



Idaho Society of Individual Psychology

The ISIP Newsletter

Volume 32, Number 3

January/February 2010

ANNUAL CONFERENCE

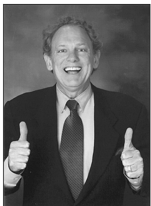
3 ETHICS HOURS included in the 14 CEU total plus...
20% DISCOUNT FOR THREE OF MORE REGULAR REGISTRATIONS FROM THE SAME AGENCY

Registrations are coming in so please get this on your calendar to get the Early Bird rate! You can register online at www.adleridah.com.



Idaho Society of Individual Psychology

The Ultimate Gift: Mastering the Skills of Encouragement



Lew Losoncy, Ed.D.
Doctor of Encouragement

ANNUAL CONFERENCE
March 5 & 6, 2010

DoubleTree Hotel - Riverside
2900 Chinden Blvd.
Boise, Idaho
(208) 343-1871

2010 Training Opportunities

ISIP delivers! Training, that is! OUR CONFERENCE AND WORKSHOPS ARE **UNIQUE!** You will benefit from two days of concentrated, energized, unfragmented (i.e. breakouts) and experiential training that you can translate directly into your professional and personal life. ISIP is not aware of any other CEU workshops that can, or do, make that claim.

Conference brochures for the March 5 & 6 Annual Conference should have reached you by now. And, you should be on our Listserv and have been contacted – however, please contact me if you did NOT get an email headed RE: [ISIP-NEWS] ISIP ANNUAL CONFERENCE - MARCH 5 & 6.

Here is the Schedule of Training planned for 2010. Please visit our website www.adleridah.com for complete details regarding the Certificate of Professional Studies programs. How about these stats!!!

- 126 graduates from the Series – 3 workshops plus an Annual Conference
- 15 graduates from the Advanced course – 5 workshops plus an Annual Conference

– Series Workshops –

LEWISTON	April 23-24	#1 Adlerian Theory of Personality Development and Family Functioning
	September 17-18	#2 Adlerian Psychotherapy
POCATELLO	May 21-22	#2 Adlerian Psychotherapy
	October 1-2	#3 Adlerian Family Therapy
BOISE	April 30 - May 1	#3 Adlerian Family Therapy
	October 8-9	#1 Adlerian Theory of Personality Development and Family Functioning

– Advanced Workshops –

BOISE	May 14-15	Working with Victims of Abuse – Presenter, Wes Wingett, PhD
	October 22-23	Working with Adolescents – Presenter, Wes Wingett, PhD

The Methods of Encouragement

Specifically, the person who encourages:

1. Places value on the child as he is. 2. Shows faith in the child that enables the child to have faith in himself. 3. Has faith in the child's ability; wins the child's confidence while building his self-respect. 4. Recognizes a job "well done." Gives recognition for effort. 5. Utilizes the group to facilitate and enhance the development of the child. 6. Integrates the group so that the child can be sure of his place in it. 7. Assists in the development of skills sequentially and psychologically placed to permit success. 8. Recognizes and focuses on strengths and assets. 9. Utilizes the interests of the child to energize instruction. *Encouraging Children To Learn, Dinkmeyer and Dreikurs, 1963*



Q We are contemplating adding a "Question & Answer" column in future issues. Please drop us a note at the P.O. Box, and let us know if you would like to see this. Feel free to start sending and questions you may have about Adlerian Individual Psychology.

WHAT IS ISIP?

The Idaho Society of Individual Psychology is an organization of people in Idaho who are interested in furthering the concepts of Individual Psychology, the psychology of Alfred Adler.

What is Individual Psychology?

Individual Psychology is a philosophical approach to understanding human behavior based on the teachings of Alfred Adler. Individual Psychology helps us understand that all of our behavior is purposeful and the purpose for behavior is to find a meaningful place in any group.

Individual Psychology is also based on the idea that all human beings have goals for themselves as demonstrated by their behaviors and those goals can help the individual achieve meaningfulness in their life.

Individual Psychology emphasizes behavior that is based on mutual respect, social interest and cooperation.

SIGNIFICANT ADLERIAN CONTRIBUTORS

Each year at the ISIP Conference, we recognize individuals who have shown a commitment to the principles of Adlerian psychology through their work, in their family, or in their life. Adlerians are "born", as well as "trained", and many of us know effective and successful parents, community leaders, and compassionate people whose lives show such commitment.

Each year we strive to recognize someone from the professional category as well as the non-professional category. We cannot do this without your help.

Being recognized as a Significant Adlerian Contributor is an experience . . .



Please send us your nominations. Nominations need to include the name and description of contributions the person has made in their family, their workplace, their spiritual life, or their community.

Mail your nominations to ISIP, P.O. Box 284, Boise, Idaho 83701-0284, or phone us at (208) 344-7194

Being recognized as a Significant Adlerian Contributor is an experience one never forgets. Wouldn't you like to give that opportunity to someone special you know?

ISIP WEBSITE

You will find a full range of professional articles, workshop and conference announcements, news postings, conversation forums, and additional resources. Please visit regularly and check us out!

www.adleridaho.com

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Published three times each year by: Idaho Society of Individual Psychology
P.O. Box 284, Boise, Idaho 83701

ISIP membership and newsletter subscription is included in Annual Conference registration. Non-Member subscription rate is \$10.00 per year.

We encourage readers to send news, suggestions, ideas and opinions.

2009-2010 ISIP BOARD

President: Edward Mowry	376-8747	Past President: Debby Woodall	888-5828
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		Executive Director: Tom McIntyre	344-7194

Maybell Memos

Twelve Ingredients for Caring and Lasting Couple and Marital Relationships

– Based Upon Adlerian Psychology Principles –

- 1) *Make the relationship a priority.*
- 2) *Focus on your own role and responsibility in the relationship.*
- 3) *Mutual respect and social equality.*
- 4) *Support for individuality / oneself and one's partner.*
- 5) *Having fun together.*
- 6) *Balanced and mutually agreed upon division of labor.*
- 7) *Encouragement (based on partner's frame of reference).*
- 8) *Respectful level (heart to heart) communication.*
- 9) *Level problem solving (future-oriented).*
- 10) *Respectful affection and intimacy – presence and tenderness.*
- 11) *Understand and correct your own lifestyle (belief system).*
- 12) *Understand, empathize with and respond to partner's lifestyle.*

THE LEXICON OF ADLERIAN PSYCHOLOGY

What is a lexicon? From the book itself, "A lexicon is a stock of terms used in a particular profession, subject, or style; a vocabulary."

Jane Griffith/Robert L. Powers

INFERIORITY FEELINGS

Inferiority feelings are those universal human feelings of incompleteness, smallness, weakness, ignorance, and dependency first experienced by the infant and small child. Inferiority feelings continue to be experienced to greater or lesser degree in adult life and, for the well-adapted individual, are a source of motivation to overcome obstacles, to grow, and to improve one's self and the community.

To be human means to feel inferior (p. 115).

Every child is actually inferior in the face of life (p. 115).

To be a human being means to possess a feeling of inferiority which constantly presses toward its own conquest (p. 116).

The inferiority feeling dominates the psychological life and can easily be understood from the feeling of imperfection and of incompleteness and from the incessant striving of man and mankind (pp. 116-117).

Inferiority feelings are not in themselves abnormal (p. 117).

INFERIORITY COMPLEX

"Inferiority complex" is a term attributed to and adopted by Adler though, according to the Ansbachers (p. 256), probably not originating with him. It refers to those feelings of inferiority which are personal as opposed to universal and which are so overwhelming that they undermine an individual's courage to move forward with life, to meet and overcome obstacles, and to develop and make a contribution to the community. The term "inferiority complex" applies when inferiority feelings cease to be a spur to further growth and become themselves a rational excuse for hesitation, an excuse for loss of courage, an alibi for failure.

It is not the sense of inferiority which matters, but the degree and character of it (p. 257).

The abnormal feeling of inferiority has acquired the name 'inferiority complex' (p. 257).

It is more than a complex; it is almost a disease (p. 257).

[Inferiority feeling] becomes a pathological condition only when the sense of inadequacy overwhelms the individual and, far from stimulating him to useful activity, makes him depressed and incapable of development (p. 258).

The inferiority complex is the presentation of the person to himself and others that he is not strong enough to solve a given problem in a socially useful way (p. 258).

The inferiority complex, that is, the persistence of the consequences of the feeling of inferiority and the retention of that feeling, finds its explanation in greater lack of social interest (p. 258).

Capitalized words refer to a cross reference to other terms in the Lexicon.

Page number quotations are from A. Adler (1946a) *The Individual Psychology of Alfred Adler*.

Readers of the ISIP Newsletter may purchase a copy of *The Lexicon of Adlerian Psychology* for \$50.00 plus \$6.00 S&H. Send payment and inquiries for bookstore or group discounts to: Adlerian Psychology Associates, Ltd., PO Box 1450, Port Townsend, WA 98368 – Email: Adlerpsy@olypen.com

Edgar's Corner

Adler's View of Our Time and Our Planet, Part 3

by Thomas E. Edgar, Ed.D.

If Adler did return to America in the 21st Century, he would most likely be confronted with the unpleasant reality that his wish to spread social interest across the globe, and finally to the cosmos, was not likely to be fulfilled. Why? Because the divisions that separated people in his time are still very much alive right now, right here in America.

While Adler and Martin Luther King came from very different cultural backgrounds, they had a similar dream for humanity. They wanted to tear down the walls that separate us from each other, like religion, political affiliation, or skin color. Both inspired us to work toward equality even though it was a fiction as that term was used by Hans Vaihinger who taught in a small college close to Vienna. To him fiction meant, "a creation of the mind," **not** something false. To Thomas Alva Edison, the electric light bulb was a fiction, only a dream. Then he worked toward what is now a reality in almost every room in most houses today around the globe. What are some of the fictions that became reality? How about computers, airplanes, television, and cell phones? And yes, possibly even social interest some day! The primary requirement of bringing a fiction into reality is to face the situation as it is, as difficult as that might be.

If you look at any group of people, say those at a Boise State football game, it will be clear that there are men, women, Protestants and Catholics, young people and old, well-to do and not so well-to-do, tall and short, cheering and booing (quietly I hope), handsome and those like me. After looking at this collection of people, it soon becomes clear that the only thing they have in common is their humanity.

That reality is, perhaps, the only foundation upon which social interest may be erected and then spread across the globe. Other factors are beside the point, aren't they?

Too many decisions we make about people are made on irrelevancies. But that can change with time and hard work. It is so easy to say, "All men are created equal" isn't it! Unfortunately the person who said that owned slaves. Skin color or the place of our birth should be irrelevant to our right to be free. Freedom is a fiction too, folks. All behavior in the world is a result of natural and undeniable forces. But, once we create the fiction of freedom, we act "as if" choice and responsibility immediately follows. Then we create a system of laws and rules which we expect people to follow. Sound a tad Adlerian?

But with all the obvious divisions within our country, wouldn't it be great to contact Martin Luther King by email to let him know that we have chosen as our leader an African American! He would be proud to know that the walls are crumbling and his dream is moving closer, ever closer to being a reality. It has taken hard work, dedication and time, but this remarkable fiction may indeed become a light beacon by which other countries can steer their own course in the future. Martin Luther King may have had a dream but it was people like Rosa Parks who refused to sit in the back of the bus because of her skin color.

Could this not motivate Adlerians to make the fiction of social interest into some new reality called global interconnectedness? Could we not begin to act "as if" we can create a better world in which to live? I really hope so!

Tom Edgar, Ed.D., is a Professor Emeritus from Idaho State University. One of his areas of expertise is Adlerian Psychology. He has authored numerous articles in the Journal of Individual Psychology.

ISIP 2010 CONFERENCE

Presenter - Lew Losoncy, Ed.D.

Author, Motivator and High Energy Expert on Leadership, Attitude and Success

The Ultimate Gift: Mastering the Skills of Encouragement

March 5 & 6, 2010 • Doubletree Riverside, Boise

WHO SHOULD ATTEND? Counselors, Social Workers, Corrections, Case Managers, Psychologists, Nurses, Child Care Providers, Teachers, Parents.

ABOUT OUR PRESENTER: Lew Losoncy is a rare breed among authors, speakers, trainers, and motivators. His following is international and his fans have named him "The Doctor of Encouragement". Lew has developed his philosophy from years of Adlerian training and experience. He is one of the nation's best authors and speakers on leadership and motivation.

Dr. Losoncy educates his audiences on how to get people to do things without using power, fear, and humiliation. He is the author of more than 16 books including: *If It Weren't For You, We Could Get Along*

• *Turning People On* • *What Is, Is!* • *The Skills of Encouragement Today! Grab It!*
• *How to Succeed With People and Be a Positive Person and Early Poppers*. He has been featured in such news media as *The Wall Street Journal*, *Psychology Today*, and *Working Woman Magazine*. TV appearances include *CBS (This Morning)* and *CNN*.

DATE: March 5 & 6, 2010

LOCATION: Doubletree Riverside, 2900 Chinden Blvd, Garden City, ID 83714

For more information call (208) 344-7194.

**Mark Your
CALENDAR!**



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P.O. Box 284
Boise, ID 83701-0284

*"Anyone trained in Adlerian
Psychology knows what to do the
first time they sit down with a client
and through the process."
Wes Wingett & Steven Maybell*

**2010
ANNUAL CONFERENCE
March 5 & 6
Includes 3 hours of
ETHICS!**

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Presenter: Lew Losoncy, Ed.D. – The "Doctor of Encouragement"