the importance of distinguishing the concept of *strategy* from that of *process* in psychotherapy practice. Strategies produce a form of "antidote" that aids in unfixing those maladaptive and restrictive aspects underlying the presenting problem. The article also considers the importance of personality theory and assessment in Adlerian Psychology and other core concepts crucial to Adlerian therapy, including methodology and goals all within an ethos of rationality. Rationality is argued to typify the Adlerian therapeutic approach. The augmentation of rationality can aid in the production of new and more adaptive behaviours. Rationality also increases understandings of freedom and responsibility in making decisions whilst alleviating discouragement and its adjacent discontents.

Al Milliren & Jill McManus's *Think-Feel-Do: A Basic Process Strategy for Change* is a practical and illustrative article that also considers aspects of change. "Think-Feel-Do" is described as a strategy, attributed to the work of Lynn Lott; one that aids in changing unhappy aspects to one's life situation. The strategy is argued to be holistic and straddles both cognitive and affective dimensions. The authors enhance Lott's theory by extending it through the introduction of an additional 15-item solution-focused worksheet, one that uses a Socratic style of questioning. A couple of exemplifying case vignettes is also drawn in to enliven the method and illustrate its technical efficacy.

Trevor Hjertaas's *Schema Therapy and Individual Psychology: Another Meeting of Minds* engages in comparing and contrasting Adlerian Psychology with that of Jeffrey Young's *Schema Therapy*. The concept of "schema" is explored and various modal categories ("modes") are likewise considered. Critical engagement with Young's theory is taken using Adlerian principles, and case examples are deployed to demonstrate some of the therapeutic issues raised. The author argues that familiarity and engagement with other therapy modalities, such as Schema Therapy, will provide overall opportunities for enrichment.

Erik Mansager and Jane Pfefferlé conclude the *2010 Year Book* with a *Book Review: Educating Children for Cooperation and Contribution, The Work of an Adlerian Psychologist in the Schools - Anthony Bruck; Selected Articles - Anthony Bruck, Alfred Adler & Theodore Grubbe* (Edited by Henry T. Stein & Laurie J. Stein). Mansager, our ever faithful reviewer of Dr. Henry Stein's magnum collection of Adlerian translations (the *Classical Adlerian Translation Project*), returns this year with Jane Pfefferlé to offer a review on another volume edited by Henry Stein, this time in partnership with Laurie Stein. The volume is concerned with Adlerian-based child guidance materials and introduces the importance of Anthony Bruck's work. The volume also contains a set of appendices, including unpublished works and charts

by Alfred Adler, Theodore Grubbe, Rudolf Dreikurs & Vicki Soltz, as well as Henry Stein and Laurie Stein.

We offer our 2010 contributors our collective appreciation and wish our readers an enjoyable, invigorating and informative read.

The Editors

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