

IDEA EXCHANGE COLUMN

Roland Preston Rice, Ph.D.

Chairman, Social Service, and Counselor of Students
McKendrie College, Lebanon, Illinois

BUILDING OLD DREAMS ONTO NEW ONES: A TREATMENT FOR INSOMNIA

Making use of old dreams to induce sleep has been used by the writer for more than ten years. Its first extension to persons other than myself was made three years ago in Chicago and to a group of Individual Psychologists. An informal report on results when employed by persons other than the writer indicates good success in its use.

A particularly satisfying dream which a person has had, fits easily onto a new one. It is familiar and not difficult to get going. Also, the very reason that it was remembered and reflected upon with pleasure, usually is reason enough to start it up again. There may be "unfinished business" in it which the dreamer would like to pursue.

A sometimes valuable "side effect" of this practice of building onto old dreams is some frequently considerable extension of insight on the part of the counselor into the "hidden logic" of his patient.

A COMPOSITE PROFILE: ITS VALUE IN WORKING WITH ADULTS

Adults are impressed by tangible and observable evidences. Because we live in an age of science and technology, of standardized formulae, charts, graphs, and profiles, it is a desired identification with sophisticated procedure which many people want. I therefore have fallen in with their notion. I have done it for several reasons, two of which I shall name here: 1) it puts me as counselor in closer relationship with the research aspect of the several prevalent schools of psychology and, 2) it gives my counselees something definite to hold in their hands and look at which meets with their expectation that "the doctor" has a treatment for them, like medicine in a bottle, with which they can themselves do something.

I speak here of a composite profile which I draw and which the counselee can look at to see what difficulties in his Life Style stand clear for investigation and treatment. And the adults I have in mind are parents, high school students, and college people.

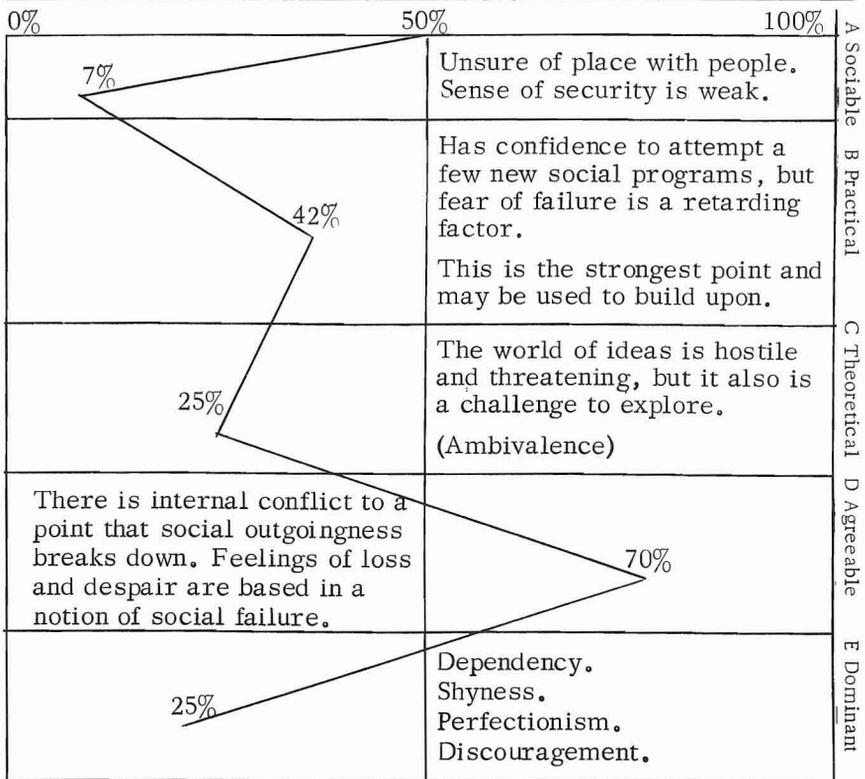
The difficulties encountered in changing Life Style in adults appears somewhat lessened by this procedure. Adults are able to make changes when they are strongly impressed by what they see, especially when they see themselves in what may be an unfavorable light. From it they get a kind of shock treatment which helps them face themselves realistically.

Accordingly, I usually give patients an opportunity to write out three Early Recollections, followed by a brief statement on "how I see my world" (their own view of the world in which they live), and finally a Kuder Preference Personal, Form AH. Out of these three

materials I draw a profile. In it the client is able to see himself compared with society in general and, additionally, he finds in it a structured treatment of himself as a person. The several categories of the Kuder Personal are modified, supported, and strengthened by the Early Recollections and the philosophy of life. These three items, taken in composite, form the profile which the individual seeking help, can hold in his own hands, look at, discuss, and keep a copy of, for his own private investigation and analysis.

I have found that the Kuder Preference Record (Personal, Form AH) comes out so nearly the same as does the interpretation of Life Style drawn from Early Recollections that the two neatly and helpfully supplement each other. Furthermore, their use in combination serves to join the several schools of psychology in a manner which possibly may elevate the worth of Adlerian Psychology in the academic mind.

Composite Profile Using Kuder Personal, Early Recollections, and Life Philosophy



Early Recollections:

1) 3 yrs.: When mother came home from hospital with baby brother I was at grandmother's. Mother held the baby too close to her. I thought the baby would be different than it turned out to be. Its head was enormous. I remember feeling jealous.

2) 5 yrs.: I remember my first day in school. Mother took me and left soon after. I cried and cried. The teacher tried to comfort

me. I cried each day thereafter for many days. Mother did not bring me after the first day.

3) 7 yrs.: I can remember going to spend a week with my aunt. I cried most of the time. I had the feeling I would never see my mother again.

Excerpts from "My Philosophy on Life" (by patient):

I have pondered this question many times, and my philosophy is one of misunderstanding, confusion, and bewilderment of myself and the world about me. I want to live and enjoy life and to see the places that I have always wanted to see, basically because I'm young, and it is expected of young people to enjoy life immensely and to live it to the fullest capacity.

I feel that my entire outlook on life has changed in the past year. Always I have the morbid fear that I will never have an old age because the world will be gone, and then I think to myself, what am I doing in school when I could be enjoying life instead of slaving over books trying to obtain an education that will never be of any benefit. I have all of these confused ideas tearing at my mind constantly with no solutions that I can have faith in.

I want very much to make a place for myself in the world and also change my views about life. I hope this is the year that I will be able to again make myself a worthwhile member of the human race with hope and happiness waiting in the future.

Life Style:

Though the world is an interesting place and has many attractions, it is too big for me. I cannot cope with the problems it brings to me. I am so small and feel threatened by circumstances. I hope some day to be rescued. But there is no one big enough to pull me out of my confusion. I wish I were big enough to do the job myself, but I am not. I long to be of first-rank importance but I can see myself only as a poor second.

Symptoms:

Feels sorry for self. Is easily confused. Withdraws. Shows signs of perfectionism. Is moody. Evidences patterns of discouragement. Appears to overtry.

NEWS

INTERNATIONAL CONGRESS IN SALZBURG

The 10th International Congress of Individual Psychology was held from September 1 to 4, 1966 in a splendid setting in the magnificent city of Salzburg, Austria. An international audience of approximately 125 persons included representatives from Czechoslovakia.

The opening address by the president, Dr. Kurt Adler, set the inspirational tone of the Congress. The program covered five major areas of interest with a half day allotted to each.

The area of PSYCHOTHERAPY included "Nature and Treatment of Homosexuality," by Dr. Kurt Adler; "Family Constellation and its Relation to Rehabilitation of Psychotics," by Dr. H. Gastager of Salzburg; and "The Role of Dance Therapy in Adlerian Psychology," by Lilian Espinak of New York.

Under RECENT DEVELOPMENTS IN ADLERIAN THEORY AND PRACTICE, Dr. Wolfgang Metzger of Germany gave a report, "The Position of Individual Psychology and Normal Psychology." Others presenting papers were Dr. Christopher Wolfensberg of