Principal Features

Preview: Overview of Adler's Theory

"Adler's theory has implications for major theoretical questions."

[Page] (103)

[Table 4.1, Preview of Adler's Theory]
Page 104
Striving From Inferiority Toward Superiority

Inferiority

Complete the following:

"Almost everyone has heard the term *inferiority complex* which describes being overcome by a feeling of … (106)

"For Adler, the basic human motivation is to strive 'from a felt minus situation towards a …

"This is a process triggered by the dissatisfaction of the 'felt …

Adler's Evolving Ideas about Striving to Improve

Organ Inferiority

Question: What is Alfred Adler's concept of *organ inferiority*? (107)

[Examples] Organ inferiority.
**Aggressive Drive**

Question: What is Alfred Adler's concept of **aggressive drive**?

**Masculine Protest**

Question: What is Alfred Adler's concept of **masculine protest**?


**Superior Striving**

Question: What is Alfred Adler's concept of **superior striving**?
**Perfection Striving**

**Question:** What is Alfred Adler's concept of **perfection striving**?

**Inferiority Complex**

**Question:** How, according to Alfred Adler, does a person fall victim to an **inferiority complex**?

**Superiority Complex**

**Question:** How, according to Alfred Adler, does a person develop a **superiority complex**?

**Fictional Finalism**

**Question:** What is meant by the following statement?

"… Adler viewed individuals as causes rather than effects."
Fictional Finalism
(Continued)

Complete the following:

" … the person is a creative self who is trying to …" (108)

[Examples] Creative self.

Question: What is Alfred Adler's concept of fictional finalism?
The Unity of Personality

Question: How did Alfred Adler's concept of unity of personality differ from that of Sigmund Freud's description of personality?

Style of Life

Question: What is Alfred Adler's concept of style of life?

First Memories

"A person's style of life, according to Adler, is established by the age of 4 or 5." In this, he agreed with Freud about the importance of early experience in determining personality."

[Examples] First memories.
"The key to the importance of … early memory is not the objective facts recalled but rather the psychological importance of the early memory for the individual. Researchers suggest that early memories are influenced by talking with adults about the events."

"Adler did not like the practice of presenting typologies …"

"Not all styles of life are equally desirable. Sometimes, early in life, people develop strategies for improving their situations that are, in the long run, maladaptive. For example, a child may become overly dependent on doting parents or overly rebellious. Adler referred to these as 'mistaken styles of life.'"
Mistaken Styles of Life
(Continued)

Ruling Type

Question: What is Alfred Adler's concept of the ruling type mistaken type style of life? (111)

[Examples] Ruling type mistaken style of life.

Question: What is Alfred Adler's concept of the deprecation complex? (112)

Getting Type

Question: What is Alfred Adler's concept of the getting type mistaken type style of life?

[Examples] Getting type mistaken style of life.
Mistaken Styles of Life
(Continued)

Avoiding Type

Question: What is Alfred Adler's concept of the avoiding type mistaken type style of life?

[Examples] Avoiding type mistaken style of life.

The Healthy Style of Life: The Socially Useful Type

Question: What is Alfred Adler's concept of a socially useful type healthy style of life?

[Examples] Socially useful type healthy style of life.
"Adler, like Freud, described relationships with parents. In addition, he considered the impact of siblings on personality development."

**Parental Behavior**

**Question:** What did Alfred Adler say about parental behavior in his theory of individual psychology? (112)

[Examples] Parental behavior. (113)

[Table 4.2 Advice Raising Children] Page 113
The Pampered Child

Question: What did Alfred Adler say about parental pampering in his theory of individual psychology?

The Neglected Child

Question: What did Alfred Adler say about parental neglect in his theory of individual psychology?

Parenting Training Programs

Question: What did Alfred Adler say about parental training programs in his theory of individual psychology?

Family Constellation

Question: What is meant by the following statement?

"(The) emphasis on family constellation … was an important and distinct contribution of Adler."
First-Born Child

Question: What did Alfred Adler say about the situation of the firstborn child in his theory of individual psychology?  

Second-Born Child

Question: What did Alfred Adler say about the situation of the second-born child in his theory of individual psychology?  

Youngest Child

Question: What did Alfred Adler say about the situation of the youngest child in his theory of individual psychology?  

Only Child

Question: What did Alfred Adler say about the situation of the only child in his theory of individual psychology?
Other Aspects of the Family Environment

Question: What did Alfred Adler say about other particular aspects of the family environment?

Research on Birth Order

"Research on birth order and personality has shown some relationship, but not always in the direction hypothesized by Adler …"

Sulloway's Analysis of Scientific Revolutions

Question: How did the modern historian of science, Frank Sulloway, extend Adlerian ideas about birth order and social/scientific activism?

Psychological Health

"Adler's description of psychological health was phrased in more social, less purely individual terms than Freud's intrapsychic model."

Social Interest

Question: What did Alfred Adler say about the concept of social interest in his theory of individual psychology?

[Evidence] Research on social interest.
The Three Tasks of Life

"Life in society requires cooperation and, therefore, social interest. This is readily seen by considering the three fundamental tasks of life: work, love, and social interaction. Success in all three areas is evidence of mental health."

Work

**Question:** What did Alfred Adler say about work in his theory of individual psychology?
Love

Question: What did Alfred Adler say about love in his theory of individual psychology?

Social Interaction

Question: What did Alfred Adler say about social interaction in his theory of individual psychology?

Interventions Based on Adler's Theory

"Like all psychoanalysts, Adler discussed the role of formal psychotherapy in overcoming psychological distress. Some specific interventions is often needed to overcome developmental errors from childhood. We do not learn from life itself because we interpret life experience according to the often erroneous directions of our style of life."

"Besides formal psychotherapy, the principles of individual psychology can be applied in other interventions as well, such as schools, making Adler a pioneer in modern community psychology interventions. In fact, Adler thought psychologists should advocate social change in order to prevent mental disorders."
School

"Adler's ideas have been applied in schools, where they are called individual education."

Question: What did Alfred Adler say about individual education in his theory of individual psychology?

Therapy

Question: What are the Adlerian therapy aims?

[Table 4.4, Stages of Adlerian Psychotherapy]
Page 122
Therapy

(Continued)

Question: How is the client's style of life assessed at the beginning of therapy?

Question: What are meant by the following statements?

"Changing to a healthier lifestyle necessarily involves increased social interest."

"Dreams are interpreted as indicators of the individual's unique style of life."
Question: What is meant by the following statement?

"Adlerian therapy aims to enhance the self-esteem of the client."

Question: What did Alfred Adler say about the importance of "therapeutic jokes?"

Question: What did Alfred Adler say about respecting the religious commitments of his patients?
Therapy
(Continued)

Question: What did Alfred Adler say about the importance of psychological factors in physical disease?

Question: What are meant by the following statements?

"Adler was innovative in his therapeutic techniques."

"Adlerian therapy is essentially a primitive version of operant conditioning."

"Adler's therapeutic approach has been compared to various modern therapeutic techniques."

End