

2019 UK Adlerian Society Year Book

The Editorial Board has pleasure in announcing the publication of the *2019 UK Adlerian Year Book*. It is its 24rd consecutive year of publication and presents an assortment of original papers written by contributors from Canada, Ireland, Israel, Lithuania, Slovakia, the United Kingdom and the United States.

Anabella Shaked, in *“The Conceptualisation of Neurosis: Past, Present and Future”*, provides a rigorous review of past and current conceptualisations of the term “neurosis”. Offering an insight into both historical and current theoretical stances regarding neurosis, or “Common Mental Disorders”, she identifies the similarities and differences of other approaches with Individual Psychology (IP). Through this analysis, Shaked proposes that IP’s integrative, holistic approach fills a gap not identified by other viewpoints; most notably that avoidance, insufficient Social Interest and unwillingness to invest effort are central to a conceptualisation of neurosis.

Michael Fitzgerald, in his article on *“Gemeinschaftsgefühl and the Use of Social Feeling: A Practitioner’s Experience”*, brings Adler’s key concept of Social Interest to life through a sharing of examples from his practice. Focussing on Adler’s idea that the potential of Social Interest is within us all, Fitzgerald describes the importance of identifying the purpose of the client’s movement, all the while offering a base of encouragement and a relationship of equality that derives from the therapist’s own well-developed Social Interest. This, in turn, enables clients to discover their own courage and help them move away from their self-defeating behaviour.

Peter Manning, in *“Alfred Adler and the Cognitive Revolution”*, explores the origins of the development of Cognitive Psychology. Rather than a “Cognitive Revolution”, he identifies the roots of contemporary cognitive theories within the Individual Psychology of Alfred Adler, by placing such developments within the wider context of philosophy and the sociology of knowledge. In addition, he notes that, within Cognitive Psychology, there has been an assumption of holism, a bridging of the mind-body and subjective-objective divide that already existed in the often-overlooked psychological tradition of Adler’s Individual Psychology.

Anne Moellers gets to grips with the dynamics of supervision via the medium of vivid metaphors in her paper *“Gained in Translation: On Living Metaphors in Supervision and Beyond”*. Noting how metaphor transports life and is at the very heart of human discourse, she identifies how supervision, as a particular field of dialogue, is where its participants aim to be ever more aware of how and what they communicate, and of how the information shared carries and is carried over and forward. In concluding her lyrical piece, Moellers suggests that in supervision, we keep ourselves open and perceptive to metaphors to enable a truly “shared practice”.

Marina Bluvshstein, in *“The Law of Movement and a Metaphor of Gemeinschaftsgefühl: What is the Essence of the Law of Movement?”*, explores this fundamental law of Individual Psychology – the self-consistent, subjective, purposeful and unique way that a person regards – and relates and adapts to – others, the environment and the inevitable challenges of life. According to Adler, growth requires “... continuous adaptation to the demands of the external world.” She observes that metaphors help promote personal and communal movement – and growth – because they aid communication, capture our imagination, energise and encourage us, with *Gemeinschaftsgefühl* enjoining us to work towards perfecting our communities and the lot of humankind.

Jocelyn Coburn, in *“Counselling Two-Spirit Clients: A Decolonised, Holistic and Integrative Practice”*, introduces Adler’s concept of *Gemeinschaftsgefühl*, which signifies the aspiration of inclusion and belonging of all people. She notes that the term “two-spirit” was first recognised in 1990 and refers to any indigenous person from North America who: “... has gender and affectional orientation variance, which means it is inclusive of lesbian, gay, bisexual, transgender, intersex and queer identities.” Thus, two-spirit people face higher levels of discrimination and poverty, increasing their sense of alienation and disinclination to use healthcare treatment altogether, but addressing “... a client’s needs holistically through traditional healing practices ... can begin to provide decolonised therapy to two-spirit people.

Daniela Poláková and Daniela Čechová, in *“Social Interest within an Organisational Context”*, examine the concepts of belonging and social interest within Adler’s life task of work and compares these with related concepts from organisational psychology research. They survey a large number of organisational studies and constructs covered by the broad concept of “organisational citizenship”, including “organisational identification” and “organisational commitment”, which embody important aspects of *Gemeinschaftsgefühl*. The authors conclude that the practice and research of organisational psychology, with its focus on what an organisation does - or can do - to promote organisational citizenship, can be extended and deepened by Adlerian insights as means to explore and understand the biased perceptions and attitudes individuals bring to organisations and work-teams from a lifetime of social encounters and experiences.

Kestutis Pukelis and Rasa Tamulienė, in *“A Systematic Procedure for Assessing Early Recollections within Career Construction Counselling”*, suggest that occupation can be seen “... as a tool for self-realisation ...”, which is critically related to a person’s experience and sense of his or her quality of life and of what may be missing. Within Career Construction Counselling (CCC), early recollections (ERs) provide a means of assessing a person’s psychological needs and trajectory of social interest development, as well as facilitating the “sense-making” process. Noting that, up until now, there has not been a “Framework for Collecting and Extracting Basic Knowledge” (FCEBK) from ERs within CCC; with the introduction of FCEBK, the authors provide procedural guidance to help counsellors prepare, conduct and extract information from ERs, systematically and meaningfully, which they illustrate via a case study.

Paola Prina, in *“An Editor’s Reflections”*, shares her thoughts on editing Professor Andrea Ferraro’s book, *Adlerian Psychodynamic Psychotherapy (APP): A Psychopathology-Based Treatment*, which was published last year by ASIIP. Her overall aim was to make the text more readable and accessible, reducing jargon and defining potentially unfamiliar psychodynamic and medical terms. She admits that Professor Ferraro’s adherence to the medical model challenged her reading of Adler, but she found that his articulation of intra-psychic dynamics, in conjunction with Adlerian concepts, enhanced her comprehension of serious mental health problems. She also expresses her deep appreciation of the breadth and depth of his knowledge and encourages others to read – and stick with – the book in order to experience the power of a different lens on Individual Psychology.

We offer our grateful thanks to all the authors for their contributions and wish you all an enjoyable read.

The Editors

Paola Prina (London) Karen John (Bath & Northeast Somerset), Anthea Millar (Cambridge)

2019 UK ADLERIAN YEAR BOOK

Contents

Editorial

The Conceptualisation of Neurosis: Past, Present and Future

Anabella Shaked

Gemeinschaftsgefühl and the Use of Social Feeling

Michael Fitzgerald

Alfred Adler and the Cognitive Revolution

Peter Manning

Gained in Translation: On Living Metaphors in Supervision and Beyond

Anne Moellers

The Law of Movement and a Metaphor of *Gemeinschaftsgefühl*:

What is the Essence of the Law of Movement?

Marina Bluvshstein

Counselling Two-Spirit Clients: A Decolonised, Holistic and Integrative Practice

Jocelyn E. Coburn

Social Interest Within an Organisational Context

Daniela Poláková and Daniela Čechová

A Systematic Procedure for Assessing Early Recollections
Within the Career Construction Counselling

Kestutis Pukelis and Rasa Tamulienė

An Editor's Reflections: *Adlerian Psychodynamic Psychotherapy (APP):
A Psychopathology-Based Treatment* by Prof. Andrea Ferrero

Paola Prina

List of Contributors

PRICE:

Year Book 2019

Full price inc. p&p to UK **ONLY**: £15.00 + 2.00 = **£17.00 GBP**

Full price inc. p&p to Europe airmail: £15.00+ 6.00 = **£21.00 GBP**

Full price inc. p&p to outside Europe airmail: £15.00 + 8.00 = **£23.00 GBP**

Full price inc. p&p to outside Europe surface mail: £15.00 + 6.00= **£21.00 GBP**

You can also download the contents lists for all **back issues (1996-2018)** and read an extract of the Editorial describing the contents, and to purchase them, please contact: