



Adlerian Society Year Book 2017

The Editorial Board has pleasure in announcing the publication of the *2017 UK Adlerian Year Book*. It is its **22nd consecutive year of publication** and presents in this issue original papers, written by contributors from the United Kingdom, Bulgaria, Canada, Israel, Switzerland and the United States.

CONTENTS LIST

Editorial

- Trauma, Connection and Recovery *Anthea Millar*
- Understanding Psychological Approaches in John Bowlby and Alfred Adler *Peter Manning*
- Who Is Taking Responsibility? Becoming an Authoritative Leader *Elizabeth Klavins*
- Framing a Couple's "New Contract" through Early Recollections *Rachel Shifron & Betty Lou Bettner*
- Using Life Style Information to Work Effectively with African American Couples *Jon Carlson, Leigh Johnson-Migalski & Ebony Spriggs*
- Imaginary Reflecting Teams and *Reflecting "As If"*: An Integrative Intervention *Richard E. Watts & Lisa Hand*
- Some Considerations Regarding Adlerian Theory *Steve Slavik & Tom Swift*
- A Comparison Between the Theories of Janusz Korczak and Alfred Adler Regarding the Use of Praise, Rewards, Punishment and Force *Noam Shoham*
- The Impact of the Environment on Children's Development of Social Interest *Zhaneta Stoykova & Nedelina Zdravkova*
- Curious or Compulsive? Looking for Another Toad *Steve Slavik & Tom Swift*
- Book Review: *Adlerian Ethics – Applications in Counselling and Psychotherapy* by Dagmar Marková and Daniela Čechová *Reviewed by Erik Mansager*

EDITORIAL

The topics addressed therein start with the impact of trauma, experienced by so many, under the title "*Trauma, Connection and Recovery*" by **Anthea Millar**. Although this article explores a very challenging issue, it has an optimistic focus, emphasising Adler's premise that our movement in life is towards connection, health and aliveness. Whilst not ignoring a person's past, this paper emphasises how therapeutic input, with a special focus on dual attention, can support the person to re-connect positively and constructively with others, with themselves and their body, honouring and connecting with their strengths, capacities, resources and resilience – all crucial factors for recovery.

Peter Manning's paper, "*Understanding Psychological Approaches in John Bowlby and Alfred Adler*", notes the dangers of what he headlines as "Letting Approaches Box You In". Through succinct presentation of Adler's and Bowlby's approaches, Peter offers a compelling discussion of how both these men crossed boundaries and provided examples of conflict and complementarity in their respective ideas and practices. In conclusion, Peter identifies Adler's multi-dimensional approach that incorporates evolutionary, cognitive and social constructive elements, and notes the need for psychologists to emulate this integration if we are to be true to reality.

In the next article "*Who is Taking Responsibility? Becoming an Authoritative Leader*", **Elizabeth Klavins** describes her work as a Head Teacher, where she resolved to develop an organisation in which all practitioners would become leaders of practice. This resulted in her encouraging her colleagues to become engaged in practice-based research as part of their everyday work, empowering them to lead practice developments through creating their own theories. This process of systemic leadership moved the hierarchical leadership model to a more organic, systemic approach: everyone becoming a leader of practice, thus enabling a more sustainable process of co-operative inquiry and learning.

Rachel Shifron's and Betty Lou Bettner's article "*Framing a Couple's 'New Contract' through Early Recollections*" includes a full and evocative case study that brings alive their rich therapeutic work using ERs to identify a couple's contract. Through this approach, Shifron and Bettner describe how the dynamics in the relationship can be quickly understood, and the goals and strategies of each partner identified in relation to their attempts to achieve a sense of belonging. From this understanding, insight develops and the couple's "new contract" is disclosed, through the process of Choice, Change and Reconstruction, enabling the couple to relate differently to each other.

The theme of couple therapy continues in the next article by **Jon Carlson, Leigh Johnson-Migalski and Ebony Spriggs**, "*Using Life Style Information to Work Effectively with African American Couples*". The authors effectively illustrate how an Adlerian approach can offer a valuable therapeutic framework that is transferable to multiple and diverse cultural groups. The rich case material describes the unique features of an African-American couple, the Life Style Assessment data from both of them that also very crucially addresses their unique cultural issues, and a detailed treatment formulation and treatment plan. The authors conclude that the Adlerian model, which is strength-based, encouraging and socially motivating, can allow African-American couples facing oppression and racial stereotypes to focus on themselves in a more positive way.

Richard E. Watts and Lisa Hand integrate the Adlerian and Constructivist perspectives in their article *“Imaginary Reflecting Teams and Reflecting ‘As If’: An Integrative Intervention”*. Here, they present a process of using imaginary team members in *Reflecting ‘As If’* when clients have difficulty seeing beyond the “problem” and are unable to create perceptual substitutes and different behaviours. Watts and Hand describe how these clients need help in order to step out of, or away, from problems. Through the use of a case study with a couple, they illustrate how this approach creates a place for reflection and enables the development of preferred alternative meanings.

In the next thought-provoking article, *“Some Considerations Regarding Adlerian Theory”*, **Steve Slavik and Tom Swift** challenge readers to put aside their knowledge of the practice of Adlerian psychotherapy and focus on its conceptual structures, particularly in relation to “private logic” and social interest. They argue persuasively that the concept of social interest does not in itself offer a model of communication, since even those with “high” levels of social interest have their own “private logics”. Drawing also on Fromm’s writings, they conclude that whilst social interest is necessary to find common goals, it is not the solution. Rather the key comes from an attitude of curiosity and a model of collaboration.

Next **Noam Shoham** presents a fascinating study in her article, *“A Comparison Between the Theories of Janusz Korczak and Alfred Adler Regarding the Use of Praise, Rewards, Punishment and Force”*. This review and comparison of their educational approaches reveals some intriguing parallels in Korczak and Adler’s positive, socially based views around raising and educating children, even though, as contemporaries, they had no knowledge of each other. Shoham identifies that this similarity is all the more interesting as their educational philosophy was not considered part of the mainstream at the time, whilst today each is considered, in his own right, a pioneer in the field of education.

Our Bulgarian colleagues **Zhaneta Stoykova and Nedelina Zdravkova** summarise their poignant research on *“The Impact of the Environment on Children’s Development of Social Interest”*. Using a battery of diagnostic games ingeniously designed to correspond to criteria indicating social interest, they compare the co-operative play of institutionalised pre-school children in Bulgaria with those living in stable family settings. This revealed statistically significant results demonstrating delayed development of social interest in the institutionalised children, confirming the Adlerian view of the importance of a stable caregiver’s role in teaching and encouraging collaboration and co-operation.

Steve Slavik and Tom Swift offer us the gift of a further article, *“Curious or Compulsive? Looking for Another Toad”*, in which they describe and define curiosity in relation to the Adlerian view of biased apperception, an embedded way of regarding oneself, others and the world. This set of convictions is also related to our level of social interest. Where this is low, it is proposed that individuals will be curious only to justify their convictions about others and the world, whilst those with high social interest are more in a “being mode of existence” as described by Fromm. Here the authors suggest they may have uncovered “a new toad”, one seldom previously discussed in Adlerian circles.

A regular contributor to the Year Book, **Erik Mansager**, provides us with a book review of the latest ASIIP publication: *Adlerian Ethics - Applications in Counselling and Psychotherapy* written by Dagmar Marková and Daniela Čechová. Mansager offers a thorough overview and critique of the three chapters, identifying that the authors make a convincing case for Ethics being at the centre of both Adler’s theory and therapy. Whilst noting that the clinical presentations come mainly from the Dreikursian perspective of therapy, Mansager describes this volume as a very significant contribution to the Adlerian literature, also applauding the considerable editing work undertaken by Paola Prina to get the text ready for publication.
