

## **Eighth Annual Report of the Alfred Adler Consultation Center and Mental Hygiene Clinic\***

DANICA DEUTSCH, *Executive Director*

This is the Eighth Annual Report of the Alfred Adler Consultation Center and Mental Hygiene Clinic for the fiscal year, June 1955 to May 1956. Dr. Alexandra Adler has continued to serve as medical director, Dr. Warner L. Lowe as assistant director, and Mrs. Emma Weissmann as psychiatric social worker. The teamwork of our psychiatrists, psychologists and social workers has been functioning very satisfactorily.

After an initial interview, each new applicant is given a psychiatric diagnosis by one of our supervising psychiatrists. Every therapist is under psychiatric supervision. In addition, there are weekly discussions of cases in treatment and psychiatrically conducted seminars.

During the past year 1955-56 a total of 6093 hours of individual therapy, and a total of 458 group therapy hours were given. Of this total, our therapists contributed 1138 hours without remuneration; and the psychiatrists contributed 478 free sessions.

*Number of Patients.* At the present time, we see, each week:

150 adults in individual session

82 patients in 6 therapy groups and in one mothers' discussion group

32 children in play and art groups, and in individual therapy.

*Staff Meetings.* Staff meetings took place once a month, chaired by Mr. Ernest Papanek, co-director. At one of the meetings, Mr. Papanek gave an interesting report on his attendance at the World Mental Health Conference in Istanbul and his visit to Israel during the summer of 1955. The next meeting covered the topic: "Psychopathic Personality in the Adlerian Light" with Dr. Kurt Adler as discussion leader.

Another meeting was devoted to the presentation of the book, *Parents on the Run*, by Willard and Marguerite Beecher (Julian Press, New York, 1955) followed by lively discussion.

The last staff meeting took place May 14, 1956. The topic was "The Use of Drugs in Psychotherapy." Discussants were Dr. Alexandra Adler and Dr. Oscar Pelzman.

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\* Presented at General Membership Meeting of the Individual Psychology Association, New York, Inc., June 13, 1956. 333 Central Park West, New York 25, N. Y.

### *Special Events*

We were invited by the community to send speakers to different groups: The N.Y. Ethical Culture Society, Bronx County Society for Mental Health, Mt. Vernon Women's Club, Sisterhoods of the West Side and Bronx Synagogues, and others.

In addition, we were invited to meetings of the Welfare and Health Council in order to participate in pertinent discussions of the Mental Health program.

These invitations as well as the increasing number of referrals from agencies, hospitals, the Board of Education, medical doctors and other sources, are proof of our ever-increasing good standing in the community.

### *Social Club*

A new activity was added this year to the Center, the Saturday Social Club for unmarried patients of the Center, initiated by Dr. Janet Caldwell and assisted by Miss Rose Garlock and Mr. Michael Kriegsfeld. During the first five months of its existence, 24 patients have been accepted, but the club maintains a rather constant membership of 14 people, most of whom are original or early members. Activities are table games, record playing, social dancing, group dancing, lantern slides, sketching, subject discussion, and arts and crafts. Light refreshments are served. The club has definitely crystallized into a friendly, informal unit, and we hope that it will continue next year with an increased membership as a standing institution.

### *Finances*

Fees received from patients for the fiscal year totalled \$30,988.15. The average amount of fee per person was \$3.00. However, our financial worries are still with us. We have applied to the New York Community Mental Health Board for funds, but no decision has yet come forth.

A touching episode in our experience was the opening of the Will of one of our former clients, Miss Margot Schlein, a young woman who for two years had been in treatment at the Center and who died suddenly. She left a bequest of a few thousand dollars to the Center, which is still in legal process.

One incident of good fortune also came our way in the form of forty sets of a six volume *Adler Works* publication, given to us by the publishers, Mr. and Mrs. T. O. Warfield, who knew Adler personally, and who were encouraged by him twenty years ago to publish these books. The Friends' Committee under the Chairmanship of Miss Virginia Biddle, are using these sets for fund raising. So far \$900.00 has been realized through this project. The same committee, in conjunction with the McBurney School,

used the publication of *Parents on the Run* by Willard and Marguerite Beecher (Julian Press, New York, 1955) for a very successful lecture at Hunter College. And last but not least, we have been very happy and proud to promote the sale of the book by H. and R. Ansbacher, *The Individual Psychology of Alfred Adler* (Basic Books, New York, 1956), by supplying our mailing list to the publishers. It is very gratifying to hear that they have already received orders for more than 3,000 copies.

### *Outlook for the Future*

The preceding report of our activities for the year just closed shows that we have been working at full capacity, and had to start a waiting period of two to three months. This is not due to lack of personnel, but mostly to lack of office space, especially during afternoon and evening hours. As always in our history, when the need was greatest a solution presented itself. At this time, space became available on the same floor as our suite. These expanded facilities will also serve the growing needs of the Institute for Individual Psychology of which Dr. Helene Papanek, M.D., is the Director. Last year's enrollment was 19 first-year and 24 second-year students.

We have great plans for the future: Departments of Group Therapy, Child Guidance, Remedial Work, as well as Film Discussions, for the wider public. What is left for us to do is to raise funds to appropriately equip the new offices. Therefore we appeal to everyone to do his best to find new friends who will sponsor our efforts.

December, 1956

Since this report was presented in June, some of our expectations have materialized—

- 1) Our need for sponsors to tide us over the summer months produced ready response from the following members of our Board: Dr. Frank L. Babbott, Mr. Ben H. Jacob, Victor Jacobs, and Mr. Adolph Held, all of whom, with many others, engaged in successful appeals to their friends.
- 2) We received a contract from the Community Mental Health Board.