

that his conception of himself and his relations to his surroundings will contain errors and misinterpretations. Thus, no two individuals will manifest the same attitude towards life, towards problem solving, towards responding to the demands of life. In other words, no individual conceives the "true," the "objective" life, and each individual follows the fiction formed by himself, for himself, as if it were true, as if it were real.

Consequently human society is established and functions, not on a true, or objective conception of reality but on the basis of a kind of consensus, a coordination of various outlooks known as "common sense." This is the ability of man to experience himself as a part of a whole, as a member of human society--his social interest, as Alfred Adler defined it.

It is because of the errors of the multitude of fictions established by each member of human society that ethical, moral and social values are subject to continuous change, which renders these values only temporarily usable as measures of the degree of any individual's "adjustment." Thus, another yardstick is needed, and that is to be found in the individual's attitude towards his experiencing himself as part of the whole of human society, that is to say to the extent to which his social interest has had the opportunity to develop. Therefore, what we encounter in the day-to-day way of living of an individual is not so much a problem of his "adjusting" to a given, though temporary, set of values, but to the overall task of being a human being. "Adjustment," "maladjustment," and "unadjustment" are indicators of the individual's attitude towards the tasks of life: towards work, social relations and love, tasks which can be solved only in cooperation with the whole of mankind. Thus, the presence or the lack of cooperation, as a gauge of social interest, becomes the manifestation of an individual's way of adjusting to life.

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SOME NECESSARY CONDITIONS FOR SCHIZOPHRENIA *

by Bernard H. Shulman, M.D., Chicago, Illinois

The conditions mentioned in this paper seem, in the author's view, to be necessary for the existence of the schizophrenic process in a human being. Unless these conditions are present, schizophrenia will not occur. Transient psychotic reactions which occur under extreme environmental stress are not included in this context,

* Editor's Note: This is an outline of Dr. Shulman's paper already published in The Journal of Existentialism in a longer form.

although the author does not claim that they are completely different from a schizophrenic psychosis. While these conditions are considered necessary, they are not thought to be sufficient for a thorough explanation of schizophrenia.

If these conditions are necessary, they should be present in all cases of schizophrenia. Such a hypothesis could perhaps be verified by study of a large series of cases.

The following statements are not new. They have been previously made or implied by Alfred Adler and recently repeated by Kurt Adler and in certain respects are like the ideas of Sullivan.

1. The schizophrenic is a person with a life goal which is high: to be perfect, godlike or all-superior in some way. The goal is relatively inflexible, has an all-or-none quality and demands absolute fulfillment. It offers few or no alternatives.

2. Any defeat (no matter how minor) or anticipated defeat in the pursuit of this goal is perceived as intolerable, unendurable and to be avoided at all costs. (cf. Masserman; Ryle)

3. In order to better pursue the goal and/or avoid defeat in such pursuit, all other considerations are of lesser value. Thus, good human relations, the rules and customs of society, health, even life itself have less value than the pursuit of the goal.

4. The life situation is perceived as not allowing achievement of the goal in common-sense, socially acceptable and useful ways; therefore common-sense (having less value than the goal) is discarded when it interferes with the goal. The author prefers to call this the decision that the individual makes which leads to psychosis.

5. After this unconscious decision has been made, the individual uses a private logic (Adler, Dreikurs), a private personal approach to life which can be used only because common sense has been discarded. This private approach facilitates the pursuit of the goal and the avoidance of defeats.

6. The intrusion of common-sense would interfere with the purposes of the individual. Therefore he makes himself immune to logic and rational appeals.

Adler has said that a period of unconscious training precedes the psychosis when it appears in adolescence or adult life. By this he means that such an individual trains himself to rely more on private, unverified, unvalidated conceptions of life than on consensual opinions. (Boisen) Another author has said that the schizophrenic cultivates a lie and proves a lie to be the truth. He further adds that the schizophrenic is then concerned with defeating the attempts of society to draw him again into the logic of living, where he expects only defeat. Dreikurs and Thornton have also pointed out the "power contest" in schizophrenia.

The theory that schizophrenia is an ego fragmentation and/or a loss of object relations does not add to the above explanations. The schizophrenic intends to reject all relations which interfere with his fictitious goal. Also, it seems that the schizophrenic is well integrated in his own way. Naturally, his solution is inadequate and inappropriate, so that one may think that his defenses have disintegrated when actually he has had to discard his previous defenses because they were part of his previous system of operation and were still related to common-sense ways of functioning. Psycho-

analytic theory speaks of the schizophrenic's being overwhelmed by his id impulses. Such a formulation is consistent with mechanistic libido theory and id-ego-super-ego topology, but it has no place in a theory which is phenomenological and holistic.

Other investigators have suggested the existence of specific schizophrenogenic environments in childhood. (Kanner, Mahler, Rosen, Fromm-Reichman) Adler himself said that any child could probably be made schizophrenic by systematic discouragement. Bender and others, however, claim that there is "no uniform pattern of family dynamics" such as rejecting mothers, brutal fathers, etc. In the author's experience, the family constellation of each schizophrenic will reveal those environmental factors which promoted and encouraged the development of schizophrenia. However, there seems to be no family constellation that one can call without qualification schizophrenogenic. In what seems the most disturbed family, one sibling may become psychotic, the next may not. Kallman and Bender suggest constitutional causes. While these may well exist, the author believes they still cannot "cause" schizophrenia without the "necessary" conditions mentioned above.

The sine qua non, according to this theory, is the individual's "decision" to discard the use of consensual validation. The symptoms of the disease are the result of this decision.

EDITOR'S NOTES

* Owing to the pressure of other activities, Mr. George LaPorte has resigned as Managing Editor. Our best wishes in his new venture.

* Dr. Andrew Lavender, Professor of English at the Baruch School of the City College of New York, certified graduate of the Alfred Adler Institute of New York and staff member of Curricular Guidance of CCNY, a gentleman of many abilities and interests, has joined our staff as Associate Editor.

* The I. P. A. of New York has on file many issues of The Journal of Individual Psychology, dating back to 1935. Anyone interested in purchasing copies may contact Abramson, M.S.W., Social Service Director, c/o I.P.A., 333 Central Park West, New York, N.Y. 10025.

IDEA EXCHANGE COLUMN

by Roland Preston Rice

The letter which follows in this column was sent by the Idea Exchange Editor a while back to Mr. Nahum Shoobs, editor of The Individual Psychologist. It concerns a suggestion made by one of our prominent Adlerians and has reference to a name which might possibly be added to the two now commonly used. Thus, alongside and--under certain conditions--in place of "Individual Psychology" and "Adlerian Psychology" would be the suggested term "Teleanalysis."

My reason for releasing this letter to our readers is for the purpose of stimulating discussion and the promotion of more idea-building. Therefore, dear readers, send in your replies!

The letter follows: