



*belonging*

# Fundamentals of Adlerian Psychology



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# Dr. Susan Belangee



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International presenter and instructor for ICASSI, President and other positions on NASAP Board of Directors, several published articles on various aspects of Adlerian psychology theory and practice, former Professor in Master's level counseling training program, current adjunct professor at Drake University.

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# Jess Minckley, MFA



Artist, educator & graduate student at Antioch University Seattle in Clinical Mental Health Counseling & Art Therapy.

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Forthcoming book (illustrations & contribution):

Partridge, E. *Getting on in art therapy: A hands-on guide to personal and professional development*. Jessica Kingsley Publishers. 2021.

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# Overview of Adler's Life & Theory Development

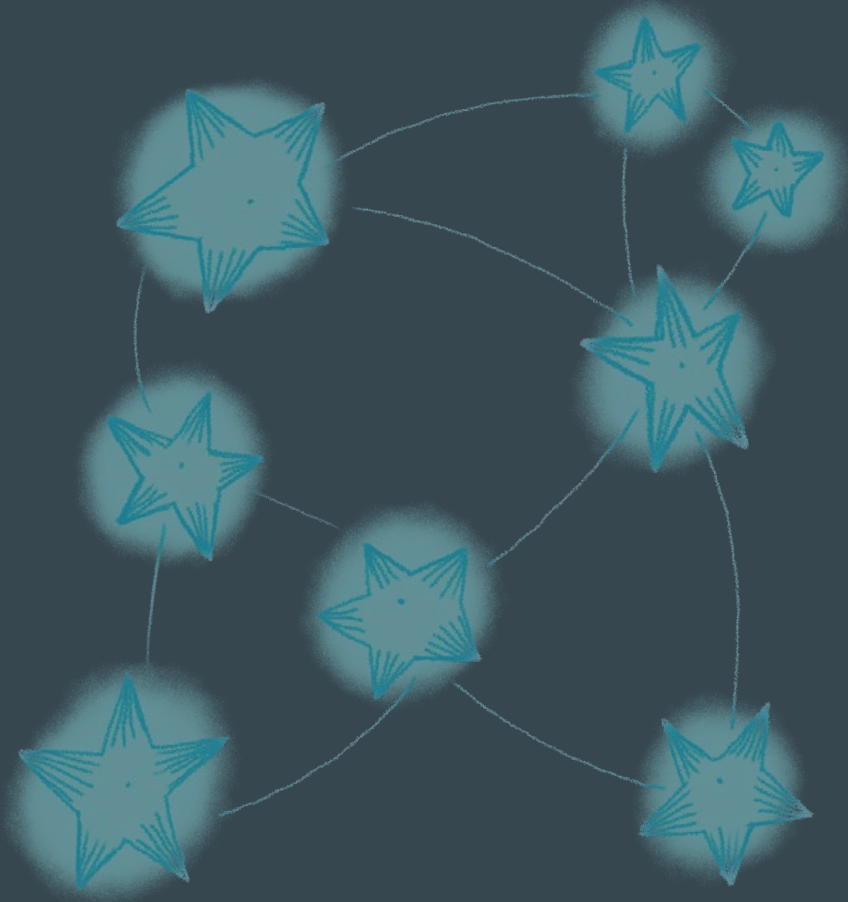
- Born in Vienna 1870; 2nd oldest son to Jewish family
- Experienced illness as a child and loss of brother
- Studied Ophthalmology and neurology in Medical School
- Served in WWI - first to recognize PTSD
- (“shell shock”), daughter Alexandra wrote on it
- Influenced by Aurelias, Epictetus, other philosophers
- Started Child Guidance Centers in Vienna
- Lectures in Europe and US
- Started International Journal of IP (2nd oldest prof journal devoted to psychology; Now JIP)
- Published several books
- Influenced many contemporary therapy approaches, but little to no credit given to him



# Major Concepts



# Family Constellation & Atmosphere



# Family Constellation & Atmosphere

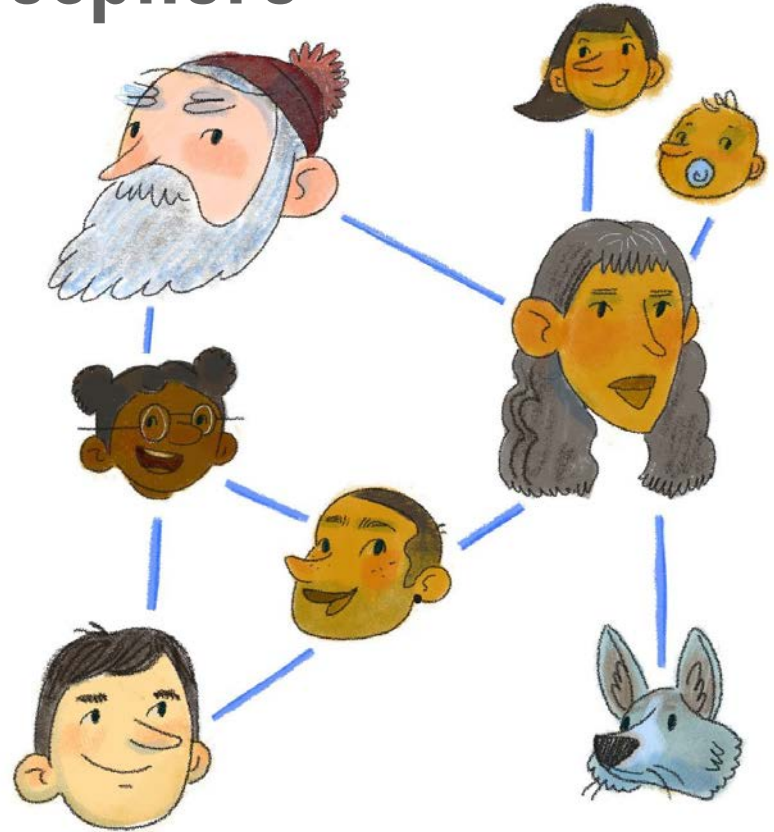
## Family of Origin (FOO)

- Intergenerational Patterns: Genogram

## Parents' beliefs → child's values

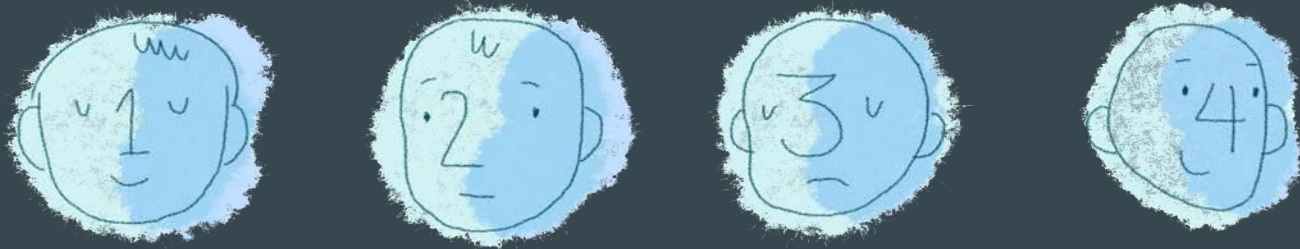
- Spoken & implicit messages
- Democracy → feelings of worth, efficacy, & competence

## Roles in the Family Unit





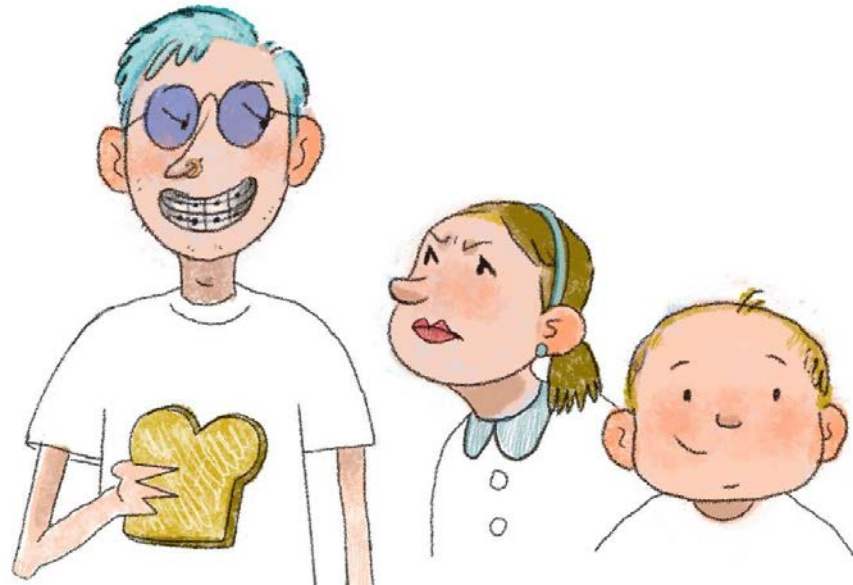
# Psychological Birth Order





# Psychological Birth Order (PBO)

- Difference between ordinal position and psychological birth order
- Sibling relationships play large role in development of PBO
- We act out our PBO everywhere we go





# Inferiority Feelings

# Inferiority Feelings

- Develop as a result of interactions with family of origin
- Start as seed(s) of striving as we try to overcome them
- Always with us, but don't need to overcome/paralyze us





# Striving for Significance

# Striving for Significance

- The direction of striving influenced by early childhood experiences
- Useful side or useless side (with people vs. without consideration for others)
- Never an end to the striving; influences us across lifespan



# Lifestyle



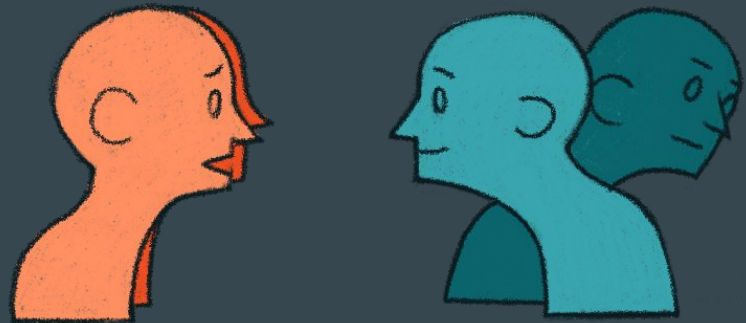
# Lifestyle

- Culmination of childhood experiences and interactions
- One's unique view of self, others, and the world
- “I am\_\_\_\_\_, others are \_\_\_\_\_, the world is \_\_\_\_\_, therefore in order to belong I must \_\_\_\_\_”





# Life Tasks



# Social Interest & Social Justice

- Social Feeling / “Community Feeling”
- (Gemeinschaftsgefühl) begets Social Interest
- Social Interest begets Social Justice work.
- Responsibility for the impact of one’s actions upon others
- Striving for equity rather than equality



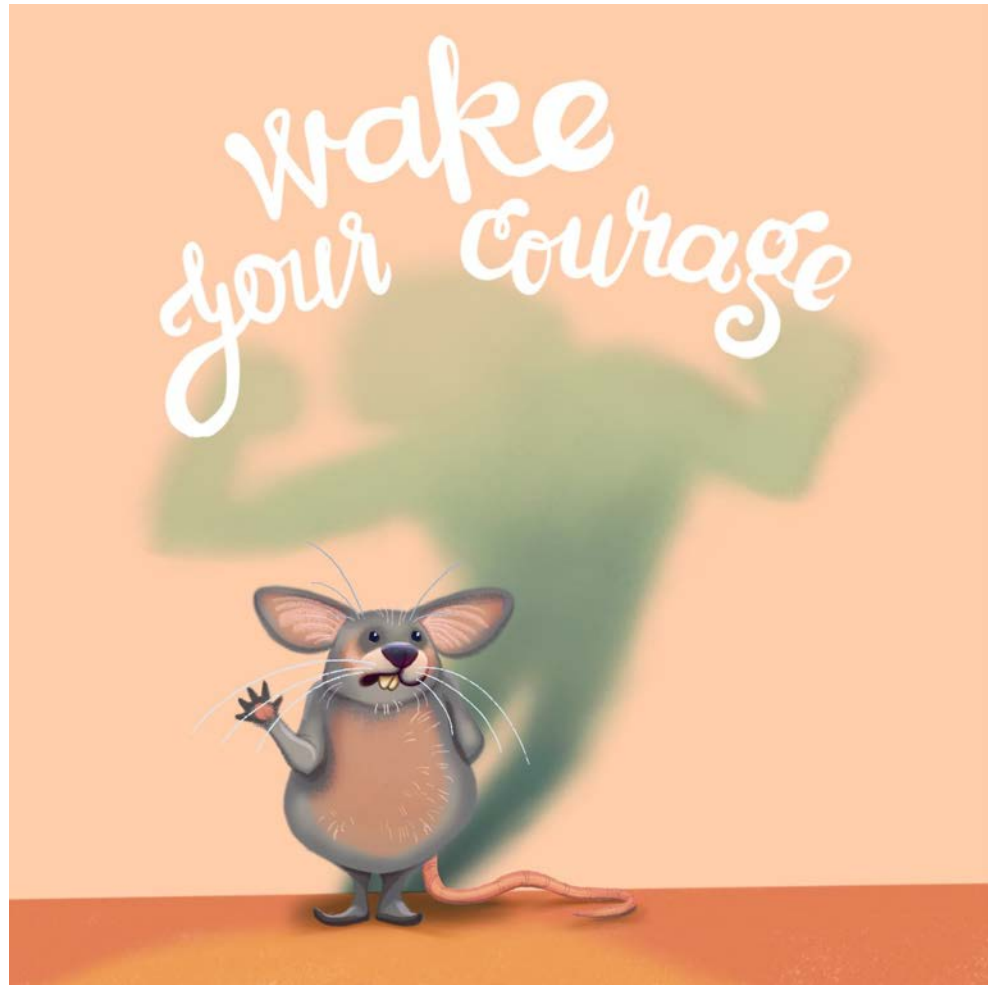
# Social Interest & Social Justice



# Life Tasks

1. Work
2. Friendship
3. Love/Intimacy
4. Self
5. Spirituality

\*not all Adlerians support #4 or #5





# Purposefulness of Behavior



# Purposeful Behavior



- All behavior has meaning & motivation behind it (usually to belong)
- We are forward-striving, intentional, and we aim for goals
- This is especially great to understand with regard to children's [mis]behavior

# Use of Theory in Various Settings





# Applications

- Adler's ideas are applicable across multiple settings, but most widely known and used in therapeutic fields of counseling and therapy
  - Coaching
  - Business/Organizations in terms of Leadership and productivity
  - Family Education
  - Primary Education (K-12)
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