

Adlerian Therapy



Complete
this

PRECHAPTER SELF-INVENTORY

Directions: Refer to page 43 for general directions. Use the following code:

- 5 = I *strongly agree* with this statement.
- 4 = I *agree*, in most respects, with this statement.
- 3 = I am *undecided* in my opinion about this statement.
- 2 = I *disagree*, in most respects, with this statement.
- 1 = I *strongly disagree* with this statement.

- _____ 1. The social determinants of personality development are more powerful than the sexual determinants.
- _____ 2. Humans can be understood by looking at where they are going and what they are striving toward.
- _____ 3. People have a need to overcome inferiority feelings and strive for success.
- _____ 4. Although we are not determined by our past, we are significantly influenced by our perceptions and interpretations of these past events.
- _____ 5. People are best understood by seeing through the "spectacles" by which they view themselves in relation to the world.
- _____ 6. Culture influences all of us, but individuals' expression of their culture differs due to their perception, evaluation, and interpretation.
- _____ 7. It is therapeutically useful to ask clients to recall their earliest memories.
- _____ 8. Each person develops a unique lifestyle, which should be a focal point of examination in counseling.
- _____ 9. Clients in counseling should not be viewed as being "sick" and needing to be "cured"; it is better to see them as being discouraged and in need of reeducation.
- _____ 10. Knowing about clients' position in their family of origin is important as a reference point for therapy.
- _____ 11. Typically, clients come to therapy with mistaken assumptions or faulty beliefs about life.
- _____ 12. Because emotions are integrated with our cognitive behavioral processes, it is appropriate that the counseling process be aimed at the exploration of the client's thoughts, goals, and beliefs.
- _____ 13. Although establishing a good client-therapist relationship is essential for counseling to progress, this relationship alone will not bring about change.
- _____ 14. One of a counselor's main tasks is to gather information about family relationships and then to summarize and interpret this material.

- _____ 15. People tend to remember only those past events that are consistent with their current view of themselves.
- _____ 16. Dreams are rehearsals for possible future courses of action.
- _____ 17. Conscious factors should be given more attention than unconscious factors in the therapy process.
- _____ 18. Although insight is a powerful adjunct to motivational change, it is not a prerequisite for change.
- _____ 19. Insight can best be defined as translating self-understanding into constructive action.
- _____ 20. At its best, counseling is a cooperative relationship geared toward helping clients identify and change their mistaken beliefs and goals.



OVERVIEW OF ADLERIAN THERAPY

Key Figures and Major Focus

Founder: Alfred Adler. Significant developer: Rudolf Dreikurs. Adler chose the name *Individual Psychology* (from the Latin, *individuum*, meaning indivisible) for his theoretical approach because he wanted to avoid reductionism. He used this name to describe his emphasis on the uniqueness and unity of the individual. The focus is on understanding whole persons within their socially embedded contexts of family, culture, school, and work. Dreikurs was the main figure responsible for transplanting Adlerian principles to the United States, especially in applying these principles to education, child guidance, and group work.

Philosophy and Basic Assumptions

More than any other theorist, Adler stresses social psychology and a positive view of human nature. He views human beings as influenced more by social than by biological forces. People are in control of their fate, not victims of it. Adler focuses on the person's past as perceived in the present and how his or her interpretation of early events has a continuing influence. Individuals create a distinctive lifestyle at an early age, rather than being merely shaped by childhood experiences. This lifestyle tends to remain relatively constant and defines one's beliefs about life and ways of dealing with its tasks.

Key Concepts

Consciousness, not the unconscious, is the center of personality. The Adlerian approach, based on a growth model, stresses the individual's positive capacities to live fully in society. It is characterized by seeing unity in the personality, understanding a person's world from a subjective vantage point, and stressing life goals that give direction to behavior. Humans are motivated by *social interest*, or a sense of belonging and having a significant place in society. While Adler considered social interest to be innate, he also believed that it must be learned, developed, and used. Feelings of inferiority often serve as the well-spring of creativity, motivating people to strive for competence, mastery, superiority, and perfection.

Therapeutic Goals

Adlerians are mainly concerned with helping clients identify and change their mistaken beliefs about self, others, and life. Adlerians do not decide for their clients what they should change or what their goals should be; rather, they work collaboratively with their clients in ways that enable them to reach their self-defined goals and assist clients in developing socially useful goals. Some specific goals include fostering social interest,

ADLERIAN LIFESTYLE ASSESSMENT-FAMILY CONSTELLATION INFORMATION

← Complete this

- 1. List all siblings from oldest to youngest. Give a brief description of each (include yourself). What stands out most for each sibling?

- 2. Do a rating of each of the siblings, from the highest to the lowest, on each of the following personality dimensions. Include your own position in relationship to your siblings.

MOST TO LEAST:
Intelligent _____
Achievement-oriented _____
Hardworking _____
Pleasing _____
Assertive _____
Charming _____
Conforming _____
Methodical _____
Athletic _____
Rebellious _____
Spoiled _____
Which _____
Critical of others _____
Bossy _____
MOST TO LEAST:
Feminine _____
Masculine _____
Easygoing _____
Daring _____
Responsible _____
Idealistic _____
Materialistic _____
Fun-loving _____
Demanding _____
Critical of self _____
Withdrawn _____
Sensitive _____
Artistic _____

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- 3. Which sibling is the most different from you, and how?
4. Which is most like you, and how?

5. Which played together? _____

6. Which fought with each other? _____

7. Who took care of whom? _____

8. Were there any unusual achievements by the siblings? _____

9. Any accidents or sickness? _____

10. Any trauma—physical, sexual, disasters, etc. (which siblings, including yourself experienced them?) _____

11. What kind of child were you? _____

12. What childhood fears did you have? _____

13. What were your childhood ambitions? _____

14. What was your role in your peer group? _____

15. Were there any significant events in your physical or sexual development? _____

16. Any highlights in your social development? _____

17. What were the most important values in your family? _____

18. What stands out the most for you about your family life? _____

FAMILY CONSTELLATION: PARENTAL FIGURES & RELATIONSHIPS

1. Father's current age: _____
2. Occupation: _____
3. What kind of person was he? _____

4. What were his ambitions for his children? _____

5. Your childhood view of your father? _____

6. His favorite child, and why? _____

7. Relationship to children? _____

8. Sibling most like your father? _____
9. Mother's current age: _____
10. Occupation: _____
11. What kind of person was she? _____

12. What were her ambitions for her children? _____

13. Your childhood view of your mother? _____

14. Her favorite child, and why? _____

15. Relationship to children? _____

16. Sibling most like your mother? _____
17. Describe your parents' relationship with each other: _____

18. In general, how did each of the siblings view and react to your parents? _____

19. In general, what was your parents' relationship to the children? _____

20. Besides your mother and father, were there any other significant adults in your life? Who were they? How did they affect you? _____

EARLY RECOLLECTIONS & DREAMS

1. What is your earliest single and specific memory? _____

2. What are some other early recollections you have? Be as detailed as possible.

3. What feelings are associated with any of these early recollections? _____

4. Can you recall any childhood dreams? _____

5. Do you have any recurring dreams? _____

LIFESTYLE SUMMARY:

1. Give a summary of your family constellation. What stands out most about your role in your family? Are there any themes in your family history?

2. Summarize your early recollections. Are there any themes running through your early memories? Do you see any meaning in your early recollections?