

# **27TH CONGRESS OF THE INTERNATIONAL ASSOCIATION OF INDIVIDUAL PSYCHOLOGY (IAIP)**

## ***Inferiority Feelings: New Manifestations and New Approaches***

### **Hosted:**

By the Adler Graduate School, MN USA

### **Dates and Venue:**

Pre-Congress July 9, 2017

Adler Graduate School, MN  
1550 East 78<sup>th</sup> Street, Richfield, MN 55423 USA

Congress July 10-13th, 2017

University of St. Thomas  
1000 LaSalle Avenue  
Minneapolis, Minnesota, 55105 USA

### **Language of Congress:**

English

Plenaries and some panel discussions will be translated into Italian and German.

**For more information go to**

**[www.iaipwebsite.org](http://www.iaipwebsite.org)**



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## Thematic Framework

In 1907, Alfred Adler edited his first important book titled “Study of Organ Inferiority”. Here, he introduced the term “Compensation” which he later widened to the concept of the “Inferiority Feeling”. 110 years later, this concept is still fundamental to the theory and practice of Individual Psychology.

In human movement, whether in the last 110 years or in the last few thousand years, we should observe Adler’s magnificent *Law of Movement* – a person’s unique and creative movement from feeling inferior, imperfect, not good enough, and incomplete toward a sense of perfection and completion. This movement is never easy and seldom conscious, with an ultimate goal of perfection resembling a horizon line. A determined traveler will never reach it, but will keep moving nevertheless – in a healthy, socially useful, cooperative manner or in a deleterious, useless, and hostile way.

The 27th International Congress of Individual Psychology will underline the importance of this basic thought and will show how it is used in contemporary Adlerian theory and practice, in different fields of society, and in different countries. Practitioners and scientists from all over the world will discuss how they are dealing with *Inferiority Feelings* in everyday communal life, clinical practice, and in being a member of humanity.

*International Association of Individual Psychology (IAIP)*  
*History of Congresses*

1. 1922 Munich (DE)
2. 1925 Berlin (DE)
3. 1926 Düsseldorf (DE)
4. 1927 Vienna (AT)
5. 1930 Berlin (DE)
6. 1954 Zürich (CH)
7. 1957 Oosterbeek (NL)
8. 1960 Vienna (AT)
9. 1963 Paris (FR)
10. 1966 Salzburg (AT)
11. 1970 New York (USA)
12. 1973 Milan (IT)
13. 1976 Munich (DE)
14. 1979 Zurich (CH)
15. 1982 Vienna (AT)
16. 1985 Montreal (CA)
17. 1987 Münster (DE)
18. 1990 Abano (IT)
19. 1993 Budapest (HU)
20. 1996 Oxford (GB)
21. 1999 Chicago (USA)
22. 2002 Munich (DE)
23. 2005 Turin (IT)
24. 2008 Vilnius (LT)
25. 2011 Vienna (AT)
26. 2014 Paris (FR)
27. 2017 Minneapolis (USA)

## ***Congress Languages***

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The Congress language is English. There will be full simultaneous interpretation (German, English, and Italian) only for the key lectures, plenaries, section panels and the special event on Monday night.

## ***Congress Office***

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Registration    University of St. Thomas  
                     1000 LaSalle Avenue  
                     Minneapolis, Minnesota, 55105 USA

Office hours    July 9<sup>th</sup>, 9:30 – 17:30 at the Adler Graduate School  
                     July 10<sup>th</sup> – July 12<sup>th</sup>, 8:00 – 18:00 University of St. Thomas  
                     July 13<sup>th</sup>, 8:00 – 13:00 University of St. Thomas

Congress Office Adler Graduate School, MN

1550 East 78<sup>th</sup> street  
Richfield, MN 55423  
(612) 861-7554  
[IAIP2017@alfredadler.edu](mailto:IAIP2017@alfredadler.edu)

## ***Congress Venue***

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University of St. Thomas  
1000 LaSalle Avenue  
Minneapolis, Minnesota, 55105 USA

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## ***Congress Organization***

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**Organizer**            Adler Graduate School, MN

### **Local Committee**

Daniel Haugen, PhD – Co-Chair; Adler Graduate School, MN

Evelyn Haas, MA, Co-Chair, responsible for volunteers, scientific committee  
Adler Graduate School, MN

Priscilla MacDougall, MA – responsible for volunteers

LeAnne Heimer, MA – responsible for special events, scientific committee  
Graceful Connections, Redwood Falls, MN; Adler Academy of MN

Brook Chase – responsible for special events, scientific committee

Sydney Ruedy – responsible for registration and marketing  
Adler Graduate School, MN

Marina Bluvshstein, PhD - Responsible for the scientific program  
Adler Academy of MN; Incoming Director, Center for Adlerian Practice and Scholarship, Adler University,  
Chicago (IL)

### **IAIP Board and Sections Chairpersons**

President: Wilfred Datler (Austria)

Vice President: Rebecca LaFountain (U.S.A.)

General Secretary: Giansecondo Mazzoli (Italy)

Treasurer: Horst Gröner (Germany)

Chairpersons of the Section Adult Therapy:  
Anne Marie Mormin - Chairperson (France)  
Alessandra Bianconi - Vice chairperson (Italy)

Chairpersons of the Section Counselling  
Yannik Le Jan – Chairperson (France)

Chairpersons of the Section Psychotherapy of Children and Adolescent  
Anna Maria Bastianini - Chairperson (Italy)  
Giansandro Lerda – Vice Chairperson (Italy)

Chairpersons of the Section Education and Pedagogics  
Christelle Schläpfer – Chairperson (Switzerland)

Chairpersons of the Section Science: Theory & Research  
Andrea Ferrero – Chairperson (Italy)



**Scientific Committee**

Bluvshstein, Marina (USA)

Chase, Brook (USA)

Datler, Wilfried (Austria)

Haas, Evelyn (USA)

Haugen, Daniel (USA)

Heimer, LeAnne (USA)

LaFountain, Rebecca (USA)

***Continuous Education***

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The Congress educational program has been approved by the Minnesota Board of Psychology for 19 CEUs for psychologists (Board Assigned Log Number 201705.215), by the Minnesota Board of Behavioral Health and Therapy for 20 continuing education hours for licensed professional counselors and licensed professional clinical counselors (2017.CE.120), and by the Minnesota Board of Marriage and Family Therapy for 20 continuing education hours for licensed marriage and family therapists (CE: 2017-143).

## Area Map





### ***Local Miscellaneous Information***

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City of Minneapolis Light rail and bus information and schedule ~

<http://www.minneapolis.org/map-transportation/light-rail-and-bus-schedule/>

Things to do in Minneapolis - <http://www.minneapolis.org/things-to-do/>

Things to do, festivals and events in Minnesota - [www.exploreminnesota.com](http://www.exploreminnesota.com)

Local news - <http://www.kare11.com/>

Emergencies (health, safety) – dial 911

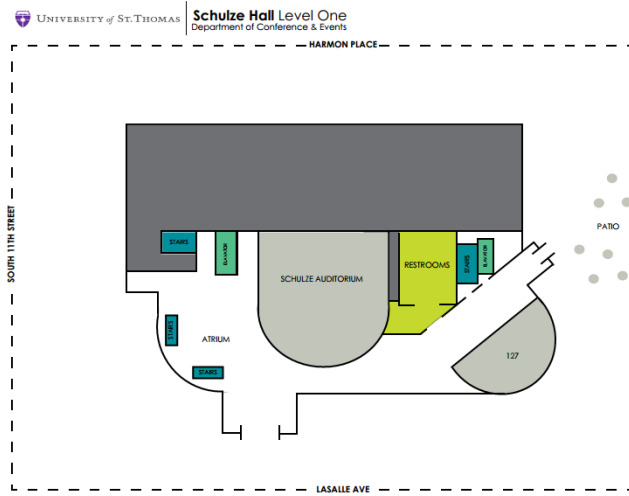
Non-emergency local committee cell numbers (after office hours)

Presenters – please contact Marina Bluvshstein – 763-464-4783 (call or text)

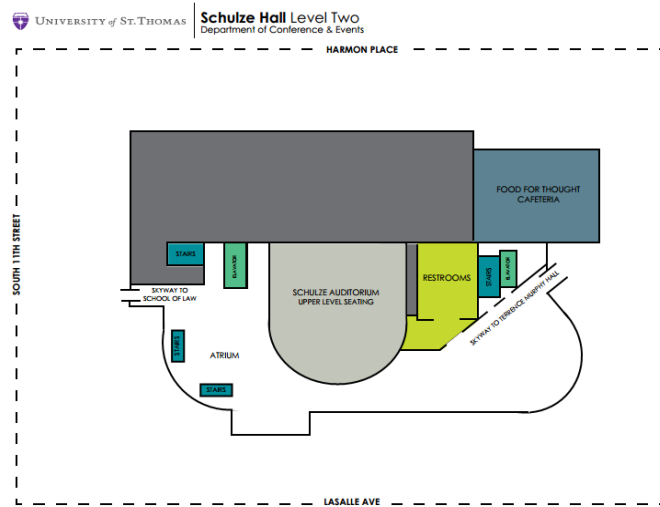
Other attendees – please contact Evelyn Haas – 612-860-1511 (call)

## Floor Maps

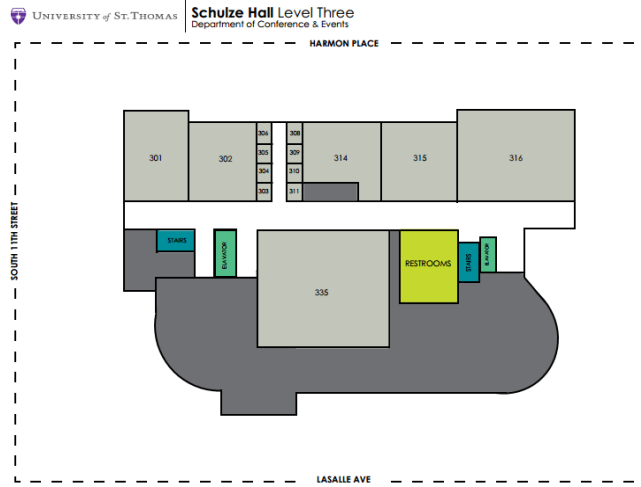
### University of St. Thomas Floor 1



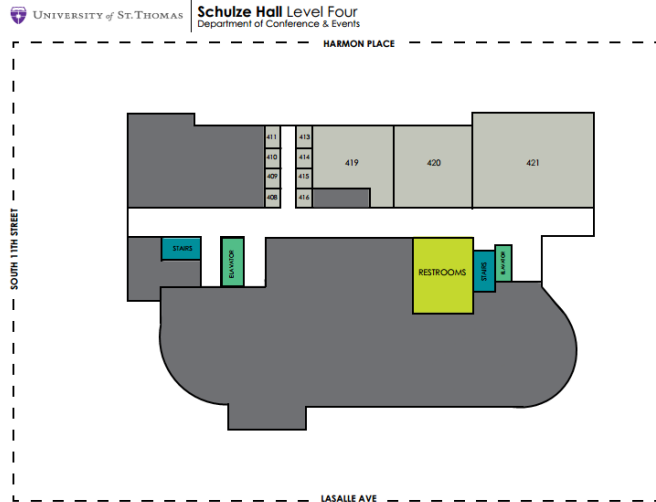
### University of St. Thomas Floor 2



## University of St. Thomas Floor 3



## University of St. Thomas Floor 4



## Words of Welcome

It was Alfred Adler who demonstrated in his lectures and writings the enormous impact of „feelings of inferiority“ in our mental, social and political life in a pioneering way. Taking into account that feelings of inferiority are always painful, we can learn from Adler that feelings of inferiority can initiate progressive as well as malign developments. Our desire for overcoming feelings of inferiority is often the starting point for the worthwhile growth of competences and capacities. But if the demands are too excessive, if we do not get enough support from our environment and if we are heavily discouraged, protecting ourselves from the conscious experience of our feelings of inferiority can easily become the primary goal of harmful efforts. In that case we may strive in an egotistical manner for feelings of superiority, might, and magnificence. This can lead to psychopathological symptoms, but also to particular manners of behavior which are a burden for our relatives, friends, and communities.

During the last decades the living conditions of many members of our societies have changed profoundly. In many nations, the income gap is becoming wider and wider, the number of families who live in poverty is going up, the educational opportunities available for many children decrease, and even well trained professionals face challenges and often fail in their long range career pursuit. A broad range of economic and social crises cause individuals, families, institutions, and greater communities much pain. As a result, overwhelming feelings of instability and insecurity, helplessness, anger rivalry and envy often lead to violent activities in families, schools or public places.

The 27th Congress of the International Association of Individual Psychology (IAIP) will address the significance of this topic. The Congress' various rich activities, its more than 50 presentations, panel discussions, and special events are all dedicated to the main theme - **Inferiority Feelings: New Manifestations and New Approaches.**

The Congress is hosted by the Adler Graduate School of Minnesota. The board of the International Association of Individual Psychology (IAIP) wants to motivate especially students and candidates to participate in the Congress. For the first time in the history of IAIP the program offers a panel about Adlerian trainings and a "students' forum" encouraging students and candidates to share their experiences and concerns on an international level.

I am confident that all the participants coming from different nations will enrich our knowledge and deepen our understanding of many dimensions of that topic. I am hopeful that rich discussions will help us to realize in which way we can face some of the mentioned challenges from the perspective of Individual Psychology. And I am convinced that Minneapolis will be a wonderful place to meet friends and to get to know colleagues from various countries and continents. On behalf of the International Association of Individual Psychology, I want to give thanks to all persons who are involved in the organization of the congress, and I wish all of us an interesting and stimulating stay in Minneapolis.

Univ.-Prof. Dr. Wilfried Datler

President of the International Association of Individual Psychology





# CONGRESS PROGRAM

## General Schedule of Events

### Pre-Congress and Welcome Reception

**Sunday 9 July, 2017**

10:30 – 17:00 Pre-Congress at Adler Graduate School, MN  
17:30 – 19:30 Welcome reception at Adler Graduate School, MN

**The cost for the Pre-Congress is \$25. The AGS reception is free.**

### Special Event

**Tuesday, 11 July from 18:00 to 22:00**

**A scenic dinner cruise on the Mississippi River**

#### **Boat Trip**

Join us for a dinner cruise on the mighty Mississippi River between Minneapolis and St. Paul! We will sail through the locks that allow boats to navigate the river as it heads to the Gulf of Mexico. The evening will include amazing sightseeing, music, dinner and a cash bar. Dietary needs can be accommodated.

Limited space

All those who take part in the cruise will receive **boat tickets** at the registration desk at the time of registration. The boat trip will last approximately three and one half hours. Transportation will be provided to and from the boat. More information will be available at the registration desk

**The cost for the boat trip is USD75.00**

# IAIP Congress

University of St. Thomas, Minneapolis campus

*Monday 10 July 2017*

9:00 – 10:30      IAIP Congress Opening Ceremony

11:00 – 12:30      Plenary Session

Teal Maedel (Canada). *Inferiority Feelings, Private Logic and Offenders in the Canadian Criminal Justice System*

John Newbauer (USA). *Inferiority Feelings, Private Logic and the American Criminal Rehabilitation System*

Chair: Horst Gröner (Germany)

14:00 – 15:30      Parallel Presentations and Panel Discussion

Panel Discussion:

Marina Chibisova (Russian Federation), Les White (USA), Ursula Oberst (Spain), Anita Schedl (Austria). *Global Perspectives on Adlerian Clinical Training.*

Chair: Wilfried Datler (Austria)

16:00 – 16:45      Parallel Presentations

17:00 – 18:30      IAIP Congress Special Event I

Marion Balla (Canada) & Marina Bluvshstein (USA). *A Case Study of Social Embeddedness and Social Responsibility: Alfred Adler's and Raissa Epstein Adler's movement from Minus to Plus*

Chair: Giansecondo Mazzoli (Italy)

20:00                IAIP Delegate Assembly I

20:00                Students' Forum I

# IAIP Congress

University of St. Thomas, Minneapolis campus

*Tuesday 11 July 2017*

9:00 – 10:30 Plenary Session

Section Panel: IAIP Section *Child and Youth Therapy*

***Psychotherapy in the digital age: Inferiority and Compensation between 'real' and 'virtual'***

Case Presentation: Gian Sandro Lerda (Italy)

Co-presenters/Discussants: Anita Schedl (Austria) and Marina Bluvshstein (USA)

Chair: Ursula Oberst (Spain)

11:00 – 12:00 Plenary Session

Eva Dreikurs Ferguson (USA), “*Inferiority Feelings and Social Interest*”

Chair: Rebecca LaFountain (USA)

12:00 – 13:00 Section meetings I

14:00 – 15:30 Parallel Presentations and Panel Discussions

Section Panel: IAIP Section *Education and Pedagogy*

***How teachers and schools can work to lead pupils out from inferiority feeling to cooperation – Or: Teaching in an Adlerian way - What does this mean exactly?***

Section Chair: Christelle Schläpfer (Switzerland)

Co-Presenters/Discussants: Galina Dimitrova (Bulgaria), Anita Schedl (Austria)

Chair: Theo Joosten (NL)

Panel Discussion:

Rie Hasegawa (Japan), Hironori Nakajima (Japan) & Jana Goodermont (USA). ***Global Perspectives on Raising and Encouraging Adlerian Practitioners.***

Chair: Rebecca LaFountain (USA)

Parallel Presentations

16:00 – 17:00 IAIP Congress Special Event II

***The Development of Individual Psychology in Italy.***

Wilfried Datler (Austria) interviews Gian Giacomo Rovera (Italy)

# IAIP Congress

University of St. Thomas, Minneapolis campus

*Wednesday 12 July 2017*

9:00 – 10:30      Plenary Session

IAIP Section *Science, Theory and Research*

*Depression as an expression of inferiority: new assessment and treatment approaches are needed?*

Andrea Ferrero (Italy). Case study presentation

Co-presenters/discussants: Christopher Shelley (Canada) & Alessandra Zambelli (France)

Chair: Andrea Ferrero (Italy)

11:00 – 12:30      Plenary Session

Julia Yang (USA/Taiwan). *Will to Power, Striving, and Overcoming: The Pursue of Wholeness*

Gisela Eife (Germany). *Inferiority feeling and community feeling as basic affective elements of Adler's concept of the dual dynamic*

Chair: Barbara Simonelli (Italy)

14:00 – 15:30      Panel Discussion and Parallel Presentations

Panel Discussion:

Erik Mansager (Switzerland), Gisela Eife (Germany), Karl H. Witte (Germany)

*Intersubjective and relational elements in Adlerian Depth Psychotherapy*

Chair: John Newbauer (USA) (requested)

Parallel Presentations

16:00 – 16:45      Parallel Presentations

17.00 – 18.00      IAIP Delegate Assembly II (Elections)

17.00 – 18.00      Students' forum II

18:15      IAIP Board Meeting

18:15      IAIP Section meetings II (Chairperson Elections)

# IAIP Congress

University of St. Thomas, Minneapolis campus

*Thursday 13 July 2017*

9:00 – 10:30 Plenary Session

Section Panel: IAIP Section *Adult Therapy*

***How we are dealing with Inferiority Feelings in clinical practice?***

Chairman of the Section: Alessandra Bianconi (Italy)

Co- presenters / Discussants: Marion Balla  
(Canada) & Gisela Eife (Germany)

Chair: Alessandra Zambelli (F)

11:00 – 12:30 Plenary Session

Andrea Ferrero (Italy). *Therapists responses to patients inferiority in psychotherapy.*

Margit Datler (Austria). *Who is afraid of whom? – Some thoughts about inexperienced teachers working with refugee students.*

Chair: Erik Mansager (CH)

12.30 – 13.00 Farewell

## Opening Ceremony

ENCORE! The Twin Cities Women's Choir

**Welcome** - Wilfried Datler (Austria), President, International Association of Individual Psychology (IAIP)

**Welcome** - Jane Graupman (USA), International Institute of Minnesota

**Welcome** - Dan Haugen (USA), President, Adler Graduate School, MN

**Welcome** - Marina Bluvshstein (USA), local organizational committee, Adler Academy of MN;  
Incoming Director, Center for Adlerian Practice and Scholarship, Adler University, Chicago (IL)

ENCORE! The Twin Cities Women's Choir

**Inferiority Feelings: New Manifestations and New Approaches**  
**Introductory comments by the members of the IAIP Board**

Wilfried Datler (Austria)  
President of IAIP

Giansecondo Mazzoli (Italy)  
General Secretary of IAIP

Horst Gröner (Germany)  
Treasurer of IAIP

Rebecca Lafountain (USA)  
Vice President of IAIP

ENCORE! The Twin Cities Women's Choir

**Adler-Film**

*Daily Schedule (subject to change)*

## Schedule

**Monday July 10<sup>th</sup>, 2017**

	<b>Auditorium (Theater)</b>	<b>SCH 127 (Tiered)</b>	<b>301</b>	<b>302</b>	<b>314</b>	<b>315</b>	<b>316</b>	<b>407</b>
9:00 10:30	<b>Opening Ceremony</b>							
11:00 – 12:30	<b>Plenary Session</b> Maedel & Newbauer							
12:30 – 14:00 Lunch Break								
14:00 – 15:30	<b>Panel</b> Clinical Training (Datler moderates)	<b>Presentation</b> Shon	<b>Presentation</b> a. Yamamoto b. Bosetto & Marasco (cyberbullying)	<b>Presentation</b> a. Linden b. Kaufman	<b>Presentation</b> a. Trail b. Roach	<b>Presentation</b> a. Close b. Venable	<b>Presentation</b> a. Bauman b. White	
16:00 - 16:45	<b>Presentation</b> Schürer	<b>Presentation</b> Mourier	<b>Presentation</b> a. Park & Kang b. Delgado da Silva	<b>Presentation</b> a. Wu b. Yang & others	<b>Presentation</b> a. Williams & Saxner b. Saxner	<b>Presentation</b> a. Aleksandrov b. Paulmier	<b>Presentation</b> Branke	<b>Presentation</b> Nakajima & Umezaki
17:00 - 18:30	<b>IAIP Congress Special Event</b> Balla & Blushtein							
18:30 – 20:00 Dinner Break								
20:00	<b>IAIP Delegate Assembly I</b>	<b>Students’ Forum I</b>						

*This schedule is subject to change. Please follow daily announcements for updates.*



## Schedule

Tuesday July 11<sup>th</sup>, 2017

	<b>Auditorium (Theater)</b>	<b>SCH 127 (Tiered)</b>	<b>301</b>	<b>302</b>	<b>314</b>	<b>315</b>	<b>316</b>
9:00 – 10:30	<b>Section Panel</b> Child and Youth Therapy						
11:00 – 12:00	<b>Plenary Session</b> Eva Dreikurs Ferguson						
12:00 – 13:00			<b>Section meeting I</b>	<b>Section meeting I</b>	<b>Section meeting I</b>	<b>Section meeting I</b>	<b>Section meeting I</b>
13:00 – 14:00 Lunch Break							
14:00 – 15:30	<b>Section Panel</b> Education and Pedagogy	<b>Panel</b> Raising Adlerians (LaFountain moderates)	<b>Presentation</b> a. Post b. Rovera	<b>Presentation</b> a. Lerda b. Bosetto & Marasco (Developm. age)	<b>Presentation</b> a. Jia-Yin Chen b. Yu-Ying He c. Pei-Chia Cheng	<b>Presentation</b> Datler, W.	<b>Presentation</b> a. Katz & Bluvshstein b. Mendel & Bluvshstein
16:00 – 17:00	<b>Plenary session</b> Wilfried Datler interviews Gian Giacomo Rovera						

*This schedule is subject to change. Please follow daily announcements for updates.*

## Schedule

Wednesday July 12<sup>th</sup>, 2017

	Auditorium (Theater)	SCH 127 (Tiered)	301	302	314	315	316	407
9:00 – 10:30	<b>Section Panel</b> Science, Theory and Research							
11:00 – 12:30	<b>Plenary Session</b> Yang & Eife							
12:30 – 14:00 Lunch Break								
14:00 - 15:30	<b>Presentation</b> a. Mayer & Bieliauskaite b. Chibisova	<b>Panel</b> Mansager, Eife, & Witte	<b>Presentation</b> a. De Santis b. Hanson	<b>Presentation</b> a. Schwartz b. Marchand	<b>Presentation</b> a. Blagen b. Oberst	<b>Presentation</b> a. Reardon b. Kepalaite	<b>Presentation</b> Hiller & Rochon	
16:00 - 16:45	<b>Presentation</b> Simonelli	<b>Presentation</b> Steinbeck	<b>Presentation</b> a. Jung b. Bosetto (eating d/o)	<b>Presentation</b> Hartshorne	<b>Presentation</b> Erguner- Tekinalp	<b>Presentation</b> Buck	<b>Presentation</b> Fujita, Hasegawa, Hosoda, & Nakajima	<b>Presentation</b> Shelley
17:00 – 18:00	<b>Delegate Assembly II</b> (elections)	<b>Students’ Forum II</b>						
18:15		<b>IAIP Board Meeting</b>	<b>Section Meetings II</b> (Chairperson Elections)	<b>Section Meetings II</b> (Chairperson Elections)	<b>Section Meetings II</b> (Chairperson Elections)	<b>Section Meetings II</b> (Chairperson Elections)	<b>Section Meetings II</b> (Chairperson Elections)	

*This schedule is subject to change. Please follow daily announcements for updates.*

### **Schedule**

**Thursday July 13<sup>th</sup>, 2017**

	Auditorium (Theater)
<b>9:00 – 10:30</b>	Section Panel: Adult Therapy
<b>11:00 – 12:30</b>	Plenary Session: Ferrero & M. Datler
<b>12:30 – 13:00</b>	Farewell

*This schedule is subject to change. Please follow daily announcements for updates.*

*Abstracts (in alphabetical order, by the first presenter)*

**Aleksandrov, Dinko (USA)**

PsyD

Marquette University Counseling Center, Milwaukee, WI; Clinical Counselor

### **Abnormality: A convenient fashion**

**Chair:** Julia Yang (USA/TW)

Intended audience: *mental health practitioners, researchers, students*

While abnormal behavior has existed in every time period of human history, the last three decades have led to an unprecedented point – diagnosing deviant behaviors has become the central factor in the research, practice, and teaching of mental health in the United States. Although this trend has helped to overcome systemic inferiority feelings, it has also created unforeseen problems. Therefore, this presentation reviews historical aspects of how this paradigm shift has formed over time as well as its consequences in the present. It covers specific topics such as reductionistic science, diagnostic psychiatry, globalization, pharmacotherapy, health care reforms in the US, and mental health stigma. Potential solutions, alternative approaches, and future directions are also offered. Lastly, the presentation addresses implications of this paradigm shift for the theory and practice of Individual Psychology.

#### **Learning objectives:**

1. Audience members will learn critical thinking skills about the diagnostic aspect of psychotherapy.
2. Audience members will learn about a historical background of mental health diagnosis, advantages and disadvantages of current practices, and alternative solutions.

**Balla, Marion (Canada)**

M.Ed., M.S.W., R.S.W.

President, Adlerian Counselling and Consulting Group

Professional Affiliation: NASAP, ICASSI

**Bluvshstein, Marina (USA)**

PhD LP; MA LMFT; Licensed Psychologist, Adlerian Psychotherapist; NASAP Diplomate

Adler Academy of MN; Incoming Director, Center for Adlerian Practice and Scholarship, Adler University, Chicago (IL)

Professional Affiliation: NASAP, ICASSI, APA, AAMFT

**Special Event**

**A Case Study of Social Embeddedness and Social Responsibility: Alfred Adler's and Raissa Epstein Adler's movement from Minus to Plus**

**Chair:** Giansecondo Mazzoli (IT)

Intended audience: *students, clinicians, educators, researchers*

Alfred Adler regarded the individual's striving to overcome inferiority feelings as "the cause of all improvements in the position of mankind" (AA. p.117). This sense of inferiority serves as fuel for one's movement from a feeling of smallness, "notgoodenoughness", insignificance, or felt minus. It is through the organic interactive experience of being socially embedded that the tools needed to resolve these feelings are developed. Adler described the process of overcoming this sense of felt minus as movement towards a uniquely fashioned subjective sense of personal significance, fulfilment, completeness, or felt plus. Both the minus and the plus are social feelings, and useful movement from minus to plus acquire meaning within the context of social relationships throughout all stages of one's life. This presentation will trace two creative life paths – one of Alfred Adler and one of Raissa Epstein Adler – through their movement from minus to plus, resulting in the theory and practice of Individual Psychology. The presenters will address how to integrate lessons from these two life journeys into our own lives –as individuals living in our communities, within our professional practice, and within greater social movements.

**Learning Objectives:**

1. Audience members will examine the impact of the lived experiences of Alfred Adler and Raissa Epstein Adler on the development of the theory and practice of Adlerian Psychology.
2. Audience members will explore how the tenets of Individual Psychology affect our own movement through minus to plus through mindful exploration of our own lived experiences as Adlerian practitioners.
3. Audience members will discuss ways to integrate relevant lessons from the lives of Alfred Adler and Raissa Epstein Adler related to social responsibility and their legacy of leadership in movements for social equality and social justice.

**Bauman, Gary (USA)**  
PhD, LPC, CPCS, NCC  
Professor of Counseling and Psychology  
Professional Affiliation: NASAP, GSAP, SCSAP and LPCA of Georgia

### **Sweetening the Soup: Heightening Your Client's Appetite for Change**

**Chair:** Timothy Hartshorne (USA)

Intended Audience: *clinicians*

Adler's metaphor of "spitting in the soup" is a way of exposing an individual's private logic and underlying purpose of behavior. When someone is able to see the real reason for choosing a particular pattern of behavior, it can make one a little less likely to repeat that behavior and this awareness can be profoundly insightful and a beginning point to change. This extremely useful metaphor helps counselors encourage individuals to own up to persistent feelings of inferiority and exposes the real payoff from the behavior. Not all clients, however, are ready and willing to change despite being made aware of the behavioral purpose. The presenter will compare the client's stages of readiness for change with the Adlerian stages of change. Some clients need to be encouraged to envision the future before they are willing to change. While "Spitting in the Soup" is an effective intervention strategy for some clients, others need to have desires "awakened" before moving towards change. The presenter will discuss how clinicians can "sweeten" this appetite for change and cultivate social interest. Adlerian techniques, including examining ER's and focusing on client's strengths, will also be discussed.

#### **Learning objectives:**

1. Audience members will review the significance of ERs
2. Audience members will examine clients' strengths and valuing the therapeutic relationship
3. Audience members will learn how to encourage clients to envision the benefits of change.

**Bianconi, Alessandra (Case presentation), (Italy)**

MD, Psychiatrist, Psychotherapist (Individual Psychology), Training Analyst, Clinical Tutor with Supervisor Functions at the School of Specialization in Psychiatry, Medical School, University of Turin.  
Affiliations: S.I.P.I and S.A.I.G.A.

**Balla, Marion (Co-presenter/discussant), (Canada)**

M.Ed., M.S.W., R.S.W.  
President, Adlerian Counselling and Consulting Group  
Professional Affiliation: NASAP, ICASSI

**Eife, Gisela (Co-presenter/discussant), (Germany)**

MD, Psychotherapist, Specialist in Psychotherapeutic Medicine, Psychoanalysis DGPT, DGIP  
Professional Affiliation: Alfred Adler Institut München, Germany

**Section Panel (Section Adult Therapy)**

**How we are dealing with Inferiority Feelings in clinical practice?**

**Chair:** Alessandra Zambelli (F)

Intended audience: *clinicians, students*

The Chairman of the section will present a detailed first meeting with a patient suitable for highlighting the personal and unique mode of an overcompensation movement that starts from a deep feeling of inferiority. The purpose of the patient, although unconscious, is the achievement of a greater sense of safety, completion and perfection. But at what price? The patient was sued for stalking and suddenly she wondered, "How did I get this?" and "Who am I?"

The case report will allow us to highlight the ways in which today's inferiority feelings can be expressed and manifested through different personality organizations and how they are used in contemporary Adlerian practice to build a therapeutic project. We will see how the co-presenters interpret the information and conceptualize a therapeutic approach with the patient.

The Chairman and Co-Presenters come from different countries, have different backgrounds and training. They will use the case study as an example to show various ways of thinking about Adlerian theory in contemporary practice.

**Learning Objectives:**

1. Audience members will learn how today's inferiority feelings can be expressed and manifested through different personality organizations and how they are used in contemporary Adlerian practice
2. Audience members will increase competence in psychotherapeutic strategies



**Blagen, Mark T. (USA)**

PhD

Assistant Professor, Governors State University, University Park, IL,

Professional Affiliation: NASAP

### **Moving Beyond Addictive Behavior: Inferiority, Striving and Creative Power**

Chair: Tara Gaffney (USA/CH)

Intended Audience: *clinicians, students*

Many counselors have difficulty understanding and working with addictive behavior. Although there are a myriad of etiological theories and corresponding interventions, most of these approaches are beyond the reach of counselors who have not been trained or do not regularly work with addicted individuals. When addictive behavior is understood as both a cause and effect in the inability to overcome life circumstances and a sense of inferiority, the work with addicted individuals becomes less about the symptoms (the addiction) and more about the remedy. It is then a counselor can “see” addiction as simply a block that is fear based in the movement from inferiority to superiority. Addicted individuals are greatly discouraged. Through the use of Adlerian encouragement the addicted individual will begin to gain a sense of hope. When an addicted person begins to sense hope they can realistically articulate how they want their life to have meaning and to be different. And when a person has meaning they can begin again to address the fear that has contributed to their sense of inferiority. In the counseling process addicted individuals will have the opportunity to “decide” that their addictive behavior is not consistent with their values and goals. It is at this decision point that a counselor can assist the client to use their innate creative power to strive for superiority as opposed to succumbing to inferiority.

#### **Learning Objectives:**

1. Audience members will understand the relationship of inferiority to addictive behavior.
2. Audience members will use Adlerian encouragement to counter discouragement that addicted individuals experience.
3. Audience members will understand the relationship between hope, meaning and use of creative power in moving from inferiority to superiority.

**Bosetto, Daniela (Italy)**

Psychologist, psychotherapist

Director at the School of Adlerian Psychotherapy CRIFU of Milan

Professional Affiliation: S.I.P.I. (Italian Companies Individual Psychology), APIAAM Association of Individual Psychology Alfred Adler of Milan

**Marasco, Egidio Ernesto (Italy)**

Psychologist, psychotherapist, lecturer at the Adlerian School of Psychotherapy of CRIFU.

Professional Affiliation: S.I.P.I. (Italian Companies Individual Psychology), APIAAM Association of Individual Psychology Alfred Adler of Milan

### **Cyberbullying and inferiority feeling**

**Chair:** Robert Saxner (USA)

Intended audience: *students, clinicians*

Individual Psychology focuses on the interconnection developed among person, social context and family background. Inferiority feelings, generated spontaneously in every child, require confrontation to and, with positive environmental feedback, the subject gradually overcomes the discomfort originated from the innate condition of perceived inadequacy. If, on the contrary, the environmental stimuli are hostile, this feeling may strengthen, leading the subject towards the pathological condition of inferiority complex (Adler, A., 1933, *Il senso della vita*).

In an unceasing evolving society, technical progress, mass media evolution, and expanding means of communication have undoubtedly led, over the years, to new approaches by which the environmental framework can establish or induce a condition of perceived inadequacy. Examples of these environmental influences include phone calls, text messages, online chat rooms, social networks, question-answer platforms, and internet forums.

This burden of distress and fragility, expressed as inferiority feelings, has helped to produce pathological conditions because these synergies are working on the outside of the communication context instead of a more direct face-to-face dynamic. Communications are acted out through technological means, in a digital dimension and, as such, may lack the concreteness of a physical space.

The phenomenon of cyberbullying, acted out in this new realm, where even our homes are no longer a shelter, is producing victims who are unable to move forward and may be helpless to improve their life conditions. The present case is therefore revealing, giving evidence that Adler's Individual Psychology can offer a perfect key to the review and decoding of this wide spread, new form of bullying.

**Learning objectives:**

1. Participants will learn about an effect of cultural changes on child development and psychic processes.

**Bosetto, Daniela (Italy)**

Psychologist, psychotherapist

Director at the School of Adlerian Psychotherapy CRIFU of Milan

Professional Affiliation: S.I.P.I. (Italian Companies Individual Psychology), APIAAM Association of Individual Psychology Alfred Adler of Milan

**Marasco, Egidio Ernesto (Italy)**

Psychologist, psychotherapist, lecturer at the Adlerian School of Psychotherapy of CRIFU.

Professional Affiliation: S.I.P.I. (Italian Companies Individual Psychology), APIAAM Association of Individual Psychology Alfred Adler of Milan

### **Eating Disorders and Inferiority Feelings**

**Chair:** Gwennola Marchand (F)

Intended Audience: *clinicians, students*

From an Adlerian perspective, eating disorders may represent the emergence of a psycho-social discomfort, often induced in the subject by inferiority feelings. The concept of nutrition has joined a cultural background that implies the relationship, not only with the body image, but also with the social reference context. Nevertheless, many people, hoping to adapt to their belonging social background principles, attempt to establish an increasing level of control through their own nutritional choices. Given their vulnerability, this leads to a specific eating disorder. In adolescence, one often faces radical shifts concerning biological maturation, cognitive development and social relations. The teenager must re-assume his own self, investigating all the features shaping his own corporal and mental experience into a psychosomatic whole that will give birth to a peculiar, distinct and remarkable creature. In the clinical domain, EBD may emerge as defensive strategies stemming from an emotional discomfort, wherever the body is the setting for psychic distress the person can't express. The link between eating disorders and some psychological constructs such as alexithymia, is undoubtedly relevant. The focus of attention should converge on a diagnostic and therapeutic multidisciplinary approach; with an Adlerian foundation in this specific case. We mean to present a case concerning a mother who entered Adlerian psychotherapy and indicated that her sixteen-year-old daughter had expressed a clear feeling of inferiority, by reason of her disclosing eating disorder. As a result, a consultation was proposed. We would like to establish the influence of social, educational and family environments on the rise of eating disorders.

**Learning Objectives:**

1. Audience members will study diagnostic and therapeutic multidisciplinary approach; with an Adlerian foundation in a case of eating disorder.
2. Audience members will learn about effects of cultural changes on family functioning.

**Branke, Wilfried (Germany)**

Dipl. Ing, certified counselor SGIPA (Schweizerische Gesellschaft für Individualpsychologie nach Alfred Adler), ILPV (Internationaler Fachverband für Integrierte Lösungsorientierte Psychologie), CH-Q (Gesellschaft CH-Q Schweizerisches Qualifikationsprogramm zur Berufslaufbahn)  
Professional Affiliation(s): SGIPA, ILPV

**From utilization of resources to development of potential**

**Chair:** Anita Schedl (AT)

Intended audience: *students, counselors, researchers*

All resources of a personality lie within their lifestyle. Recurring feelings of inferiority are an indication that one's current resources are insufficient for dealing adequately with their life situations.

As I presented during the IAIP Congress of 2014, the functions of an ideal social adaption can be described in a "Social Matrix" with nine areas. According to this model, lifestyles can be understood as "disharmonious constellations" of these nine functions.

Within this current topic, I will present a specific lifestyle as an example of how insights can be used to understand the dynamics of lifestyles and how lifestyle dynamics can be transformed to gain access to additional social potential, which can then help to increase and optimize social behavior.

To identify the dynamic of a lifestyle it is important to first discover the private-logical task an individual has assigned to themselves, what the individual therefore feels responsible for and what skills the individual has developed to successfully deal with these self-assigned demands.

The key to developing an individual's potential lies in a kind of reversal of the inner logic of social behavior. Instead of pursuing the private logic of one's lifestyle goal, attention should be focused on the goal of social integration. The responsibility for this needs to be shared with the other people involved and must remain restricted to what lies within one's own scope. This leads to a social learning process, which encompasses additional social potential.

**Learning Objectives**

1. Audience members will learn the nine social skills of a "social matrix". Together these skills describe the social adaptability of a person in a situation of his life (lifestyle, social interest, inferiority feelings, counterbalance, life tasks).
2. Audience members will learn how to identify the private logic of a person's lifestyle by looking for his chosen challenges, responsibilities and skills.
3. Audience members will learn how to inspire a turnaround of a person's private logic in order to evolve his social potential.

**Buck, Hala (USA)**

MA, Nationally Certified Counselor. Licensed Clinical Professional Counselor

Professional Affiliations : American Counseling Association, NASAP, American Art Therapy Association, ICASSI, PATA, P.E.P.

**Inferiority feelings, immigration and cross-cultural application**

**Chair:** Rindie Eagle (USA)

Intended Audience: *clinicians, researchers, students*

Inferiority feelings relate to the search for belonging and significance. In this case study including art therapy images, I will show how an immigrant client's Private Logic and Lifestyle with resulting inferiority feelings - to the point of self-mutilation - was entangled with her birth country's societal norms, ancestral history and current sociopolitical realities in her adoptive culture. For immigrants, in addition to their own Lifestyle, acculturation depends on how their adoptive culture receives them. We will see how she was able to uncover and understand these factors and come to a place of healing and personal strength through the use of Early Recollections and this integrative Adlerian art and sandtray therapy model.

**Learning Objectives:**

1. Audience members will understand the roots of inferiority feelings using Early Recollections, and art and how that affects their current problems.
2. Audience members will learn how including the body in this process accesses inferiority feelings which are the domain of the body and integrate Adler's early understanding of the holistic relationship between mind and body and the importance of what he called "Physical speech."
3. Audience members will learn the importance of expanding Adler's emphasis on the individual's social embeddedness to include intergenerational patterns and larger societal and current global realities.

**Chen, Jia-Yin (Taiwan)**

Graduate student, National Kaohsiung Normal University Graduate Institute Of Gender Education,  
Primary school teacher Certificate

### **Triangle problem: mother-daughter-in-law and son**

**Chair:** Bengu Erguner-Tekinalp (USA)

Intended audience: *students, counselors, educators*

The conflict of mother-daughter-in-law has been a common marriage killer on Chinese culture, and the key to maintaining the quality of marriage. In this conflict situation, the role of the husband and son is important.

The purpose of this study was to explore the child-rearing question concerning the role of the husband (son) in the conflict between mother-daughter-in-law. A sample of seven middle-class males was selected for data collection through in-depth interviews, not only using Adler's theory of inferiority but also using Bandura's Social Learning Theory. Through this analysis, the relationship between self-esteem, anxiety and unconscious re-parenting are better understood. For example, this analysis allows one to better understand perspectives such as: "My mom is more experienced!" and "I follow my dad not to control."

The results of this study show that Chinese culture and its focus on filial piety, obedience and reproduction, often results in men falling under the influence of inferiority, a self-orientation that is not easy to break through, especially against the backdrop of mother-daughter-in-law conflict .

Therefore, this study helps one to better understand the mother/son/daughter-in-law relationship through interviews and a resulting understanding of both the sources of inferiority complex anxiety and how to best address such conflict.

### **Learning Objectives:**

1. Audience members will understand the dynamics of family conflicts in a cultural environment of Taiwan, from an Adlerian perspective.

**Cheng, Pei-Chia (Taiwan)**  
*Counseling psychologist*  
Doctoral student

**Inferiority Complex of Adlerian Psychotherapy is the antidote to the dispute between mother and daughter-in-law in Chinese?**

**Chair:** Bengu Erguner-Tekinalp (USA)

Intended audience: *educators, family therapists*

The interaction quality of Chinese mothers and daughters-in-law is deeply influenced by the behavior of the wife's husband. The attitude of the husband to deal with the disputes between mother and daughter-in-law is affected by the native family. However, the family constellation and life style, as understood through Adlerian theory, may lead to individual inferiority complex. Through an understanding of individual motivation and the daughter-in-law's pursuit of superiority to make up for her husband's sense of inferiority, the researcher believes that actions generated by the husband's inner motivation help to mitigate the dispute between Chinese mothers and daughters-in-law.

In order to understand whether the family constellation and life style of Adlerian theory, as applied in Taiwan, have a unique impact on the localization influence, the researcher invited 8-10 married men from 30 to 80 years of age to participate in in-depth semi-structured interviews, and then analyzed respondents' interviews through verbatim manuscripts.

This study aims to analyze the text of the verbatim manuscripts, and then find ways to make use of encouragement via Adlerian psychotherapy; with the goal of resolving the problems between Chinese mothers and daughters-in-law.

**Learning Objectives:**

1. Audience members will understand the unique family culture and family dynamics in Taiwan.

**Chibisova, Marina (Russian Federation)**

PhD

Moscow State Pedagogical University, department of pedagogics and psychology, chair of social pedagogics and psychology; Assistant professor; Moscow, Russia

Professional affiliation: NASAP

**Between force and agreement: inferiority feelings in parent counseling in a post-totalitarian society**

**Chair:** Marina Bluvshstein (USA)

Intended audience: *counselors, educators, students*

The collapse of the Soviet Union 25 years ago was followed by a huge change in attitudes toward children and expectations from parents. As opposed to authoritarian Soviet practices, parents were expected to create a free environment for their children and set as few restrictions as possible.

Nowadays in Russia counselors work with parents belonging to the generation that experienced this major social change. The combination of their childhood in a totalitarian society and the current social expectations from parents creates a specific private logic (for example, although child-rearing practices might not be authoritarian, children are still expected to be obedient) and is challenging as far as inferiority feelings are concerned.

As the analysis of counseling materials shows, two major spheres where parents experience inferiority feelings may be identified. First, parents describe feeling inferior while exerting power, establishing rules or creating borders. Second, parents feel inferior when they are not able to treat children's wishes as their top priority.

The presentation is based on case analysis and aims at describing parents' inferiority feelings in a context of post-totalitarian, contradictory expectations regarding parenting and discussing encouragement strategies in this situation.

**Learning Objectives:**

1. Audience members will receive an overview of changes in social expectations from parenting and child-rearing practices in Russia after the collapse of the Soviet Union.
2. Audience members will be able to describe parents' inferiority feelings in this social context.
3. Audience members will learn encouragement strategies that have proved useful in dealing with inferiority feeling in parent counseling.



**Chibisova, Marina (Russian Federation)** – panel presenter

PhD

Moscow State Pedagogical University, department of pedagogics and psychology, chair of social pedagogics and psychology; Assistant professor; Moscow, Russia

Professional affiliation: NASAP

**Oberst, Ursula (Spain)** – panel presenter

Ph.D., associate professor

Professional Affiliation(s)

Blanquerna Faculty of Psychology, Ramon Llull University, Barcelona (Spain)

**Schedl, Anita (Austria)** – panel presenter

Magister, Teacher, Psychotherapist

Austrian Association of Individual Psychology (ÖVIP), Austria

**White, Les (USA)** – panel presenter

Psy.D., Licensed Clinical Psychologist (IL)

Tenured faculty, psychology, Harold Washington College, Chicago, Illinois

Professional Affiliation(s): NASAP; Chicago Adlerian Society

**Chair: Wilfried Daffler (Austria)**

### **Clinical Training (becoming licensed) from different countries**

Intended Audience: *students, professors, people who are interested in Adlerian clinical training*

Within the wide range of Individual Psychology different curricula of clinical training have been developed - according to national laws and local traditions within Individual Psychology. In some countries Adlerian trainings are offered at universities or in cooperation with universities. This panel will address different approaches of clinical training in Individual Psychology, will inform about particular curricula and will deepen the knowledge about similarities and differences in how Adlerian clinicians are trained.

#### **Learning Objectives:**

1. Audience members will learn about curricula and challenges in Adlerian clinical training.
2. Audience members will learn about different ways of cooperation with universities.

**Close, Richard E. (USA)**

*DMin, LPCC, LMFT*

Program Director, Adlerian Education, Adler Graduate School, Richfield, MN

Professional Affiliations: NASAP, Viktor Frankl Institute of Logotherapy, American Association of Pastoral Counselors, ACA

### **Understanding Counselor Moral Distress: Adlerian Assessment and Logotherapeutic Intervention.**

**Chair:** Rasa Bieliauskaite (Lithuania)

Intended audience: *clinicians, counselor educators, clinical supervisors*

Since 1984 Moral Distress has been a recognized mental, emotional, and physical risk to front-line nurses as they struggle to balance patient needs with the limitations of cost-containment and other intransigent barriers impacting contemporary medical practice. This presentation explores how Moral Distress affects mental health counselors as well. When a healthcare provider is prevented from delivering the type or level of care he or she believes a patient needs most, both a psychological and a spiritual crisis ensues. The felt powerlessness of this situation intensifies inferiority feelings. Adler taught that feelings of inferiority precipitate a self-defeating drive for superiority as one struggles to preserve one's self-ideal. Increasingly, for both medical and mental health providers embedded in vertically-oriented and cost-driven care systems, this is a battle that cannot be won. Over time, and with repeated exposure to this double-bind, counselors may experience a widening rift between themselves and their own self-ideal as a helper, patients, fellow helping professionals, and the wider community they have devoted themselves to serving. This presentation will (1) define Moral Distress and distinguish it from ethical dilemmas, (2) highlight its principle mental, emotional, physical, and spiritual effects by distinguishing it from Burnout, Compassion Fatigue, and Moral Injury, (3) identify how it uniquely affects mental health counselors, and (4) propose a framework based upon Individual Psychology for assessing it, and a conceptual framework for intervention based upon Viktor Frankl's Logotherapy.

#### **Learning Objectives:**

1. Audience members will be introduced the concept of moral distress and distinguishing it from ethical dilemmas, burnout, compassion fatigue, and moral injury.
2. Audience members will identify how moral distress uniquely affects mental health professionals.
3. Audience members will learn an Adlerian conceptual framework for assessing moral distress, and a Logotherapeutic framework for intervention.

**Datler, Margit (Austria)**

Dr. phil., Psychoanalyst (IPA), Working in private practice. Leading Work-Discussion groups, supervision; Professor at the University College for Teacher Education of Christian Churches, Vienna  
Professional affiliations: associated member of the Austrian Association of Individual Psychology (ÖVIP). Member of the Infant Observation Study Group Vienna.

**Plenary Session**

**Who is afraid of whom? – Some thoughts about inexperienced teachers working with refugee students**

**Chair:** Erik Mansager (CH)

Intended audience: *professors, students, school counselors, teacher*

In Vienna teachers work with young refugees in “New-in-Vienna-Classes”. Most of them have not finished their studies and some of them are completing their first year of teaching. Suddenly they are faced with young (male) persons who suffer from various traumatic experiences. Quickly a painful discrepancy occurs in between stressful school life and speeches of politicians and lovely pictures in newspapers.

Young refugees (up to 22 students) are in small classrooms. Some have never been in school before. They do not understand any German word, they miss their familiar culture and social standing etc. and not every Austrian student behaves towards them respectfully. Many of them struggle with feelings of hate, envy, fear, depression, etc. Their knowledge and skills are currently almost worthless. And now they meet teachers who get little appreciation from their more experienced colleagues who are not willing to teach refugees; they have few appropriate learning materials and no paid supervision. Even if teachers try to do their best they are soon very disappointed, desperate and discouraged because young refugees behave in such a way that leaves others afraid. Students ignore instructions, they begin to fight and injure others and themselves.. Most of the time it is impossible to give a lecture – nevertheless, the school management expects the teacher to teach in an “Austrian/middle European” way. Teachers and students come into a cycle of humiliation and everyone feels increasingly inferior. In presenting some vignettes I will show interactions between teachers and young refugees and the impact of institutional school structures.

**Learning Objectives:**

1. Audience members will be introduced to the use of psychoanalytical theories in supervision to understand intensive feelings arising in oneself and to get ideas about what others may experience.
2. Audience members will explore possibilities to interact in a supportive way.

**Datler, Wilfried (Austria)**

Univ.-Prof., Psychotherapist (Individual Psychology), Training Analyst of the Austrian Association of Individual Psychology (ÖVIP), President of the International Association of Individual Psychology (IAIP), Head of the Research Unit "Psychoanalysis and Education" of the Department of Education / University of Vienna

**Dreikurs-Fergusson, Eva (Discussant) (USA)**

**Eife, Gisela (Discussant) (Germany)**

**Alessandra Zambelli (Discussant) (France)**

**Chair:** Christopher Shelley (Canada)

**Are all feelings of inferiority goal-directed?**

**A contribution to the theory of emotions within the theoretical frame of Individual Psychology**

*Intended audience: psychotherapists, counsellors, teachers, researchers, clinicians*

The goal-directedness of human activities is a basic assumption of Individual Psychology. From that background the relationship between this assumption and emotions will be discussed with special reference (a) to the feeling of inferiority and (b) to the concept of affect regulation. It will be argued that Adler's writings about the feeling of inferiority contain a paradigmatic model of affect regulation focussing the ubiquitous effort to protect oneself – as best one can – from the conscious awareness of unpleasant emotions. From this point of view the prevention of the conscious awareness of feelings of inferiority is the aim of particular defence activities and endeavours for compensation. This leads to the question whether the origin and creation of feelings of inferiority have to be conceptualized as goal-directed activities, too. Two different versions will be presented: In version (A) feelings of inferiority are conceptualized totally as goal-directed activities. In version (B) feelings of inferiority are conceptualized as the emotional aspect of an unwanted low self-esteem and lead to goal-directed activities. It will be discussed which consequences for psychotherapy, counselling or education derive from version A and B and whether both versions are incompatible.

**Learning Objectives:**

1. Audience members will learn about the feeling of inferiority as a basic concept of Individual Psychology.
2. Audience members will learn about affect regulation.
3. Audience members will learn about contemporary discussions concerning the concept of goal-direction.

**De Santis, Giovanni (Italy)**

Dott., Psychologist, Psychotherapist, Register of Psychologist (Italy), Member of Institute Alfred Adler Reggio Emilia (Italy)

### **The plague after Adler (original: La peste dopo Adler)**

**Chair:** Dinko Aleksandrov (USA)

Intended audience: *clinical, students*

"They don't know that we're bringing them the plague".

The comparison with another, in or out of therapy, is inevitably marked by knowledge and a power game. When unbalanced, power shapes and evolves into something else, just like the plague. As social therapists or, even better, as defenders and promoters of social feelings, it must be our mission to introduce into the realm of human exchanges some shared elements of the existential questions (Seins-Frage) of life.

The substantial legacy of Alfred Adler allows us to place the individual at the center of every inevitable therapeutic question; namely, to be able to live together. In the current workplace environment, working together seems primarily to be an antisocial challenge and not a shared goal with which everyone enthusiastically participates. The knowledge and power coined in the totality of private logic causes the individual to suffer from a sense of inferiority, which is devoid of every kind of vitality.

The therapist is called upon to forcefully introduce a team spirit, even in a non-therapeutic setting such as coaching. If not-knowing leads to a sick individual, working together is the cure. The activity of the Adlerian therapist is to bring people to recognize their own feelings of inferiority through emotional co-participation that occurs, not by pure coincidence, in every workgroup. In practice, it can mean sharing with others alternative relational styles, and integrating them into their own; in other words, a way to experience their "inferiority" as a starting point for comparison and then to successively use it.

#### **Learning Objectives:**

1. Audience members will explore "inferiority feelings" within the work environment.
2. Audience members will learn about growth models of company development: the inferiority feelings seen as a resource.

**Delgado da Silva, Ramos (Brazil)**

Psychology student

Professional Affiliation: Bond at the University academic Pitagoras in psychology course.

**The Relationship between Feelings of inferiority generated by prejudice and social inequality in patients with chemical dependency and family codependents**

**Chair:** Mark Blagen (USA)

Intended audience: *students, teachers, clinicians*

This presentation will share clinical application of a multi-disciplinary approach to chemical dependency, with male and female adults between the ages of 18 and 50 years of age. Issues of lack of discipline, lack of intimacy without family and low relationship expectancy in relation to education, and how aspirations contribute to emotional problems and feelings of inferiority, as well as the consumption of psychoactive substances are considered. The study is proposed to be conducted at the SER LIVRE Clinic and will include activities with families over a five year period. Ambitions and aspirations are studied through these family samples as it concerns feelings of inferiority, family and chemical dependency. The presenter seeks to further develop the foundations of his clinical work, and its applications in family therapy, by seeking opinions, literature and contacts.

**Learning Objectives:**

1. Audience members will learn how to identify with greater precision the symptoms and early diagnosis of feelings of inferiority, and how to better identify and understand the traumatizing consequences of resignations, removal from work and social isolation, and how to better understand that inferiority feelings are complex how to reverse their effects on unique situations and one's happiness.
2. Audience members will learn that this complex may originate in childhood, especially in three situations: 1. Rejection; 2. MIMO (Exaggerated protection); 3. Organic Inferiority.
3. Audience members will learn the relationship between the family and the collective dependence on psychoactive drugs, generated by feelings of inferiority.

**Dreikurs Ferguson, Eva (USA)**

PhD, Professor, Psychology Department, Southern Illinois University Edwardsville

Professional affiliations: NASAP, ICASSI (Chairperson)

Contact Information: Psychology Department, Box 1121, SIUE, Edwardsville, IL 62026-1121 USA

**Plenary Session**

**Inferiority Feelings and Social Interest**

**Chair:** Rebecca LaFountain (USA)

Intended audience: *All who attend the IAIP Congress in 2017 (students, researchers, clinicians)*

**Purpose of Presentation:**

Adler's idea that 'inferiority feelings spur the individual' to accomplishments requires distinguishing between an individual's self-concept and task performance. When feeling inferior about tasks, individuals with high social interest who feel "equal among equals" likely seek task accomplishments, but people with diminished social interest who feel they are inferior to others likely do not. Adler, in his final period of theory development (Ferguson, 2015), showed that the basic motivation for humans is social interest (Ferguson, 1989) and feeling belonging as equals, not 'feeling inferior' as a person.

**Abstract**

Dreikurs (2000), in his book *Social equality: The challenge of today*, showed that effective functioning depends on one's conviction that one is an equal among equals. In his book *Fundamentals of Adlerian psychology*, Dreikurs (2010) on p. 21 showed that when one feels inferior as a person, one strives vertically (or one gives up) but does not feel belonging; only horizontal striving based on feeling equal with others leads to healthy functioning. My presentation shows that inferiority feelings about task performance are part of normal human life. Feeling inferior as a person is not adaptive nor need it be part of normal human life.

**Learning Objectives:**

1. Clarify the difference between 'feeling inferior as a person' and 'feeling inferior regarding a task.'
2. Clarify why feeling inferior as a person likely leads to maladaptive actions, thoughts, emotions, motivation.
3. Clarify that feeling inferior regarding a task likely leads to growth when the person feels equal and has high social interest but not when the person feels inferior as a person.

**Eife, Gisela (Germany)**

MD, Psychotherapist, Specialist in Psychotherapeutic Medicine, Psychoanalysis DGPT, DGIP

Professional Affiliation: Alfred Adler Institut München, Germany

### **Plenary Session**

#### **Inferiority feeling and community feeling in Adler's concept of the dual dynamic**

**Chair:** Barbara Simonelli (IT)

Intended audience: *clinicians, students*

Alfred Adler coined the term 'dual dynamic' in 1929. He wrote that in every psychological expression we can find community feeling and the compensation of inferiority feeling. That means, the whole human life is determined by the dual dynamic. According to Adler's holistic view, this concept is the main theoretical principle of his thinking. This paper understands both inferiority and community feelings, not in their psychological, but in their existential aspects.

Traumatic inferiority feelings are structured in innumerable ways and may appear as a feeling, an image or mood. It is not important to name this attitude correctly but to grasp and feel it intuitively by "artistic immersion" as Adler calls it. Long term analytic therapies of severely disturbed patients allow for an analysis of the deepest painful inferiority feelings together with the secret fear of being "worthless". The feeling of connectedness as the basic aspect of community feeling is always present. In severe personality disorders, however, with a frozen life style, community feeling can seem to be absent even though it will be seen emerging during therapy.

I am convinced that the dual dynamic is at the bottom of all methods of Adlerian therapy, whether cognitive, short-term or analytic long-term therapies. The concentration on this principle would establish a common ground for Individual Psychologists of any persuasion.

This paper will outline and illustrate the major features of the dual dynamic in a case vignette.

#### **Learning Objectives:**

1. Attendees will be able to understand the intricate relationship of inferiority feeling and community feeling being separated or intertwined. Also they may realize the feeling of connectedness as the original element of Gemeinschaftsgefühl.
2. Attendees will be able to evaluate Adler's concept of dual dynamic as to its relevance for their own clinical work.
3. By applying the concept of dual dynamic, attendees will be able to discover the appearance of both aspects in special moments during therapy.



**Erguner-Tekinalp, Bengu (USA)**

PhD

Associate Professor of Counseling, Program Coordinator; Drake University, Leadership and Counseling Department

Professional Affiliations: NASAP; Drake University

### **Positive Psychology Interventions for Inferiority Feelings**

**Chair:** Yvonne Schürer (CH)

Intended audience: *researchers, practitioners*

Striving for significance, the desire to overcome, to achieve, and to be complete motivate success in life, and they are great motivators. Sometimes, this desire to overcome and striving for significance get in the way of individuals' well-being. The intersections of identities, privileged, and underprivileged collide with personal characteristics and institutional and societal practices and place an extra burden on individuals. In discouraging institutions and society, the necessary motivation to overcome may turn into a constant questioning of one's abilities and competence. People find themselves being "stuck" with feelings of inadequacy and insufficiency. They continually ask themselves "am I good enough," and "am I enough"? The purpose of this presentation is to identify the feelings of inadequacy, insufficiency, and inferiority from the frameworks of Adlerian, Existential, and Feminist approaches. The presentation will also focus on the impact of these feelings on our lives as we try to balance life tasks. The issue of inferiority will be explored from these theoretical frameworks on individual, meso, and macro levels. The conceptual framework will be followed by guided discussions to generate ideas to move from "I am not enough" feelings to accepting one's imperfections, a step toward self-actualization, as well as exploring ways to build more humanistically oriented institutions. Most importantly, the presentation will provide the means to counter inferiority feelings using the research findings of positive psychology. The presentation will provide practical steps from subjective well-being, happiness, self-compassion and broaden and build theory, hope theory, optimistic expectancies, kindness, mindfulness and many other positive psychology concepts. Theoretical discussions, as well as experiential activities, will help both researchers and mental health practitioners.

#### **Learning Objectives:**

1. Participants will learn theoretical basis of inferiority feelings from Adlerian, Existential, and Feminist perspectives.
2. Participants will explore inferiority feelings individual, meso, and macro levels.
3. Participants will learn positive psychology research results and experience strategies to counter the impact of inferiority feelings.

**Ferrero, Andrea (Italy)**

Dr. Prof., Psychiatrist, Psychotherapist, Training Analyst

Affiliations: Department of Mental Health, ASL Turin 4, Società Italiana di Psicologia Individuale, Società Adleriana Italiana Gruppi e Analisi

**Plenary Session****Therapists' responses to patients' inferiority in psychotherapy**

**Chair:** Erik Mansager (CH)

Intended audience: *clinicians*

The dynamics occurring during the sessions of psychotherapy between patient and therapist have been recently described in terms of attitudes and counter-attitudes, starting from the therapist's task to provide presence and encouragement and the patient's requests that feelings of helplessness can be alleviated. Interindividual dynamics between therapist's therapeutic style and patient's life style deal with three orders of factors: the qualities of both therapist and patient as real persons, the unconscious symbolic meanings of the relationship and the implicit communication components.

Concerning patients, current research not only stresses the relevance of symptoms in building a good working alliance, but emphasizes other variables, such as relational functioning and defence mechanisms. Comprehensively, specific patient's personality characteristics tend to evoke distinct patterns of emotional response in clinicians.

Conversely, the therapist's personality is relevant as it is manifested and perceived by patients during the treatment.

The aim of this paper is to review the results of most recent studies comparing different psychotherapeutic styles and different patients' life styles, in order to detect their impact on treatments process. Particularly, affirming or aloof attitudes of psychotherapists significantly relate to psychotherapeutic outcomes, while therapist's inadequate responses often relate to specific patient's personality organizations or disorders.

Preliminary results on relationship between different therapeutic styles (assessed with Therapist Response Questionnaire) and different patients' personalities (assessed with Defense Functioning Scale and Psychopathological Functioning Levels - Rating Scale) during Sequential Brief-Adlerian Psychodynamic Psychotherapy treatments are then provided.

Finally, some implications on therapeutic technique are briefly discussed.

**Learning Objectives**

1. Audience members will increase competence in the influences of patient's pathology.
2. Audience members will increase competence in psychotherapeutic strategies.
3. Audience members will increase competence in awareness of therapist's own emotions, psychotherapy outcome predictors.

**Ferrero, Andrea (Case presenter) (Italy)**

Dr. Prof., Psychiatrist, Psychotherapist, Training Analyst

Affiliations: Department of Mental Health, ASL Turin 4, Società Italiana di Psicologia Individuale, Società Adleriana Italiana Gruppi e Analisi

**Shelley, Christopher (Co-presenter/discussant) (Canada)**

PhD, CAC, CCC-S

The University of British Columbia; The Alfred Adler Institute (APABC), Vancouver, Canada

**Zambelli, Alessandra (Co-presenter/discussant) (France)**

**Section Panel (Section: "Science, Theory and Research")**

**Depression as an expression of inferiority: new assessment and treatment approaches are needed?**

**Chair:** Ferrero, Andrea (Italy)

Intended audience: *clinicians, researchers*

A brief case study is presented, describing the onset and course of a depressive disorder. Symptomatology and life events that relate to pathology are reported. Schematic information about treatment plan and psychotherapy are also provided. Starting from the case report, discussants are asked to discuss these following questions in the light of current knowledge on clinical psychology and psychotherapy:

1. Is it necessary to consider new assessment procedures for depressive disorders?
2. How to detect the most important dysfunctional dynamics to be focused during psychotherapy?
3. New technical strategies could be integrated in Adlerian Psychotherapies?

**Learning Objectives:**

1. Audience members will learn technical strategies integrated in Adlerian psychotherapy for depression.

**Fujita, Hiromi (Japan)**

M.Ed., certified counselor of Japanese Society of Adlerian Psychology, part-time staff of Tottori University Faculty of Medicine

**Hasegawa, Rie (Japan)**

Certified psychotherapist of Japanese Society of Adlerian Psychology, private practice as a public health nurse

**Hosoda, Mayumi (Japan)**

M.Agr., certified family consultant of Japanese Society of Adlerian Psychology, teacher of high school

**Nakajima, Hironori (Japan)**

M.Ed., Clinical psychologist  
Professor, Okayama University of Science

**An Activity for Understanding Episodes through the Basic Assumptions of Individual Psychology**

**Chair:** Wes Winget (USA)

Intended audience: *educators*

We thought that by learning to interpret episodes of daily life in terms of the Adlerian viewpoint, Adlerian perspectives could be more easily used in everyday life. We developed an activity with the aim of increase understanding of the basic assumptions of Individual Psychology. This method incorporates the following steps:

- 1) One member of the group shares an episode, which is written down by another member of the group; 2) The person who shares the episode decides on a title for the episode with the help of the group; 3) The group brainstorms the strengths of the persons in the episode; 4) If any of the sentences describing the episode is without a 'subject', the subject is added to the sentence; 5) Participants interpret the episode sentence by sentence in terms of the basic assumptions of Individual Psychology; 6) A new title is given to the episode.

Using this method we found that:

- 1) The participant sharing the episode was able to understand the episode in terms of purpose rather than cause and realize that he/she was not powerless.
- 2) The sharing participant was able to see that he/she was not a victim and was able to look at the situation subjectively.
- 3) The title of the episode changed into one of positive tone.

Using a case study of this method, we will describe how this method relates to the Japanese Adlerian movement. We will also discuss findings related to this method and possible improvements.

**Learning Objectives:**

1. Participants will be introduced to an activity for the purpose of increased understanding of the basic assumptions of Individual Psychology.
2. Participants will use an episode from daily life. Presenting a case study of this method.
3. Participants will discuss findings related to this method and possible improvements.

**Goodermont, Jana (Participant), (USA)**

Licensed Marriage and Family Therapist, Adler Graduate School didactic instructor, Metropolitan State University (MSU), Internship Faculty supervisor, group therapy and senior seminar instructor; therapist and clinical supervisor in private practice, Adler Graduate School of Minnesota  
Professional Affiliations: NASAP, AAMFT

**Hasegawa, Rie (Participant), (Japan)**

Certified psychotherapist of Japanese Society of Adlerian Psychology, private practice as a public health nurse

**Nakajima, Hironori (Japan)**

M.Ed., Clinical psychologist,  
Professor, Okayama University of Science

**Panel Discussion**

**Global Perspectives on Raising and Encouraging Adlerian Practitioners**

**Chair:** Rebecca LaFountain (USA)

Intended audience: *clinicians, teachers, students, parents*

Adlerian theory and principles are taught in diverse countries around the world. What are important factors that impact effective development of Adlerian counselors, teachers, role models, supervisors and community members. This panel discussion will explore various experiences from three diverse and personal perspectives regarding training and mentoring for encouraging professional development. In this panel, three global experiences and perspectives will be shared. Similarities and differences will be discussed via panel discussion.

**Learning Objectives:**

1. Participants will learn global perspectives of Adlerian training from Asia, Europe and North America.
2. Participants will learn diverse styles of learning associated with counselor development.
3. Participants will learn contextual factors involved in encouraging professional mentorships.

**Hanson, David L. (USA)**

Ph.D., Consulting Psychologist, Licensed Psychologist: Washington State, USA

Professional Affiliations: APA, Society of Consulting Psychology, Division of APA; Washington State Psychological Association, NASAP, Puget Sound Adlerian Society

### **Leadership Inferiority Feelings: Measuring the Law of Movement in Organizations**

**Chair:** Dinko Aleksandrov (USA)

Intended audience: *organizational psychologists*

Leaders are aware that employee behavior propels or impedes progress toward the organization's mission, purpose and goals. Many leaders are only dimly aware that their leadership practices are permeated with feelings of self-doubt, inadequacy and inferiority. Compensatory ambitions influence their leadership choices as they strive toward either "service goals" or "self-centered goals." According to the Law of Movement, they are incapable of moving in both directions at the same time. GEMA™-Lead360 is a checklist of behavioral descriptors that measures movement on "two-points-of-a-line." Leaders are assessed as moving toward useful Connection, Cooperation and Contribution, or toward useless Entitlement, Domination and Withdrawal. Based on assessment results, leaders become more aware of their choices and are encouraged to move toward "Service Beyond Self" to achieve the organization's mission, rather than "Self Above Service."

#### **Learning Objectives:**

1. Participants will learn how the Law of Movement relates to leadership inferiority feelings.
2. Participants will learn the available choices leaders have to usefully compensate for leadership inferiority feelings.
3. Participants will learn the specific questions to be asked when assessing leadership behavior relative to the Law of Movement and how to use the assessment checklist to measure movement toward "Service beyond Self."

**Hartshorne, Timothy S. (USA)**

Ph.D., Licensed Professional Counselor, Nationally Certified School Psychologist; Professor of Psychology at Central Michigan University

Professional Affiliations: NASAP, APA, Association for Psychological Science, ACA, National Association of School Psychologists

**Dealing with the loss of a loved one: an Adlerian perspective**

**Chair:** Les White (USA)

Intended audience: *students, clinicians, general public*

The death of a loved one is a time of significant challenge. We will explore from a personal and professional perspective the consequences of grief, how people cope, and how to assist others through this crossroad in life. Losing a loved one can be a challenging time of great sadness and pain. At these crossroads we recognized that we have choices to make. We will explore the journey through grief, highlighting our thoughts and findings about how to assist each other along the way. We will address healthy adaptation tools to deal with the grieving process and to ease suffering from a personal and professional perspective. The importance of self-care will be highlighted. Grief is deeply personal, but also social, and the ways it is supported and managed are critical. In this session we will share with you how the principles and application of Adlerian psychology as an active-directive and holistic approach, have encouraged and provided techniques and methods that have supported us in our own personal grief. These orientations recognize that life will inevitably contain some loss and suffering for practically all humans. However, by thinking and moving in healthy ways, we can minimize the suffering and maximize joy. Participants may consider applying these tools and philosophies to assist them, their loved ones, and clients to better cope during times of loss and pain.

**Learning Objectives:**

1. Attendees will learn how therapeutic concepts from Adlerian Psychology offer helpful intervention strategies in dealing with grief and loss.
2. Attendees will learn to honor and enhance their own resiliency in addressing loss from a professional and personal basis.
3. Attendees will learn how grief provides opportunities for choice making and personal growth.

**He, Yu-Ying (Taiwan)**

Master of Arts in Communication in Department of Communication College of Social Sciences  
Ph.D. student (doctoral student) of Doctoral Program of Gender Education at National Kaohsiung  
Normal University

**The solving way of married men of Taiwan middle-class between "Mother" and "Wife" conflicts -  
analysis use the view of Alfred Adler's inferiority complex**

**Chair:** Bengu Erguner-Tekinalp (USA)

Intended audience: *students, researchers, counselors, psychologists*

Chinese culture is influenced by Confucian ethics. The family center is "father-son" as the family axis, and the habit of living is "Patrilocal" in which the woman marries into man's family, and lifestyle emphasizes "filial piety" and "obedience", those culture let "Mother" and "Wife" living in men center family, and wife need to show obedience to filial piety for law-parents, but their unfamiliar and faced with the expectations of different generations of value gap, let "Mother" and "Wife" often conflicts.

This study used purposive sample and depth-interviews seven Taiwanese middle class men aged 20 to 70 in order to understand how they face "Mother" and "Wife" conflicts, and use Alfred Adler's "inferiority complex" views, to understand they inferiority how to affect family relationship.

In my proposal three learning objectives are (a) to know Taiwanese men predicament between "Mother" and "Wife" conflicts in their family, (b) to know when "Mother" and "Wife" conflicts begin what are they doing, (c) to educate and empower for Taiwanese family, let they have powerful to face "Mother" and "Wife" conflicts.

My audience are students and researchers interested in oriental family culture, providing views to counselors and psychologist with Taiwanese men case, and expect to mix Eastern culture family perspective to empower someone the educator etc. Expect these experiences and research results can help more man have similar problem, let their marriage and family relationship are more equal and happy.

**Learning Objectives**

1. Audience members will learn more about familial dynamics in Taiwanese families.



**Hiller, Gerald (Jerry), (USA)**

M.Ed., M.A., Psy.D., Licensed Clinical Psychologist

Professional Affiliations: NASAP

**Rochon, Marilyn (USA)**

M.A., LCPC, Licensed Clinical Professional Counselor

Professional Affiliations: NASAP

**Repair My House: Lunch with Alfred Adler and Francis of Assisi**

**Chair:** Andrea Hillenbrand (DE)

Intended audience: *general audience*

Learn about an award winning (The Pax et Bonum Award) lunchtime program entitled, Repair My House: Mind-Body-Soul Skills For the Journey. This is a health-promotion and illness prevention program designed to decrease the wear-and-tear (Allostatic Load) of the stress of daily hassles and life transitions, and increase well-being (Eudaimonia: effectiveness+satisfaction). Now in its 27th year, over 36,500 have attended over 875 seminars (40 minutes). The programs take place in the Clare of Assisi Auditorium in the Chicago Loop (two blocks from Adler University).

The seminars combine the practical psychology of Alfred Adler and the life-giving ways of Francis of Assisi, one of the top ten most influential people of the last millennium (TIME Magazine).

In the year 1205, in the midst of constant wars, clergy abuses, and vast income inequality, Francis, a son of a wealthy cloth merchant, was searching for purpose and meaning in his discouraged and empty life. One day the words came to him, “Francis, go and repair my house, for as you can see, it is in ruins”. Francis then introduced a way of living that has attracted people around the world for centuries.

The genius of Alfred Adler continues to provide human technology to work with inferiority feelings and move forward the dream of humanity: the brotherhood and sisterhood of all.

**Learning Objectives:**

1. Audience members will be able to describe allostatic load and Eudaimonia.
2. Audience members will discover some life giving ways of Francis of Assisi.
3. Audience members will identify Adlerian concepts that participants have found useful in increasing lowering stress and increasing well-being and balance.

**Kaufman, Julie A. (USA)**  
MA, LPC, RYT-200

### **The Fourth, and Fundamental, Task of Life: What it is and why it Matters**

**Chair:** LeAnn Heimer (USA)

Intended audience: clinicians, counselor educators

Uncertainty, change, and challenges are inescapable components of the human experience. While all of these life demands can upset an already burdened psychological state, they also provide the opportunity for personal reflection and growth. How individuals choose to respond to such situations appears to be dependent upon how they experience themselves and their perceived ability to overcome these demands. In 1967, Dreikurs and Mosak provided deeper insight into this concept when they introduced an additional life task (upon Adler's original three)—the task of getting along with oneself. This presentation will (1) provide a re-examination of this fourth life task, (2) introduce the concept of the sculpted self and its role in identity formation, (3) introduce the concept of the life force, the intrapersonal components that influence its development, and its role in meeting the demands of life, and (4) identify how the strength of the life force impacts all other tasks of life.

#### **Learning Objectives:**

1. Participants will be able to identify the intrapersonal characteristics that make up the Life Force and understand how these characteristics influence movement.
2. Participants will learn how the intrapersonal characteristics of the Life Force are sculpted during identity formation.
3. Participants will gain a new appreciation for the therapeutic value of the Fourth Life Task.

**Katz, Ruth (USA)**

MA, Licensed Psychologist

Professional Affiliations: NASAP, Adler Academy of MN

**Bluvshstein, Marina (USA)**

PhD LP; MA LMFT; Licensed Psychologist, Adlerian Psychotherapist; Diplomate in Adlerian Psychology

Adler Academy of MN; Incoming Director, Center for Adlerian Practice and Scholarship, Adler University, Chicago (IL)

Professional Affiliation: NASAP, ICASSI, APA, AAMFT

**Mim Pew: A life of curiosity and contribution**

**Chair:** Kurt B. Günther (A)

Intended audience: *clinicians, researchers, students*

Mim Pew came to Adlerian psychology in Eugene, OR as a young mother of five children and overwhelmed by her blossoming 13 year old daughter who thought she was an adult. Mim heard of a talk about parenting being presented at the University of Oregon by a man named Rudolf Dreikurs. She attended and was totally intrigued. She came home and told her husband Bill about this man named Dreikurs who was going to do a family interview in public forum. Bill, a pediatrician, was curious and attended the demonstration with Mim. The rest is history. Mim and Bill built a professional, collegial, and personal relationship that transformed Mim's professional life and all who connected to Mim as students and colleagues. She practiced Adlerian psychology passionately through educating, demonstrating, mentoring, and counseling. The story of her life is a demonstration of her striving from feeling inferior and inadequate toward a sense of greater competence fueled by her curiosity and her desire to contribute. The story of her practice can serve as inspiration to those who call Adlerian psychology their guiding source of professional movement. Interwoven, both stories will be shared through pages from Mim's archive of letters and personal remembrances.

**Learning Objectives:**

1. Participants will learn about Mim Pew's striving from feeling inferior and inadequate toward a sense of greater competence fueled by her curiosity and her desire to contribute.
2. Participants will increase their awareness of their own unique strivings as they study the striving of Mim Pew.
3. Participants will be able to better notice the strivings of their clients, students, patients.

**Kepalaite, Albina (Lithuania)**  
Dr. Associate Professor  
Vytautas Magnus University, Kaunas, Lithuania

### **Correlates of inferiority feeling among students**

**Chair:** Yuh-Yin Wu (Taiwan)

Intended audience: *researchers*

Individual psychology states the feeling of inferiority is the universal, unavoidable and main motivating factor for people. Choosing the goals of life and profession is connected with inferiority compensation mechanisms. In this study the inferiority feeling consists of comparisons between self and family members' evaluations (Strano, Dixon, 1990). Feeling of inferiority and striving for superiority can be not only the reasons for choosing university studies, appropriate specialty, but also negatively influence adaptation to university requirements, relations with peers and university teachers. The adaptation to university studies could be defined by level of academic procrastination and stress. Therefore, having in mind the importance of feeling of inferiority to the development of personality, this study attempts to define the interrelations between students' feeling of inferiority, procrastination and stress level.

The analyzed sample included respondents from one university of Lithuania. Few parameters were determined for each respondent: indexes of the comparative feeling of inferiority (Strano, Dixon, 1990), academic procrastination (Solomon, Rothblum, 1984), perceived stress level (Sheldon, Cohen, 1988). The covariate was gender.

The interpretation of the received data and qualitative analysis allowed to formulate possible correlates of adaptation to academic life, measured by academic procrastination, and perceived stress level. The relevance of the impact of students' inferiority feeling to adaptation to universities' requirements should be taken into consideration in psychological help services in the university, students training workshops. The study gives a better understanding of students' personalities from the viewpoint of individual psychology in the context of adaptation to university's studies. It indicates few directions for further research, including possible factors for inferiority feeling compensation.

#### **Learning objectives:**

1. Audience members will increase awareness about context of adaptation to universities requirements in Lithuania.
2. Audience members will acquire understanding about possible factors of compensation of inferiority feeling.

**Lerda, Gian Sandro, (Italy)**

Psychologist, Psychotherapist, Adlerian Analyst

Professor of Psychology at Facoltà Teologica dell'Italia Settentrionale

Professional Affiliations: I.P.I. Istituto di Psicologia Individuale "A. Adler" (Italy) - Scuola Adleriana di Psicoterapia - S.I.P.I. Società Italiana di Psicologia Individuale

**New children in psychotherapy: from omnipotence-impotence dynamics to inferiority-superiority process. Reflections and therapeutic strategies.**

**Chair:** Thierry Paulmier (F)

Intended audience: *clinicians*

Recent socio-cultural changes have a significant impact on the growth process of children today and produce new psychic dynamics. The inferiority feeling theorized by Individual Psychology, based on experience first and then awareness of his own limitations that leads to the desire to overcome them, gives way to the illusion of omnipotence created by the lack of limits that characterizes the new educational styles. The weakening of the Father's Law produces the child remaining in the kingdom of pleasure, narcissistic bond, non-recognition of the Other. Even in psychotherapy, we notice a decrease of cases in which the initial focus of the intervention treats the compensations of inferiority feelings, while we see an increase of situations where it is necessary to provide a containment and differentiation of a chaotic and unregulated inner world, to support the recognition of limits and of the Other, to reinforce the capacity to tolerate frustration that the impact with social reality implies, to reduce omnipotence-impotence oscillations to which the child today is exposed. In many situations, the psychotherapeutic work on inferiority feeling, compensations and their harmonization with social interest is a more advanced step in which the child accesses only after reaching a more mature psychic level of functioning.

**Learning Objectives:**

1. Participants will be able to recognize how recent socio-cultural changes affect the growth process of children today and produce new psychic dynamics.
2. Participants will be able to learn the kind of work on the emotional world that is necessary in therapy with new children, through careful modulation of the relationship and a parallel training for parents in order to produce changes in educational methods.

**Lerda, Gian Sandro (Case presentation), (Italy)**

Psychologist, Psychotherapist, Adlerian Analyst

Professor of Psychology at Facoltà Teologica dell'Italia Settentrionale

Professional Affiliations: I.P.I. Istituto di Psicologia Individuale "A. Adler" (Italy) - Scuola Adleriana di Psicoterapia - S.I.P.I. Società Italiana di Psicologia Individuale

**Schedl, Anita (Co-presenter/Discussant), (Austria)**

Magister, Teacher, Psychotherapist

Alfred Adler Institut Vienna, Austria

**Bluvshstein, Marina (Co-presenter/Discussant), (USA)**

PhD LP; MA LMFT; Licensed Psychologist, Adlerian Psychotherapist; Diplomate in Adlerian Psychology

Adler Academy of MN; Incoming Director, Center for Adlerian Practice and Scholarship, Adler University, Chicago (IL)

Professional Affiliation: NASAP, ICASSI, APA, AAMFT

**Section Child and Youth Therapy (Section Panel)**

**Psychotherapy in the digital age: Inferiority and Compensation between 'real' and 'virtual'.**

**Chair:** Ursula Oberst (ES)

Intended audience: *students, clinicians, educators, researchers*

New technologies are by now part of our life and the "digital natives", children and adolescents today, use devices as real extensions of themselves and make use of virtual experiences and relationships more and more frequently, sometimes as an adjunct to real life and sometimes in place of it. Such tools and such experiences also enter into the therapy room. For example, boys more and more often say, "I want to show you something" instead of "I want to tell you something", presenting the therapist with videos, images, games, and contacts on the web. We can ask ourselves a question, is it useful that digital devices and the virtual world enter the psychotherapeutic setting? They are actually part of real life and the fantasies of children and adolescents, and they can be a valid mediating object in the therapeutic relationship. They also represent an effective form of expression, through which to get in contact with the patient's inner world and to work on a symbolic register. On the other hand, the "virtual" can represent an escape from the relationship and a defensive mode that hinders the development of therapeutic processes. Furthermore, the dynamics between inferiority feelings and compensation are often played out through the passage from the real to the virtual plane; either by finding a reassuring and rewarding refuge in a different dimension than the frustrating everyday real life, or by attending to the digital "squares" with fictitious identities. The presenters will share clinical examples about these new phenomena, with particular attention to the management of "virtual experiences" in psychotherapy and the use of "digital extensions" during sessions.

Learning objectives:

1. Audience members will learn about management of "virtual experiences" in psychotherapy and the use of "digital extensions" during sessions.

**Linden, George W. (USA)**

Ph.D.

Emeritus Professor, Philosophy Southern Illinois University Edwardsville

Professional Affiliations: NASAP, ICASSI

### **The Fifth Task**

**Chair:** LeAnn Heimer (USA)

Intended audience: *students, researchers, clinicians*

Purpose of Presentation:

In 1967, Mosak and Dreikurs published two articles: The Fourth Life Task and The Fifth Life Task. Since Adler's Three Life Tasks: Work, Friendship, and Intimacy are essentially and inherently social tasks, I believe their Fourth Life Task: how to get along with oneself and their Fifth Life Task: how to get along with the universe could more properly be labeled Existential Challenges. I will provide a new interpretation of The Fifth Existential Challenge. This interpretation will be based on Adler's book: Superiority and Social Interest and it will be compatible with the influences on him by Immanuel Kant and Jan Christian Smuts.

Abstract

Adler was a practical psychotherapist but he went beyond providing techniques and a theoretical framework for his views. In Superiority and Social Interest he enters the realm of metaphysics not only by postulating that Social Interest is embedded in our genetic cells but that it constitutes an ultimate goal in a realm beyond evolution: an Ideal Society.

### **Learning Objectives**

1. To examine the historical context of this concept.
2. To propose a new interpretation.
3. To provide a transcendental goal of hope.

**Maedel, Teal G. (Canada)**

MA; Registered Psychologist, Registered Clinical Counselor

Professional Affiliations: Past President, NASAP; Board Member, NASAP; Past Chair: Pacific Region National Joint Committee of Senior Criminal Justice Officials; Member Canadian Criminal Justice Association; Member Adlerian Psychological Association of B.C.

**Plenary**

**Inferiority Feelings, Private Logic and Offenders in the Canadian Criminal Justice System**

**Chair:** Horst Gröner (DE)

Intended audience: *students, clinicians*

Deep discouragement, inferiority feelings developed into inferiority complexes, self-interested and vertical striving are common themes in the offender population. Adler spoke of the role of inferiority feelings and compensatory striving in criminality. This session will look at inferiority feelings, private logic, self-defeating behaviours and their role in criminal behavior. The majority of those people incarcerated in Canada will be released into the community. Consequently, the goal of our system is rehabilitation and safe community reintegration. This presentation will include an overview of the importance of Adlerian constructs in our community rehabilitative programs. These constructs will be reviewed in light of the myriad of challenges faced by offenders in their adjustment back to the community. These include discrimination, unresolved trauma, lack of spirituality, the erosion of optimism, institutionalization, harmful cemented private logic, a lack of a sense of belonging and limited movement with social interest.

**Learning Objectives**

1. Participants will become aware of how inferiority feelings and an inferiority complex can lead to criminal choices and challenges in pro-social community reintegration.
2. Participants will learn the connection between inferiority feelings, private logic, belonging and criminal behavior and the value of moving with greater social interest.



**Mansager, Erik (Switzerland)**

PhD, LCPC, Classical Adlerian Depth Psychotherapist  
Affiliation: Adlerian Institute of Northwestern Washington

**Eife, Gisela (Germany)**

MD, Psychotherapist, Specialist in Psychotherapeutic Medicine, Psychoanalysis DGPT, DGIP  
Alfred Adler Institut der Individual Psychologie München e.V., Germany

**Witte, Karl H. (Germany)**

PhD, Psychoanalyst DGIP  
Affiliation: Alfred Adler Institut München

**Panel Discussion**

**Intersubjective and relational elements in Adlerian Depth Psychotherapy**

**Chair:** John Newbauer (USA) (requested)

Intended Audience: *clinicians, students*

A spirited movement of Adlerian depth psychotherapists has arisen over the last decades on both sides of the Atlantic. This depth-psychological attempt is committed to Adler's unique psychodynamic approaches to healing, while also attending to the holistic, socially focused aspect of Adler's theory. The purpose of the current panel is to emphasize the intersubjective and relational elements in Adler's theory. Adler's well-developed body of creative and artful psycho-dynamic therapy re-introduces a meeting point between his original intersubjective and relational thoughts and the intersubjective work of Relational Psychoanalysts.

1st Paper – Experiencing truth means being touched

Adler's intersubjective and relational attitudes in therapy are quoted and interpreted as guidelines, which are rooted in Adler's concept of community feeling. This approach fosters the emotional element in psychotherapy that moves patient and therapist alike to experience the personal truth of the patient's suffering and goal orientation. The co-experience of a vital and healing truth can be seen to emerge via the mutual immersion into the need and the patient's movement to a fictional rescue point. This experience of community/common feeling in therapy can modify a patient's interaction with everyday occurrences.

**Learning Objectives:**

1. By broadening their understanding of intersubjective experience attendees will better describe patient movement.
2. Attendees will be able assess their everyday lives to better determine its constructed or experiential nature.
3. Attendees will be able to evaluate aspects of Adler's theory as to its relevance for Relational Psychotherapeutic application.

## 2nd Paper – The moment of meeting as a source of community feeling

Daniel Stern's theorizing around "the present moment" is the point of departure for understanding Adler's mode of therapeutic and human interaction in the spirit of community feeling. Adler's formulation of the person's creative act of self-development as both artist and artwork is used as the mode of understanding one's presence in the world formed by goal orientation and community feeling. In the described "moment of meeting", a concept of Daniel Stern's, the "frozen life style" of the patient is dissolved and a curative feeling of connectedness between therapist and patient emerged.

### Learning Objectives:

1. Attendees will be able to understand how a feeling of connectedness as the original element of *Gemeinschaftsgefühl* can be experienced in a "moment of meeting", a concept of Daniel Stern's. Thus they will learn to apply Adlerian concepts in microanalytic episodes.
2. By applying Stern's conceptualizing of psychotherapy, attendees will be able to assess its similarity to Adler's theory and therapy.
3. Attendees will be able to evaluate aspects of Adler's theory as to its relevance for Relational Psychotherapeutic application.

## 3rd Paper – Truth in movement as striving for mutual wellbeing

Conceptualizing a patient's psychological movement is demonstrated in "the case of Suzanne." Herein both the experience of truth and the moment of meeting are illustrated by deeply engaging the creative power of the patient. The case illustrates the impact of her inferiority feeling, her creative formulation of a guiding fiction to compensate for this feeling and her initially intended direction of power-over others are all on view. More importantly, the moment of meeting -- the forming of community feeling -- between her and her therapist is seen as both redirecting her movement and allowing a re-experience of her circumstances.

### Learning Objectives:

1. Attendees will analyze Adler's appreciation for fictional construction of truth and contrast it with the aim of experiential openness to the situation at hand.
2. By assessing the illustrated "present moment" attendees will determine its similarity with Adler's concept of community feeling.
3. Attendees will be able to critique aspects of Adler's theory as to its relevance for Relational Psychoanalytic application.

**Marasco, Egidio Ernesto (Italy)**

Lecturer at the Adlerian School of Psychotherapy of CRIFU

Associated with S.I.P.I. (Italian Companies Individual Psychology)

Associated with APIAAM Association of Individual Psychology Alfred Adler of Milan

**Bosetto, Daniela (Italy)**

Professor e-Campus University, (Novedrate, Rome, Italy)

Adlerian Psychotherapist; Director at the Adlerian School of Psychotherapy of CRIFU.

**Developmental age disorders: An Adlerian interpretation to new discomfort in Italian children.**

**Chair:** Thierry Paulmier (F)

Intended audience: *clinicians, students*

This work is intended to be a consideration about the etiology of the increasing frequency of learning difficulties, developmental disorders, attention deficit hyperactivity disorder (DDAI), eating and sleep disorders. For a year and a half, I had the chance to draw an accurate picture of the child's world while working in a small family counselling in the center of Milan and in some primary schools on the outskirts of the town. In the first situation I practiced as a clinical psychologist, administering psycho-emotional assessments to the children. In the second situation I worked as a teacher and could observe the children's behaviour in the class room. In a very competitive society based on the achievement of success, parents are inclined to instill these values in their children. As a result their play is competitive and they only want to excel and are not interested in sharing or collaborating. Practicing as an individual psychologist, observing the child in his natural environment, as other behavioural psychologists do, I could record his conscious and unconscious wishes to belong to his group; therefore I could induce him, since these first knowing approaches, to guide his supposed inferiority towards the environment to a more aware and effective attitude. Indeed we know that if the environment is positive, the child will gradually overcome his inferiority feelings. If, on the other hand, the setting is hostile or is perceived as such, most probably the child will develop an increasing feeling of inadequacy, making him drift towards an inferiority complex.

**Learning Objectives:**

1. Participants will learn the Adlerian approach to the effects of family instability on child development.

**Marchand, Gwennola (France)**

Clinical Psychologist (specialty "Clinic Psychology and psychopathology")

Administrator of SFPA and co-opted member of SFPA

Professional Affiliation(s): SFPA

**From the Inferiority Feelings to the Edification of Self**

**Chair:** Gary Bauman (USA)

Intended audience: *students, clinicians, other professionals*

In 1933, Adler writes "The anxiety is the most concrete shape of the inferiority feelings and serves to protect us from the danger by taking us away from it". Roxane is a perfect example. I met this girl in a weekly way in her request for the purpose "to stop the anxiety attacks" she said. In view of her problem, the organized therapy contained sessions of integrative dream therapy.

Roxane is a teenager who will be 17 years old next summer and who seems to have no more than 14. At the age of 5, she is alone with her mother whom reached by a neurodegenerative disease, make a first cerebrovascular accident. Her mother remains paralyzed by the left leg. This episode reproduces in almost identical a few years later; Roxane is then 12 years old. When I meet Roxane, she puts forward her anxiety attacks, crises which re-appear for the most part in the dark night. The confusion of the roles and the places of each within the family constellation do not allow her to find the safety necessary for her construction and for her internal security. Trapped by the trauma, Roxane tries to overcome her inferiority feelings by the compensation within the occupational environment.

**Learning Objectives:**

1. Audience members will learn about trauma as an obstacle in the construction of Gemeinschaftsgefühl and a strengthening of the inferiority feelings.
2. Audience members will learn about overtaking of the inferiority feelings.
3. Audience members will learn about the dreamlike approach in the construction of an internal space safe enough.

**Mayer, Anna (Germany)**

Dipl. Psych., Psychoanalyst (DGIP, DGPT) for adults, adolescents and children in own practice in Munich, lecturer, training analyst and supervisor at the Alfred Adler Institute Munich; studies of psychology at the Munich University LMU

Professional Affiliation(s): Munich Adler institute, DGIP

**Bieliauskaite, Rasa (Lithuania)**

Dr., Associated prof.

Professional Affiliation(s): Vilnius institute of Individual psychology, LIPD

**Adlerian reflections on the Holocaust denial in Lithuania and current refugee crises in Germany: the challenge of power and identity in multicultural context.**

**Chair:** Marina Bluvshstein (USA)

Intended audience: *students, clinicians, and other professionals*

We are going to present our reflections about two historically distant phenomena: the difficulty to accept the Holocaust by Lithuania and the reaction to the situation of refugees in Germany. We presume that talking considerably about these emotionally provoking issues is of great importance.

Holocaust in Lithuania was especially ferocious. The past not heard and talked about can be the root of today's problems.. What was done for greater acceptance of Holocaust and how to proceed further – that is our topic.

More than a million fugitives came to Germany in 2015. As things are now, we experience a large bandwidth of reactions in the face of this new challenge.

Aspects of Individual Psychology are employed in an investigation of the question, whether this aggressive rejection is connected to the fact that confrontation with the Holocaust was almost completely absent in the GDR. From the point of Individual Psychology this confrontation does not imply „guilt“. Responsibility for the past also implies a responsibility for the present and the future. To realize and admit errors and crimes is a part of the capability of sustaining ambivalence. This capability is implicitly and/or explicitly the therapeutic goal for us, our patients and our society, leading to a feeling of community (Gemeinschaftsgefühl).

**Learning Objectives:**

1. Audience members will learn how to apply Adlerian theoretical concepts minding contemporary world events.
2. Audience members will increase awareness of the historical facts and their connection with politics of today.
3. Audience members will get the tools for analysis of historical facts and social context in Adlerian perspective.

**Mendel, Ellen (USA)**

LCSW; NCPsyA

Former board member of NAAP; President, Alfred Adler Institute of NY

Professional Affiliations: NASAP, AAMFT, NAAP, NYSSCSW

**Bluvshstein, Marina (USA)**

PhD LP; MA LMFT; Licensed Psychologist, Adlerian Psychotherapist; Diplomate in Adlerian Psychology

Adler Academy of MN; Incoming Director, Center for Adlerian Practice and Scholarship, Adler University, Chicago (IL)

Professional Affiliation: NASAP, ICASSI, APA, AAMFT

**"Making Peace with the Dreamer and Doubter": Margot Adler's "Pathways to the Stars" as Overcoming Inferiority Feelings**

**Chair:** Kurt B. Günther (A)

Intended audience: *clinicians, students, instructors, supervisors*

Margot Adler could be seen as having to carry a heavy burden of fame of both her famous grandfather and father. After all, she was the only grandchild of Alfred Adler, and was perceived by at least some as needing to be closely connected to psychological sciences if not to follow her famous relatives' footsteps. Yet, instead of fitting others' big shoes, she found her own "pathways to the stars", her own way - of "a dreamer and a doubter" to feel connected and completed; her own passion and her own occupation.

This presentation introduces participants to the spirited life and legacy of Margot Adler and her unique way of overcoming inferiority feelings - the very phenomenon that her grandfather presented to the world almost 30 years before she was born. The goal is to bring this spirit of Margot Adler into the room so that the participants have an opportunity to experience the qualities that she brought into her daily relationships in which she embodied community feelings (*Gemeinschaftsgefühl*). Participants will be encouraged to discover how Margot Adler personified and personalized the ethos of her famous grandfather. These qualities could be felt in the various facets of her life: NPR News Correspondent, Wiccan High Priestess and Author. They infuse her lively spirit, touching many people with her passion and commitment to justice while inspiring all in her path.

**Learning Objectives:**

1. Participants will learn how, given a sense of purpose, feelings of inferiority can change to feelings of empowerment.
2. Participants will have an opportunity to increase their awareness of the importance of courage in overcoming feelings of inferiority.
3. Participants will be introduced to skills that can be used in their professional and personal lives.

**Mourier, Olimpia (France)**

Adlerian psychotherapist

Administrator of SFPA as Treasurer

Professional Affiliation: Member of SFPA; co-opted member

**From uncertain origin: a case study of a young man dealing with his inferiority feelings**

**Chair:** Daniela Bosetto (IT)

Intended audience: *general audience*

Rosy was raped during a civil war. Then, sometimes later, she was kidnapped and raped again, threatened with a weapon. She was raped a third time by her boss. Rosy, who was devoted to her mother with whom she had a fusional relationship, do not lodged a complaint after these attacks to keep her secret and protect her mother.

Eight months after the third sexual assault, Rosy gave birth to Francis. Rosy's mother died the same year. Then, under the threat of child abduction, Francis' mother raised him in seclusion in a symbiotic relationship. While gifted at school, he developed a complex with aggressive temper and withdrawal tendencies.

As a teenager, he went in search of his biological father. His mother attributed the paternity to an ex-boyfriend who greeted Francis as his son. But at 18 years old, he partially learned the truth about his father. He developed a symptomatology, with paroxysmal anxiety attacks to excessive consumption of alcohol until the outbreak of delirium.

From the analysis of this case, we will show how the lifestyle of the subject, which stands on perverted basis, evolve from inferiority feeling to inferiority complex, from the corruption of the Gesellschaft, from transgression to transgression.

**Learning Objective:**

1. Participants will learn about the emergence of symptoms indicative of the inferiority complex.

**Nakajima, Hironori (Japan)**  
M.Ed., Clinical psychologist,  
Professor, Okayama University of Science

**Umezaki, Ichiro (JP)**  
B.S.  
Civil servant in Tokushima Prefecture (PSW)

### **Adlerian psychodrama incorporating traditional Japanese martial art techniques**

**Chair:** Craig Balfany (USA)

Intended audience: *psychotherapists, educators*

We have been practicing psychodrama within the Adlerian framework for many years in Japan. However, we have experienced that the problem solving techniques of psychodrama are sometimes too confronting for Japanese clients.

We found that incorporating traditional Japanese martial art techniques into therapy can be very effective in solving interpersonal problems. We have experimented with using these techniques in psychodrama and have found that they were effective in reducing stress in clients.

Traditional Japanese martial art techniques were developed to promote survival when a person feels they are in an inferior position. The technique we propose can lead clients to act so that they can cope in situations when they have inferiority feelings and when their body and breathing are in an unnatural state.

We have found when using this technique, most clients have been able to act in practical and rational ways without any suggestions from the therapist or cognitive insight. We suggest that the effectiveness of this technique comes from the client's body becoming more balanced which enables the client's innate social interest to be enhanced allowing the client to respond more appropriately to the situation.

We have found that this method can be applied to many clients, but suggest that it may not be suitable if changes in body feelings are dangerous for the client or the client is not comfortable with changes in the condition of their body.

#### **Learning Objectives:**

1. Incorporating traditional Japanese martial art techniques into psychodrama.
2. Discussing the effectiveness of Japanese martial art techniques for solving interpersonal problems in psychodrama.
3. Sharing these techniques with Adlerians from all over the world.



**Newbauer, John (USA)**

Ed.D., HSPP, DNASAP

Consulting Psychologist, Newbauer Consulting, Inc.

Executive Director, North American Society of Adlerian Psychology

Professional Affiliation: NASAP, ICASSI

### **Plenary Session**

#### **Inferiority Feelings, Private Logic and the American Criminal Rehabilitation System**

**Chair:** Horst Gröner (DE)

Intended audience: *students, clinicians*

Adler spoke of the role of inferiority feelings and compensatory striving in criminality. This session will look at inferiority feelings, private logic and their role in criminal behavior as well as the important role they play in rehabilitation of the persons in prison or detention, particularly those in the United States. This will include a look at how the US society and system of jails/prisons promote feelings of inferiority and private logic through structural racism, violence profit, and the prison-industrial complex.

#### **Learning Objectives:**

1. Participants will become aware of how inferiority feelings can lead to criminal behavior, especially when combined with private logic and social embeddedness.
2. Participants will learn the connection between inferiority feelings, private logic, social embeddedness and criminal behavior and hopefully learn the value of common sense as an antidote.

**Oberst, Ursula (Spain)**

Ph.D., associate professor

Professional Affiliation(s)

Blanquerna Faculty of Psychology, Ramon Llull University, Barcelona (Spain)

### **Feeling inferior on the web: fear of missing out and addiction to online social networks**

**Chair:** Tara Gaffney

Intended audience: *Clinicians, students, researchers*

According to Adler, feeling connected with others is of utmost importance for the wellbeing of individuals, and inferiority feelings arise when people are discouraged and this need to belong is not satisfied. In our contemporary society, with Internet and Internet based applications for communication, social media and online social networking sites, Adler's vision of an ideal communal life where all people can be connected, seems to have come closer. However, online communication and the use of online social networks like Facebook and WhatsApp, can also lead to negative consequences, especially in younger and vulnerable individuals. For instance, online communication provides people with more opportunities to participate in social comparison and inferiority feelings may triggered when they compare their own life with that of others. Likewise, vulnerable adolescents may have the impression that others (friends and peers) have more rewarding experiences than they have.

This presentation analyzes inferiority feelings in online social networks and presents empirical data on a new phenomenon, the fear of missing out (Fomo) in two studies: For the first study, 271 adolescents and young adults from Spain and Germany replied to an online questionnaire on their Fomo, to a scale on online communication disorder, and to a series of other scales. Results show that Fomo is an important the catalysts of addictive behaviors in relation to online communication and online social networking. Implications for therapy are discussed. In the second study, users of the professional network LinkedIn replied to a larger questionnaire on their perceived profile and on the Fomo scale as well as to two scales on inferiority feelings: the BSI-interpersonal sensitivity and the striving for avoiding inferiority scale. The results are presented and discussed in the context of Adlerian theory.

#### **Learning Objectives:**

1. Audience will learn about Adlerian theory applied to contemporary issues of the web society.
2. Audience will be presented with empirical data.
3. Audience will see the connection of current empirical research and applied Adlerian Psychology.

**Paulmier, Thierry (France)**

EDHEC Business School, Lille, France, Associate Professor  
*Emotional intelligence*. Teaching and Research

### **Homo Emoticus: A neo-Adlerian anthropological model for social sciences**

**Chair:** Julia Yang (USA/TW)

Intended audience: *general audience*

This paper presents a new anthropological model that we call “homo emoticus”. According to Alfred Adler, human behavior is determined by a never-ending struggle against inferiority feelings, which lead, following a process of overcompensation, to a desire for power or superiority. We show that inferiority feelings have indeed four major dimensions: insecurity linked to the physical vulnerability that gives birth to fear; lessening linked to the psychological inferiority that causes envy; enlargement linked to the perfectibility that provokes admiration; and, finally, affiliation linked to adoption that engenders gratitude. Each of these four feelings is triggered by an extraordinary phenomenon: danger, obstacle, perfection and gift, which give rise, respectively, to the concerns of self-conservation, self-esteem, self-ideal and self-giving. The subject develops a life style with four major goals: security, superiority, excellence and communion. We show that fear, envy, admiration and gratitude are the emotions that shape the major guidelines of human behavior. Thus, everything seems to happen as if four inner geniuses, “Timidus”, “Invidiosus”, “Admirator” and “Pius”, were possessing human beings. Thanks to them, it is possible to describe human behavior in most of situations in life.

#### **Learning Objective:**

1. Audience will learn new anthropological model “homo emoticus” and its connection to Adler’s Individual Psychology.

**Park, Ye-jin (Korea)**

Ph.D in the Business Administration

Certified Adlerian Counselor, The Alfred Adler Institute of British Columbia

Professional Affiliation(s): Adlerkorea, LTD

**Kang, Hyang-sook (Korea)**

Ph.D in Social Welfare

CAARR (California Association of Addiction Recovery Resources) Institute of South Korea Diploma

Professional Affiliation(s): Namseoul University, Graduate School of Addiction Counseling and Rehabilitation

**A Therapeutic Model for Understanding the Early Recollections of Individuals with Alcohol Addiction**

**Chair:** Mark Blagen (USA)

Intended audience: *researchers, clinicians*

The objective of the presentation is to explore a deeper understanding of individuals with alcohol addictions in South Korea through an investigation of their early recollections. As consistent meaning structures, early recollections vividly reveal the psychodynamic mechanisms of persons based on original work of Alfred Adler. As a projective technique, early recollections are a meaningful gateway for understanding an individual's lifestyle, activity patterns, and holistic functioning.

Early recollections are an effective tool for grasping the ingrained patterns of individuals with alcohol addictions who exhibit denial and other defensive responses. The research intends to conduct a qualitative analysis of three aspects of early recollections: core themes, personality dimensions, and perceptual modalities. The early recollection collection process will be conducted with 10 subjects in treatment for alcohol addiction through in-depth interviews.

**Learning Objectives:**

1. Participants will understand how individuals with alcohol addictions in South Korea perceive themselves, others, and events in life.
2. Clarify theoretical and practical implications of addictions, and based on this discussion, generate possible solutions to the issues.
3. In addition, the research intends to: 3.) explore effective and remedial ways to intervene using early recollections in the field of addiction treatment and education.

**Post, Patricia C. (USA)**

Psy.D. Clinical Psychology

Illinois Licensed Psychologist; Pennsylvania Licensed Psychologist; Certified Educator

Professional Affiliation(s): APA, CHADD - Association for Children and Adults with Attention Deficit Disorder; NASAP, PA Central Affiliate Group

**Anderson, Gregory R. (USA)**

Ph.D.,

Psychometric Psychologist, Independent Test Developer/Statistical Consultant

Professional Affiliation(s): NASAP

**The Two Sides of the ADHD Coin: Examining the presentation and their relationship to Inferiority and Social Interest**

**Chair:** Erin Schuyler (USA)

Intended audience: *researchers, clinicians*

ADHD is identified on the basis of attention difficulties while related problems have been addressed as comorbidities. This compartmentalization of the individual's problems into a collection of disorders is in contrast to the Adlerian conceptualization of the integration of the individual. Utilizing the conceptualizations of Adlerian Individual Psychology in an empirical examination, subjects were asked to indicate if they have various issues associated with Adlerian concepts. 610 individuals were administered a diagnostic measure to identify two subtypes of ADHD: Inattentive and Hyperactive/Impulsive. The ADHD measures had extremely high reliabilities (.97 and .93). The scores of these individuals were correlated with their responses on a measure of Adlerian concepts. As many individuals showed a mixture of the two presentations (Combined Type), the effects had to be removed.

The study found that individuals with inattentive ADHD showed: inferiority/inadequacy, discouragement, negatively biased apperception, hesitation, hopelessness, lack of courage/being overwhelmed, lack of social interest (avoidance and isolation), lack of belonging, powerlessness/hopelessness, pampered/putting others in your service (avoiding responsibility), and striving for perfection. Hyperactive/Impulsive ADHD was related to the Adlerian concepts of: Entitlement pampered/putting others in your service (controlling), ruling type, controlling and overpowering, getting type and negative biased apperception. Both presentations used side-shows, catastrophizing and showed lack of social interest. This presentation will address the results found on a 70+ item questionnaire examining Adlerian mental health perceptions. The authors believe it is necessary to identify these Adlerian concepts/perceptions early in evaluation of the client in order to improve diagnosis, therapy, and outcomes.

**Learning Objectives:**

1. To understand the Adlerian concepts and mental perceptions found in both Inattentive and Hyperactive/Impulsive ADHD.
2. To understand the importance of a clinical evaluation that explores Adlerian mental health perceptions in the treatment of ADHD.
3. To provide goals for treatment that addressed perceptions such as Inferiority, lack of social interest, hopelessness and entitlement etc. as appropriate.

**Reardon, John M. (USA)**

MA in Adlerian Counseling Psychology from Chicago Adler Institute, and Training in Transactional Therapy at Minneapolis TA Institute, and Training in Chemical Dependency Intervention at the Johnson Institute, Minneapolis

Professional Affiliation(s): Phoenix Process Consulting, Adler Academy of MN, NASAP

**Mapping Authentic Adler**

**Chair:** Yuh-Yin Wu (Taiwan)

Intended audience: *students, clinicians*

Alfred Adler was convinced that human life was about movement. He also believed that life was goal-oriented, and that goals are the impetus for human striving. Such striving set a direction for pursuit of the goal. Adler also developed a human psychological system that fit his "study of the soul". From a detailed study of Adler's own words a Primal understanding of humanity has emerged. Given Adler's contention that humans "do not comprehend things"; they "play tricks" to explain reality, and in the process use "instincts, reflex, intuition, the unconscious, etc." to live and prevail. Thus, Adler is somatic, pre-reason, organic, and generative of "private logic". Further, it is Primal. This understanding is "mapped" and not an intellectualized narrative. It is graphic. It is rawly somatic and systemic. It has been used to describe the process, and to promote intervention. It will give the therapist a path to use to promote alignment with the client. It will help the client accept their "normalcy" and deal with self-defeating "mistaken beliefs", behavior, and movement.

Mapping Authentic Adler is an experience that stresses grasping the sentient, more somatic, and primitive points and concepts of Adlerian Psychology. Through the creation of a pictorial map of these points and concepts, a coherent network of psychological understanding, assessment, movement, and intervention can be structured and applied.

**Learning Objectives:**

1. Participants will be able to capture and integrate many Adlerian concepts and dynamics.
2. Participants will be able to create a systemic flow where only one word, symptom, or complaint is needed to create a unity of thought and action.
3. Participants will enhance their ability to explain and intervene on human behavior.

**Roach, Shirleen (USA)**  
MA, LAMFT, Mental Health Practitioner  
Professional Affiliation(s): NASAP

**Using Adlerian Principles in the psychoeducation and treatment of women in a dual diagnosis treatment center**

**Chair:** Jana Goodermont (USA)

Intended audience: *students, clinicians*

I have worked for two years as mental health practitioner at the Pine City, MN, location for Meridian Behavioral Health. The majority of women coming to treatment at Pine City are dually diagnosed with serious and profound mental health issues as well as alcohol and/ or drug addiction. Most have been remanded to treatment by drug court, have CPS involvement, and/ or face serious jail time for criminal offenses. This presentation will discuss using Adlerian principles in the psychoeducation and treatment of women in a dual diagnosis treatment center.

**Learning Objectives:**

1. Participants will learn the connection between complicated trauma and the Adlerian concept of moving from a felt minus to a felt plus. A demonstration will show how this is accomplished at Meadow Creek through psycho-education and mindfulness training.
2. Participants will learn how vertical striving, perfectionism, living an inauthentic life, and attachment failures have created a sense of hopelessness for these women. Resurrecting hope requires concentrating on the Adlerian Five tasks of life combined with Wellbriety and 12 Step programs.
3. Participants will learn how the Adlerian concept of organ inferiority definitely defines what addiction truly is. Addiction is a disease, not a moral failing. Practitioner will show clips from "Pleasure Unwoven," a video which explains how addiction is a disease of choice and discuss the implications.

**Rovera, Gian Giacomo (Italy)**

MD, Ph.D

Honorary President of IAIP; Honorary Professor of Psychiatry – Department of Neuroscience -  
University of Turin

### **Special Event**

#### **The Development of Individual Psychology in Italy**

##### **Wilfried Datler (Austria) in conversation with Gian Giacomo Rovera (Italy)**

Congresses of the International Association of Individual Psychology (IAIP) offer unique opportunities for becoming familiar with traditions, approaches and developments of Individual Psychology in different countries. Talks and presentations about these issues enrich the knowledge about the broad range of Individual Psychology with special reference to an international perspective.

Gian Giacomo Rovera (Italy) was president of the International Association of Individual Psychology from 1993 to 1999. At the present time he is one of the honorary presidents of the International Associations of Individual Psychology (IAIP). Since decades he is participating in the Italian movement of Individual Psychology in a very active way, having initiated, coordinated and chaired many crucial developments.

Wilfried Datler, the current president of IAIP, will be in conversation with Gian Giacomo Rovera about the origins of Individual Psychology in Italy, the particular Italian identity and interpretation of Individual Psychology, Italian associations and institutes which are IAIP members, and recent developments with special respect to training issues.

#### **Learning Objectives:**

1. Participants will learn about the origins, the history and recent developments of Individual Psychology in Italy.
2. Participants will deepen their knowledge about the broad range of Individual Psychology with special respect to international perspectives.



**Rovera, Giuseppe M. (Italy)**

MD

Chief of Clinical Nutrition Division – Severe Obesity Program; Clinica San Luca. Strada della Vetta 3.  
Eremo di Pecetto . Torino 10020. Italy.

### **Severely obese people have low self-worth and inferiority complex?**

**Chair:** Erin Schuyler (USA)

Intended audience: *clinicians*

Severe obesity is a serious medical condition. The core of this 7 steps multidisciplinary model is to support patients in the long term giving them a positive feedback. The establishment of our treatment program was in accordance with current guidelines, a Multidisciplinary Team approach involving physicians (general medicine, clinical nutrition and psychiatry), Individual Psychologists, nutritionists, physiotherapists, nurses, educators and counselors in all levels of care. At the beginning there was family physician involvement and out-patient treatment, then there were specialized multidisciplinary clinics including basic nutrition, clinical nutrition, physiotherapy and psychology and/or psychiatry. For some patients, there was intensive rehabilitation (in-patient treatment), psychiatric rehabilitation, nonsurgical and surgical procedures.

A total of 164 patients with a minimum 10 years follow up were enrolled in our program from May to December 2005. Adults with BMI  $40\text{kg/m}^2$ , was the main inclusion criterion and one or more risk factors for cardiovascular and/or metabolic disease or strongly impaired quality of life. The mean age on admission was  $46.9 \pm 3.7$  years. The mean BMI was  $43.5 \pm 2.3\text{ kg/m}^2$ . The mean weight was  $122.5 \pm 4.3\text{ kg}$  invasive therapy, shifting from an initial mean BMI equal to  $46.2 \pm 1.3\text{ kg/m}^2$  to a final mean BMI equal to  $32.8 \pm 1.9\text{ kg/m}^2$  losing  $51.2 \pm 2.8\%$  mean excessive weight.

This Adlerian strategy improves self –concept and self-esteem through a process of encouragement. The inferiority complex is viewed as an expression of inadequate social interest (lack of courage) in meeting the tasks of life.

#### **Learning Objectives:**

1. To promote a multidisciplinary model for treating severely obese patients.
2. To educate attendees on how improve the quality of life of morbidly obese patients and to reduce obesity related morbidity and mortality.
3. To share the ways of improving self- esteem and decreasing feelings of inferiority through weight loss.

**Saxner, Robert (USA)**

MA, Doctoral student in clinical psychology  
Professional Affiliations: NASAP, APA, MPA

**Williams, Laura (USA)**

Schwob School of Music  
Columbus State University  
Professional Affiliations: NASAP, GSAP

**How Can ABA and the Crucial Cs Effectively Work Together with Children with Autism?**

**Chair:** Gregory Robert Anderson (USA)

Intended audience: *clinicians, researchers, teachers, students, the community at large*

Autism has been documented for over 100 years. Yet, only recently have researchers gained possible insight into the mechanisms of autism. Among other hypotheses, promising studies on the etiology of autism posit a disturbed gut-brain connection. However, research in that area remains in its infancy. Until there are definitive explanations of the origin of autism, therapists, parents, teachers, and larger communities will continue to use standard interventions, primarily applied behavior analysis (ABA), for the treatment of autism. While ABA is effective in altering behavior, it does not address Adler's three life tasks, love, friendship, and occupation, and how these tasks can be successfully accomplished by individuals with autism. A combination of ABA and the Adlerian Crucial Cs may present a helpful and healthy approach. The Crucial Cs model, developed by Amy Lew and Betty Lou Bettner and based on Adlerian theory, describes each individual's need to connect, feel capable, count, and have courage on the useful side of life. This project discusses how a child with autism's growth and esteem may be significantly influenced through the integration of ABA and the Crucial Cs and the danger of not incorporating the Crucial Cs into treatment.

**Learning objectives:**

1. to define and support the use of the Crucial Cs in treatment of children with autism;
2. to illuminate the importance of the Cs in useful striving from inferiority feelings toward feelings of superiority;
3. to frame the discussion within an evolving autism community.

**Schläpfer, Christelle (Case presenter) (Switzerland)**

lic.phil.I

former high school teacher, Adlerian Counsellor (Counsellor SGfB), Head of edufamily® - education & counselling for schools & families, Director of the Swiss Association for parenting (Elternbildung CH), SGIPA board member (Swiss Association of Adlerian Psychology)

Professional Affiliation(s): Swiss Association for parenting (Elternbildung CH), Swiss Association of Adlerian Psychology

**Dimitrova, Galina (Co-presenter/discussant) (Bulgaria)**

PhD student at the Faculty of Education at Trakia University

Psychologist at the Consultation office of the Regional Health Inspectorate, Stara Zagora, Bulgaria

**Schedl, Anita (Co-presenter/discussant) (Austria)**

Magister, Teacher, Psychotherapist

Professional Affiliation(s): Austrian Association of Individual Psychology (ÖVIP), Austria

**Section Panel (Section Education and Pedagogy)**

**How teachers and schools can work to lead pupils out from inferiority feeling to cooperation – Or:  
Teaching in an Adlerian way - What does this mean exactly?**

**Chair:** Theo Joosten (Netherlands)

Intended audience: *clinicians, students, researchers*

Christelle Schläpfer:

**How teachers and schools can work to lead pupils out from inferiority feeling to cooperation – Or:  
Teaching in an Adlerian way - what does this mean exactly?**

The pressure to perform is increasing in the whole society. The schools also feel this burden. Many teachers and pupils feel not up to the challenges. Discipline problems in class, bullying, lacking motivation or learning difficulties are not unusual. Unfortunately, in their excessive demand and the absence of alternatives many teachers face these problems still blaming and punishing their pupils. This hardly helps the children to get out of their inferiority feeling. As a former teacher, I train teachers today to learn an Adlerian way of working with the pupils. We will have a look at several cases and the results in the class after such trainings with the teachers. Then, we will have a look at two more examples in teaching context.

Galina Dimitrova:

**An Adlerian approach to mitigating the effects of dyscalculia as a learning difficulty in the teaching practice**

[Continuation]

For a long time it has been recognized in the teaching profession that there is a problem with students experiencing difficulties in the learning process in comprehensive schools. The difficulties in mastering mathematical operations are perhaps the most challenging and complex phenomenon in the category of specific learning impairments. To deal with the problem, it is important that teachers recognize its manifestations as early as elementary school and apply strategies designed to overcome it based on the principles of Individual Psychology.

The aim of this research is to investigate the degree to which the teaching staff are able to recognize instances of dyscalculia among their pupils and to develop and present an Adlerian approach to working with children suffering from this type of learning disorder.

The research is based on the method of theoretical analysis, a survey conducted with representatives of the teaching staff and the Adlerian approach to counseling.

Anita Schedl:

### **Oskar Spiel School in Vienna - a public primary school with an Adlerian concept**

The current Oskar Spiel School in the 15<sup>th</sup> district is managed by the individual psychologist Ulrike Madzar and was founded 27 years ago. The individual psychological emphasis of the school is reflected in the two-hour weekly team meetings, the teachers' training, supervisions and interventions.

The “heart “of the Oskar Spiel School is a therapeutic project, the so called „Rainbow-class“ In the course of this project two pedagogues teach a maximum of eight children. Because of their mental constitution, learning as well as social interaction with more children than the limited number of eight, would ask far too much of these children.

Generally, permanent structures and rituals, both during the day as well as during the week, constitute the basis of this pedagogical concept. They work as an outer frame, a setting that provides security. Each day begins with the morning circle (discussion group) which is comparable to a highly frequent therapeutic group that meets five times per week.

In the morning discussion, the children talk about how they feel, they narrate about their dreams, conflicts and events. It is the pedagogues' every day effort to let the children experience that their personality and individuality are perceived along with their conflicts, inferiority feelings, anxiety, feelings of envy and hate, joy and pride, happiness and sadness. Moreover, the children learn that there are words for apparently unpronounceable, unconscious feelings and conflicts. This perception and reflection promotes the children's ability to reflect on themselves and to understand each other in terms of mentalization skills.

### **Learning Objectives:**

1. Audience members will learn to recognize patterns of inferiority feelings in children with learning disorders and Adlerian approaches to these disorders in a classroom.

**Schürer, Yvonne (Switzerland)**

Psychologist FH, Psychotherapist SGIPA and IFP (International Federation of Psychotherapy)

Professional affiliations: Alfred Adler Institute Zürich; ICASSI

### **Elsa Andriessens' Questionnaire: A Powerful Tool for Therapists**

**Chair:** Lisa Venable (USA)

Intended audience: *clinicians, students, researchers*

When it comes to supporting clients to manage their inferiority feelings, psychotherapists have a lot to offer. Helping the client understand the power of his or her lifestyle patterns can stimulate crucial change by highlighting the movement away from position of a felt inferiority, show how this movement in itself can be misguided, and open up the possibility of there being other perspectives. But how can a reluctant client be enticed to take part in a detailed lifestyle analysis to bring about the necessary insight?

In the 1960's the renowned German psychotherapist Dr. Elsa Andriessens (1912 -1996) created an ingenious questionnaire allowing therapist and client to work together in an equal, cooperative and non-intimidating way, and to come to an in-depth understanding of the client's lifestyle. Together, through the eleven steps of the questionnaire, they go deeper and deeper into the metaphor of an early recollection, revealing the dynamics and inferiority feelings within, and making the link to current intra- and interpersonal conflicts crystal-clear.

Andriessens never published a guide to practicing her method, but I was fortunate enough to have the opportunity to learn directly from her in several of her workshops in Germany, Switzerland and at ICASSI. So, after years of successfully using the Andriessens' questionnaire to uncover client's lifestyle, I wish to present my own modified approach and prevent the loss of this unique and effective creation.

During this presentation I will show both the nuances and depth of understanding that therapist and client can reach using case material, through use of the Andriessens questionnaire.

**Purpose of Presentation:** To highlight the efficacy of the Andriessens questionnaire for understanding lifestyle patterns and stimulating change in clients, through use of case material and theory.

#### **Learning Objectives:**

1. To understand the theoretical constructs of lifestyle and psychological movement from felt inferiority to felt superiority.
2. To understand how to engage the client in lifestyle analysis and promote insight.
3. To understand how to enable change through cooperative and collaborative working.

**Schwartz, Laureen (USA)**

MA in Adlerian Psychotherapy, Graduate Certificate in Spiritual Direction, Somatic Experiencing Training (Beginning and Intermediate Levels)

Psychotherapist/Spiritual Director at the Healing House of Saint Paul

Professional affiliations: NASAP, ACA, Minnesota Jungian Association

**Healing Attachment Trauma: When Words Are Not Enough**

**Chair:** Gary Bauman (USA)

Intended audience: *clinicians and students*

Early developmental attachment patterns provide a framework for mental health clinicians to gain a deeper understanding of behavioral symptoms and the client's lifestyle. This paper describes the importance of the earliest relationship, that of the caregiver to child. When attachment is insecure and unpredictable, the child often believes he/she is the cause of this broken relationship. Overcoming or protecting against this sense of inferiority and shame becomes the pattern for future relationships. An understanding of brain development in these formative years is important for clinicians. Often times, therapists are facing the "resistant" client, resistant to change and social engagement. Thus, the therapist/client relationship is key and exploring new ways to heal the initial trauma is critical and exciting. The neurological development in the early developmental years are discussed in this paper, as well as, the influence on the brain when attachment trauma is approached from a right brain to right brain therapeutic approach - specifically, art therapy, dance therapy, mindfulness, dialectical behavioral therapy, and therapeutic attunement and transference.

**Learning objectives:**

1. Participants will gain knowledge about early brain development.
2. Participants will gain deeper understanding of attachment and concretized belief systems and how they relate to inferiority, social engagement, and safeguarding.
3. Participants will discover right brain healing modalities and be intrigued to learn and enhance their own therapeutic techniques.

**Shelley, Christopher (Canada)**

PhD, CAC, CCC-S

The University of British Columbia

Professional affiliations: The Alfred Adler Institute (APABC), Vancouver, Canada

### **Adlerian Psychology and the Integral Paradigm: A Discussion**

**Chair:** Giovanni De Santis (IT)

*Intended audience: Adlerian and related mental health professionals; graduate students in Adlerian psychology; academics and clinicians interested in holistic conceptualizations and the integral paradigm.*

This paper outlines the emergence of the Integral paradigm and precepts that overlap with Adlerian psychology. Integralism is argued to form an emergent zeitgeist, a “post – postmodern” form of emergent consciousness, with aspects that are linked to critiques of previous yet co-existing paradigms such as modernism and postmodernism. The discussion will consider points of Adlerian divergence and convergence with Integral theory in a broad sense, as well as considering “Integral” as a specific modality of counselling and psychotherapy. Adlerian conceptions of metaphysics and spirituality, ethics, holism and conceptual Gemeinschaftsgefühl are particularly relevant to the history of Integral theory and philosophy. Yet, the psychology-as-science grounding of Individual Psychology precludes a fully synonymous interchange with the signifier “integral” especially considering integralism’s stronger association with philosophical and religious metaphysics (e.g. Ken Wilber) rather than a situated primacy with the discipline of psychology. The conceptual overlaps between Integral theory and Individual Psychology are significant enough for Adlerian discussion, consideration and contemplation.

#### **Learning Objectives:**

1. To outline the Integral paradigm;
2. To establish the relevance of Adlerian psychology to Integral theory;
3. To clarify the boundaries, synergies and differences between Adlerian psychology and the Integral paradigm.

**Shon, Phillip C. (Canada)**

PhD

Professor, Faculty of Social Science and Humanities, University of Ontario Institute of Technology

### **Criminology and Individual Psychology**

**Chair:** Erik Mansager (Switzerland)

Intended audience: *general participants, clinicians, students*

In this presentation a criminologist and an Adlerian depth-psychotherapist present three ways in which reading the classical works of Alfred Adler might help move criminology and criminal justice education forward.

\* By addressing the philosophical assumptions of Adler's theory of self. These are discussed in order to address the problem of motivation that plagues theories of crime.

\* By examining the primary figures of concern within the criminal justice system. It is argued that the personality characteristics of the major actors in the criminal justice system could be fruitfully understood using Adler's theory of personality.

\* By indicating how Adler's theory of mental illness and crime both predates and is a precursor of the "life-course model" of crime -- the currently dominant perspective in criminology (Laub & Sampson, 2003).

A closing discussion offers implications for future use of Adlerian theory in the study of crime and "criminals."

#### **Learning Objectives:**

1. Attendees will be able to evaluate aspects of Adler's theory for its application in criminal justice theory.
2. By broadening their understanding of Adler's criminology texts attendees will better understand the range of patient movement and how it can address sociopathy.
3. Attendees will understand how Adler's practical theory had been overlooked for decades as a direct result of having been equated with psychoanalytic theory.



**Simonelli, Barbara (Italy)**

Psychologist, psychotherapist, Clinical Lecturer, University of Turin (Italy); Psychotherapy Unit and Center for Treatment of Adult and Adolescent Personality Disorders, Disorders (Salute Mentale Chivasso ASL TO4 – Public Mental Health Piedmont Region – Italy); teacher and tutor of SAIGA Adlerian Psychotherapy School

Professional Affiliation(s): SAIGA – Società Adleriana Italiana Gruppi e Analisi; SIPI – Società Italiana di Psicologia Individuale

**Overcompensation for Inferiority and Violent Behaviour against Women**

**Chair:** Marion Balla (CA)

Intended audience: *clinicians*

As Adler has always taught, since his early work, cruel, violent and humiliating behaviours towards women can be seen as strategies of overcompensation in people whose feelings of inferiority have made them feel vulnerable as they strive to rebuild their personality.

Using the theme of the conference as a starting point, we propose three ‘prototypes’ of abusive patients: the antisocial-psychopathic patient, the narcissistic patient, and the borderline patient. The main personological traits and psychopathological functioning levels (PFLs\*) for each of these three prototypes are highlighted and linked to the different ways in which inferiority is experienced and perceived. Statistical and research data about the relationship between abusive behaviors and personality disorders will be presented.

This work also aims to present an experimental protocol of diagnostic and therapeutic actions with abusive patients that are currently being developed and shared at the Psychotherapy Unit and Centre for the Treatment of Adult and Adolescent Personality Disorders (DSM ASL TO4 – Piedmont Region), where cycles of forty sessions of SB-APP (Sequential Brief-Adlerian Psychodynamic Psychotherapy\*\*) are offered.

This presentation also addresses the difficulties involved in treating violent patients with regard to managing counter-attitudes within the patient-therapist relationship and also in terms of the difficulties of managing the setting and treatment. Some clinical samples will be presented at the end.

**Learning Objectives:**

1. Explore the understanding of the psychopathological functioning levels in patients who mistreat women.
2. Learn more about a time-limited psychotherapy specifically designed for treating patients with personality disorders.
3. Increase awareness of the difficulties involving countertransference and setting management with these patients.

**Steinbeck, Judith (Germany)**

Dipl.-Psych., Psychoanalyst (DGIP, DGPT) for adults in own practice, training psychoanalyst, lecturer and supervisor at the Alfred Adler Institute Cologne.

Professional Affiliation(s): Alfred Adler Institut Aachen-Cologne, DGIP, DGPT

**Psychoanalytic approaches to homosexuality**

**Chair:** Marina Chibisova (RU)

Intended audience: *clinicians, students*

The prevailing stance within psychoanalysis towards homosexuality has, for a long period of time, been that of pathologization. For more than 70 years, homosexuals were regarded as perverted and abnormal, a “knowledge” that deeply embedded itself in the unconscious of society and thereby also in that of its individual members. This explains why, to this day, homosexual individuals suffer from inferiority feelings.

The lecture gives an overview of the history of pathologization and stigmatization of homosexuals within psychoanalysis, starting with Freud and Adler and moving on to Anna Freud, McDougal, Socarides, Kernberg and others.

Only when the gay civil rights movement gained strength and momentum, did the gradual development of a more enlightened psychoanalytic attitude towards homosexuality set in and new concepts concerning healthy homosexuality emerge; pioneered in particular by Rauchfleisch, Poluda-Korte, and Ermann.

Selected case studies reveal the deeply rooted inferiority feelings of three homosexual patients and how their self-concepts are shaped by homophobia within society. The case studies show how important it is to address the topic, for patients as well as for therapists, because 70 years of unconsciously pathologizing homosexuality affect every instance of therapy – on both sides of the couch.

**Learning objectives:**

1. Re-conception of existing preconceptions within psychoanalysis: The attitude to consider homosexual people as inferior and homosexuality as pathological is deeply rooted within society, and has an (unconscious) impact on every encounter with homosexual patients. Participants will be encouraged for introspection/self-reflection and new conceptual approaches.

**Trail, Sharyl (USA)**

PsyD, Licensed Clinical Psychologist

Lieutenant Commander, US Public Health Service Commissioned Corps

Professional Affiliations: APA, NASAP, COA (Commissioned Officer Association of the USPHS)

**Striving Toward Health Equity: Collective Movement to Eliminate Health Disparities**

**Chair:** Jana Goodermont (USA)

Intended audience: *clinicians, researchers, other care providers; public health researchers; prevention specialists; health care administrators; educators; public, private, and governmental leaders*

The purpose of this lecture is to apply Adler's theory of movement and creativity when trying to solve a community level problem. Similar to individuals, communities also struggle with symptoms of inferiority and have an intrinsic motivation to move toward mastery. Mastery at the community level can take the form of community healing and equity. We will discuss Adler's original 1898 paper, "Health Book of the Tailor Trade", and the link between medical problems and living and working conditions. We will also review Dreikurs' work, "Social Equality: Challenge of Today", and how Individual Psychology theory can inform the work being done globally to eliminate health disparities and move toward health equity for all human beings. The focus of this talk will be on population health and policy, and structural changes that can positively impact the health of an entire community or nation.

**Learning Objectives:**

1. Participants will learn how to apply the Adlerian concept of movement from inferiority feelings to mastery at the community level, utilizing a public health approach. Learning to apply the Law of Movement and community creativity at the organizational level, impacting systems level change.
2. Participants will become familiar with the concepts of health equity vs. equality; social determinates of health and mental health; population level health disparities; US Healthy People 2020 health equity goals; and the World Health Organization's health equity priorities.
3. Participants will leave the lecture with practical tools and strategies that will help communities improve the overall health and well-being of their citizens. Similar to Adlerian psychotherapy interventions, these tools can help communities find creative ways to move from feelings of inferiority (disadvantage and health disparities) to a sense of perfection and completion (health equity).

**Venable, Lisa (USA)**

M.A., Counseling and Psychotherapy

Adjunct Faculty, Adler Graduate School, Richfield, MN

### **Self-Compassion: An Innovative Approach to the Inferiority Feeling**

**Chair:** Rasa Bieliauskaite (Lithuania)

*Audience: students, clinicians*

For clients to make significant shifts in dealing with inferiority feelings and the resulting inner critic, developing a practice of self-compassion is paramount. In our small and inadequate state, we yearn for approval and attempt to gain superiority through false affirmation. We put this affirmation in the hands of the external world or what others believe is “right.” We acquired this need for approval from the negative messages we received during childhood about what we did wrong. The adults needed us to agree with them or do it their way (the “right” way) so they could be validated. Thus, we concluded that we were not good enough or worthy to be loved unless we did things “right.” When love and approval become one, we desperately attempt to do everything “right” and criticize ourselves when we screw up. Thus, the inner critic keeps the inferiority feeling alive. New research by Kristin Neff, professor of psychology at the University of Texas at Austin, has revealed the power of “self-compassion” or showing kindness to self and others. Those low in self-compassion think that unless they are hard on themselves, they will not amount to much, but research reveals that being kind to yourself does not lower your standards. By redirecting the mind to the heart, clients can discover this compassion and actually cultivate new feelings of worthiness and self-acceptance.

#### **Learning objectives:**

1. Participants will learn why mistaken beliefs of inferiority create the inner critic and why self-compassion is a more effective approach than self-criticism.
2. Participants will learn how to support clients in cultivating self-compassion.
3. Participants will learn ways of integrating a spiritual approach to Adlerian psychotherapy and leave with one exercise that creates movement on the horizontal line.

**White, Les (USA)**

Psy.D., Licensed Clinical Psychologist (IL)

Tenured faculty, psychology, Harold Washington College, Chicago, Illinois

Professional Affiliation(s): NASAP; Chicago Adlerian Society

**A Fun and Simple Approach to Lifestyle Assessment**

**Chair:** Timothy Hartshorne (USA)

Intended audience: *clinicians, researchers, students*

“A Fun and Simple Approach to Lifestyle Assessment” reviews the major Adlerian concepts – in a quick five minutes! – and then introduces a variety of games, a short interview, and interpretive templates with which to collect and assess a person's Lifestyle data for psychotherapy, career, and coaching purposes. Research in this method with Chicago community college students from underprivileged backgrounds revealed that students found a self-administered version very useful with regard to promoting self-knowledge. How to employ a group approach to lifestyle/personality assessment will also be explained and demonstrated.

**Learning objectives:**

1. Audience members will learn how to explain Adlerian concepts via game-playing.
2. Audience members will learn how to gather, use, and understand Lifestyle data as a counseling, even self-counseling technique.
3. Audience members will learn the importance of using a group approach to Lifestyle/personality assessment.

**Williams, Laura (USA)**

Schwob School of Music  
Columbus State University

Professional Affiliations: NASAP, GSAP

**Saxner, Robert (USA)**

MA, Doctoral student in clinical psychology

Professional Affiliations: NASAP, APA, MPA

**Moving towards perfection within an evolving Autism community**

**Chair:** Gregory Robert Anderson (USA)

Intended audience: *therapists, students*

An Adlerian music educator of children with Autism and Adlerian mental health care professional who is the father of a child with Autism give insight into the evolving Autism community, share relevant personal experiences, and discuss Adlerian theory and an approach to working within the Autism community.

Movement is inherent to the network that Autism has created, which spans neural and global levels and affects the people who have the condition, their caregivers, and the people who provide them with supports and services. From this network has arisen a new and growing community that continues to evolve as advances in research and understanding increase. Developments give rise to new ways parents can feel left behind as they attempt to navigate hurdles to emerging services and interventions in an attempt to secure optimum care for their child. The negative psychic effects of being a parent of a child that is differently challenged and healthy methods of movement toward the compensatory sense of perfection is shared from the point of view of an Adlerian parent of a child with Autism. Professionals are not immune from movement in socially useless directions as evidenced by “superior” attitudes found too often towards parents and their children with Autism. In response, the benefits of an egalitarian approach and reasons why this way of being is preferable for those who are discouraged is discussed. Finally, contributions that benefit the Autism community by community members lead to better awareness of resources, opportunities for socialization, better quality of life, and positive movement for the Autism community and its members as a whole. How the Autism community serves as a new direction for socially interested behavior in addition to being a source of support for its members is examined.

**Learning objectives:**

1. To illuminate how members from the new and evolving Autism community experience inferiority feeling in their various environments and the perceptions that affect their movement towards a plus position.
2. To promote an empathetic and egalitarian approach to help individuals with autism and/or their caregivers who often experience discouragement.
3. To illustrate how the Autism community itself is a worthwhile direction for socially interested behavior that benefits the community as a whole.

**Wu, Yuh-Yin (Taiwan)**  
PhD

Professor, Department of Psychology and Counseling, Dean, College of Education  
National Taipei University of Education

**How a group of pre-service teacher trainees helping youngsters achieving academic success: from common inferior feeling to cooperative support**

**Chair:** Margit Datler (AT)

Intended audience: *counselors, educators, teachers*

The purpose of this project was to implement the elective course, principles and practices of guidance and counseling, in a pre-service teacher training program. I, as the course instructor, arranged trainees to tutor youngsters of low-income families for 1 session per week, through 12 weeks.

In the first phase, the children considered these trainees as “scores keepers” rather than “learning helpers.” I tried to detect even tiny example of successful moments, defined as the moment of connecting between the trainee and the tutee. I appreciated the efforts they put forth, and invited those who connected well with the children to share their stories. The other trainees displayed empathy and, thus, reassessed their own insufficiency. Their movement to be better helpers was deepened, while their feelings of inferiority were expanded. I allowed them to share their inferior feelings. They finally found these feelings were common and, thus, felt connected and supported.

In the second phase, they learned techniques of empathy with heart, because of their motivation to connect to children. In the third phase, they designed their movements toward partnership with the tutee. In the final phase, tutees started moving toward their own personal objectives, based on trust and confidence between the trainee and the paired tutee. The core spirit of the course goes with the Chinese saying, “To climb high, you start from the low. To go far, you begin with the vicinity.” The parallel Adlerian concept might be, “to be superior, you commence from compensating the inferior.”

**Learning objective:**

1. To share instructional experiences regarding how to promote pre-service teaching trainees’ motivation to move through the feeling of inferiority and insufficiency under the support from me and their more experienced peers.

**Yamamoto, Takuya (Japan)**

Master of Education

Teacher of the Junior high school and high school; Shinden junior high school

**Nakajima, Hironori (Japan)**

M.Ed., Clinical psychologist

Professor, Okayama University of Science

### **Individual Psychology approach in bullying problem**

**Chair:** Robert Saxner (USA)

Intended audience: *teachers*

In these days, bullying among students at school is a social problem in Japan. There are some cases where students who had been bullied committed suicide because of bullying. In my class, there were two students who had trouble in their relationship. The cause of the trouble in the class came from the trouble at the tennis club to which they belonged. One of a girls was calm and the other one was more active. Because of their personalities, everyone thought the active girl bullied the calm girl. I tried to help to solve their trouble, and started by carefully listening to what they said. As a result, I found that the active girl, at home, felt inferior to her younger sister who did well at school. I also found that the active girl hoped to have a good relationship with the calm girl. Therefore, I suggested ways, to both of them, that they might seek to have a good relationship. Finally, we discussed how they could solve their troubles cooperatively. I'd like to report this.

#### **Learning objective:**

1. Audience members will learn about the role of cooperation and approaches to it in solving bullying problems with school age children, and a role that inferiority feelings may play in the bullying problems.



**Yang, Julia (USA/Taiwan)**

Ph.D., NCC

Professor, National Kaohsiung Normal University, Kaohsiung, Taiwan

Professional Affiliations: NASAP; President, Taiwan Society of Adlerian Psychology (TSAP)

### **Plenary Session**

#### **Will to Power, Striving, and Overcoming: The Pursue of Wholeness**

**Chair:** Barbara Simonelli (IT)

Audience: *clinicians, students*

Fundamental to Individual Psychology, a most natural goal of every human is to move from inferiority to superiority. To Adler, the will to power is a process of creative energy or a psychological force desiring to exert one's will in overcoming life problems. The thought of human striving has its root in existential philosophy. Spinoza called the striving toward self-preservation or self-affirmation itself "power", implying the overcoming of something which, at least potentially, threatens or denies the self. Adler discussed Nietzsche's concept of will to power as the root to his theory of the guiding fiction in relation to the striving for superiority as a compensatory response to inferiority. Adler also put this willingness to act into a social context. Our self-boundedness (*Ichgebundenheit*) can only be compensated, however, by our desires to contribute to others. The intended audience of the presentation is participants who take interest in the timeliness and broadness of Individual Psychology's theoretical concepts.

The purpose of the presentation is threefold: (1) To discuss the philosophical roots of the main theoretical concepts in Individual Psychology, such as will to power, striving, overcoming, and holism; (2) To illustrate how recent neuroscience discoveries of neuroplasticity (i.e. the ability of the brain to change its structure in response to experience) and neurogenesis (the development of new neurons and networks across life span) seem to provide a biological foundation for Adler's theory of organ inferiority and compensation, as well as his philosophical concept of holism; and (3) To demonstrate how brain, creative mind, life style and our social self-influence the growth, development, and functioning of the organs and how we strive, as a unity, toward completion/the new whole in illness or wellness.

#### **Learning Objectives:**

1. To provide conceptual definitions of will to power, striving, overcoming, and holism in Individual Psychology.
2. To discuss how Adler's theory is relevant to the contemporary discoveries of neural science.
3. To further understanding of bodily and mental wellness and illness from the lenses of life style and holism.

**Yang, Julia (USA/Taiwan)**

Ph.D., NCC

Professor, National Kaohsiung Normal University, Kaohsiung, Taiwan

Professional Affiliations: NASAP; President, Taiwan Society of Adlerian Psychology (TSAP)

**Chiu, Wan Ting (Taiwan)**

## **Process and Outcome of the Four Cs of Parent Teacher Consultant Training and Supervision in an Urban City of Taiwan**

**Chair:** Margit Datler (AT)

Intended audience: *clinicians, students*

Unlike most psychological approaches, Individual Psychology has concerned itself with the psychology and education of children at home and school. According to Alfred Adler, we seek to educate the child as the whole person whose feeling, thinking, and acting can only be understood indivisibly and is uniquely characterized by growth, movement, and goal striving. The family, school, and community have the joint obligation of providing education to children as training and preparing for social living. To Adler, the ultimate goal of education is to attain social feeling, including specifically the following perspectives.

This presentation details the training modules with 30 elementary school counselors in Taiwan, including one and a half years and a total of 120 hours of parent-teacher consultation training and supervision, through a grant secured by the lead presenter that enabled collaboration among the government, schools, and community. The design and implementation of this training project utilized the four Cs of Individual Psychology principles (i.e. connection, capability, counts, and courage) that inspired 24 school teachers and counselors to collectively design a group curriculum and assume group leadership. A total of 130 parents and classroom teachers benefited from 152 hours of service learning provided by the trainees throughout the city of Kaohsiung. Included in the presentation are the training materials, processes, and results of outcome evaluation focusing on the parent/teacher consultation groups.

### **Learning Objectives:**

1. To acquaint participants with Adler's original theory and his followers' contributions to parent teacher consultation.
2. To illustrate how the parent-teacher consultation trainees responded positively to the four Cs of Individual Psychology principles.
3. To present the accountability data focusing on the training process, content and outcomes.

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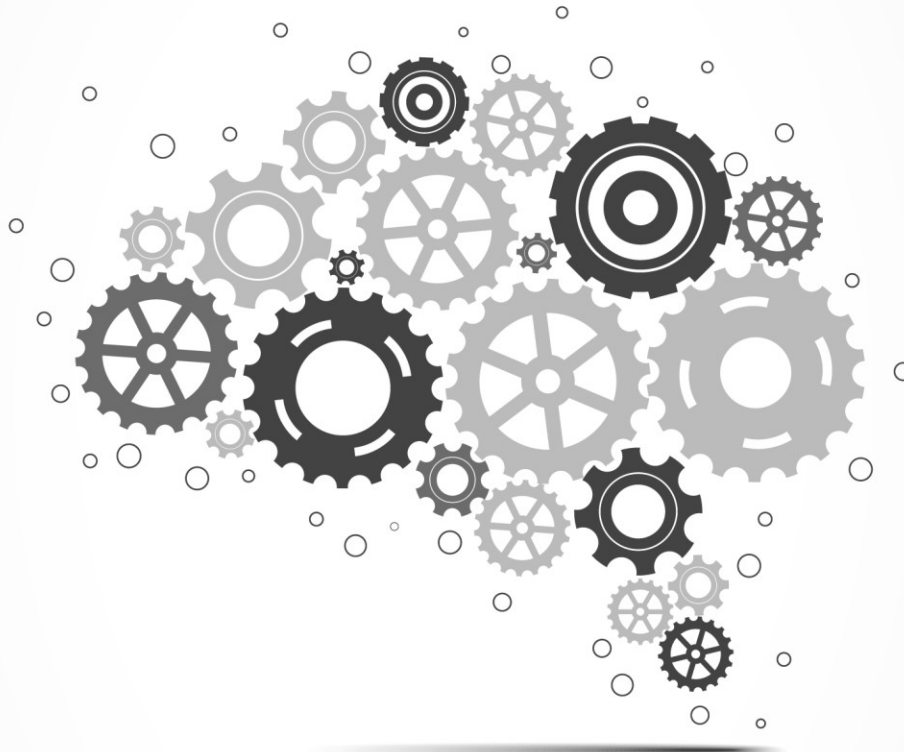
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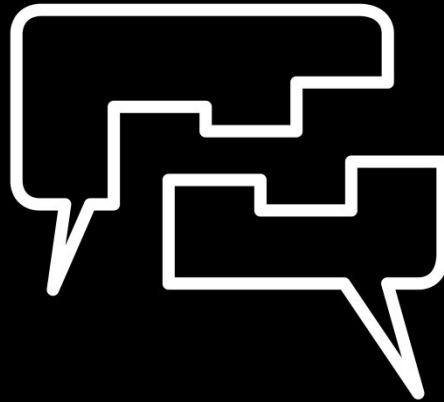


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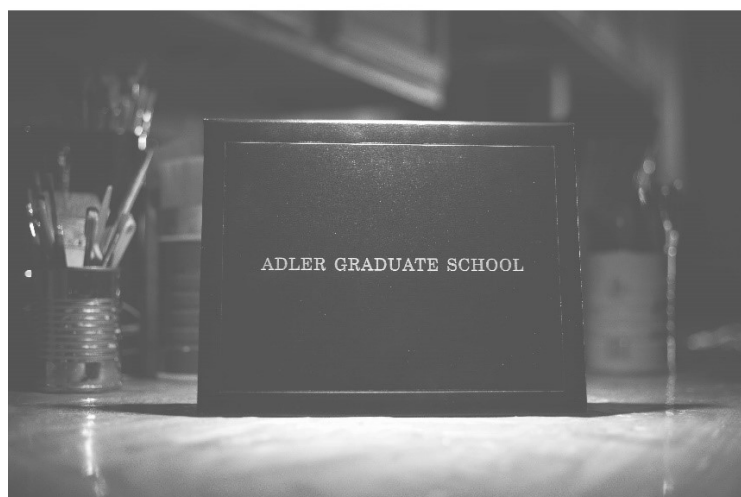
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