



Adlerian Society Year Book 2015

The Editorial Board has great pleasure in announcing the publication of the 2015 Year Book. To celebrate its **20th consecutive year of publication**, it presents innovative papers written by contributors from the United Kingdom, Canada, Israel, Switzerland and the United States.

From the Editors' Introduction

Last year, in Paris, at the 2014 Congress of the *International Association for Individual Psychology* (IAIP) – meeting every three years – the Editorial Board was invited to provide an overview of the history of the Adlerian Year Book to an international audience, followed by a discussion. A few excerpts from the presentation are contained in the Editorial of this 20th edition of the Year Book.

The affirmative feedback received at the Congress was tremendously encouraging. Adlerians from all over the world provided the Editors encouragement and good wishes for many, many future volumes.

True to its aims, this year's edition of the Year Book offers a diverse range of practice-based, theoretical and historical contributions, beginning with an article by our own **Christopher Shelley**. Chris addresses many of the themes that are taken up in the other articles, including the persistent tensions within the International Association for Individual Psychology (IAIP), particularly regarding concepts of “depth” and the “unconscious”. Chris offers an elegant, original and Adlerian-embedded formulation, which he terms the “Three Registers” metaphor and uses it to attune trainees and supervisees to their role as “... instruments in the service of the client's self-development and self-needs”. Apprehending humans as indivisible, self-styled and goal-oriented beings incessantly moving towards their uniquely contrived, largely unconscious goal, Chris's Three Registers are conceived as “... an interconnected *holistic* dynamic that reflects the self-system”.

Chris persuasively argues that greater self-reflexivity and social equality can be achieved through tuning in to the “here and now” of the First Register, the “not yet understood / there and then” of the Second Register and the “embodied / somatisation / organ dialect” of the Third Register.

Erik Mansager's article is essentially his part – the first portion – of a two-part panel presentation made at the 2014 IAIP Congress during which he “...focused on Adler's original theoretical constructs as they relate to the phenomenon that Psychoanalysis conceptualises as psychic conflicts.” Opening with a Socratic discussion, demonstrating the power of asking questions, he imagined what the focal questions of the panel presentation might be, exposing the conflation of Freud's and Adler's theories and constructs among psychoanalytically-oriented Adlerians. Erik maintained that “... the fictional final goal is the construct most often overlooked by other theoretical applications of Individual Psychology (IP)”, referring to it later as the “crown jewel” of Adler's theory. After summarising Adler's understanding of humanity and the comprehensiveness of his theory, Erik deftly enumerates Adler's theoretical constructs that address pathogenic factors and processes. Finally, he contends that the future of IP is “... to clarify and make vivid the congruence and uniqueness of his theory and therapy ...” and requires “... becoming familiar, fully aware and conscious of exactly what Adler meant, taught and did ...”.

Chris Maddox blends his experience and concerns as a therapist with his considerable scholarship in the field of social psychology. In his eloquent article “Loneliness: the Malaise of our Time”, the writing is enriched not only by an in-depth understanding of the Adlerian approach, but also his drawing on the work of those such as Bowlby, Fromm-Reichmann, Frankl, Fromm, Guntrip, Kfir and Laing who, like Adler, have all identified the crucial importance of “connection” and “belonging”. In identifying that “the experience of intense loneliness lies at the heart of all psychopathology”, he challenges forms of psychiatry and psychotherapy that invite “objectivity”, noting that the problem of loneliness may be increased if the practitioner aims to stand outside

the experience of others. From this standpoint Chris offers a more hopeful view of compassionate and humane therapy, which involves the practitioner releasing him- or herself from “self-boundedness” and developing “the bond of social interest” with the client, which, in turn, enables the building of courage and self-actualisation.

In a thought-provoking article “A Collaborative Reflection on Forgiveness – is it Necessary?” **Elaine Parker** draws on both her own experiences and the sharing of group members attending one of her workshops. This collaboration has resulted in a fresh and multi-dimensional view of forgiveness, underpinned by key Adlerian concepts. The need to understand how we USE forgiveness, linking this to an understanding of our Life Style and social-embeddedness, is central here. As Elaine identifies, professing forgiveness without a fundamental change in our Life Style movement and meeting of the Life Tasks, is unlikely to be helpful. Her work as a therapist in schools, and with individuals, couples and groups, has clearly identified the need to appreciate each individual’s unique perception of forgiveness. This uniqueness is beautifully illustrated via the group members’ own contributions to this paper, through prose, poetry, and artwork. As a conclusion, Elaine notes that true forgiveness happens internally, it being about the relationship with self and others, and most crucially a letting go of resentment and bitterness, “that the person being forgiven does not even need to be aware.”

Anabella Shaked provides an important addition to psychodrama techniques in “An Adlerian Version of the Magic Shop Technique”. She sets the scene by first detailing the Adlerian technique’s predecessor, The Magic Shop technique (MST), a well-established psycho-dramatic process first described by Moreno in 1948. Her overview of the four phases of the MST clarifies its effectiveness in supporting clients’ self-awareness and opportunity to make what may first appear to be risky new choices. Moving on from this base of understanding, Anabella introduces the Adlerian version (AMST), where she clarifies the essential differences between the two techniques, drawing particularly on the holistic principle of Individual Psychology (IP), and the concept of “safeguarding”. Anabella’s creative development of the AMST is most marked at the exchange and bargaining stage, where the focus of the work is in requiring the protagonist to “pay not with a *non-desired feeling or quality, but with the gain or gains it yields.*” It is at this point in the psycho-drama process that Anabella draws so usefully on IP’s understanding of purpose, where our neurotic symptoms are viewed as *primary gains with secondary suffering*, this enabling a potentially deeper level of movement in the work.

Extending his previous work with James Croake regarding curiosity and the relative intractability of Life Style, Adlerian scholar and regular Year Book contributor, **Steve Slavik** hones in on ageing and our potential for lifelong change, eloquently venturing that “... if we develop curiosity, and perhaps some discontent, regarding ourselves, and form an idea of what we want to be free *from* in conjunction with what we want to be free *for*, we can get off the edge of the bed and move about in the whole house - perhaps even go outdoors”. He contends that our levels of social interest, courage and curiosity are highly correlated, and that curiosity-engendered “... intentional learning may lead to unexpected and surprising results”, not least about how we can avoid the pitfalls of our Life Style goal and relinquish our perfectionism.

The contribution “An Adlerian Formulation of Parenting Styles and their Effects” comes from our Swiss colleagues, **Lilly Merz Raff, Diethelm Raff and Andrea Hugentobler**. They offer contrasting case studies that vividly illustrate the negative impact of pampering in childhood in the one case “Amy” and an authoritarian upbringing in the other case “Marita”. These detailed vignettes provide powerful evidence of Adler’s theses that pampering and neglect/criticism are two particularly troublesome parenting styles. Amy is described as having the convictions that others should always be there for her if distressed, and her wishes immediately fulfilled. Marita, by contrast, growing up in an atmosphere of rejection and melancholy, believed there was something deeply wrong about herself, compensating for this by striving to be right about everything, whilst feeling a sense of deep loneliness. The contributors’ full accounts also identify the dynamics of the family constellation and note the compensatory patterns of the parents. Lilly, Diethelm and Andrea continue their article by describing in detail the positive outcomes following the individual and group therapy both women received, where trusting relationships developed, active changes in movement occurred, and new perceptions and social interest were able to develop.

We are grateful to **James J. Wolf for two contributions**, the first of which is an interview with Henry T. Stein. Having collaborated for 30 years with Henry, whom he describes as an “Adlerian monk”, Jim invites him to

talk about his central role in developing Classical Adlerian Depth Psychotherapy training and leading the “translation project”. Henry’s (re-) translation project has resulted in Adler’s theoretical works and original clinical approach becoming both more accessible and more accurately translated into English. Henry shares anecdotes about the 20 plus years he studied with Sophia de Vries – his quest to understand the “classical Adlerian” approach – and the time he spent collecting original German texts, recruiting and working with talented translators, and collecting texts from numerous American libraries, including the *Library of Congress* in Washington, D.C. The reader is left with a deep appreciation of Henry Stein’s single-minded dedication and his, and others’, tireless efforts, over more than thirty years, to publish the 12-volume *Collected Clinical Works of Alfred Adler*.

In **James Wolf’s second contribution**, a book review, he describes Henry Stein’s 2013 book *Adlerian Depth Psychotherapy, Volume I – Theory and Practice: A Socratic Approach to Democratic Living*, as “... the first in-depth written presentation of Adler’s original principles of the science, philosophy and art of psychotherapy that he taught his students” and as “a ‘must read’ [that] ...will enrich any clinician’s thinking.”