

may be the best operational definition of mature brotherly love that we have available today.

#### REFERENCES

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#### IDEA EXCHANGE COLUMN

Roland Preston Rice

DR. O. HOBART MOWRER: ADLERIAN

Today I received a letter from the eminent psychologist O. Hobart Mowrer, Research Psychologist at the University of Illinois, with respect to his recently awakened interest in Adlerian Psychology and his expressed desire to join himself to it. I pass both the content and the form (or methodology) of his message on to the readers of THE INDIVIDUAL PSYCHOLOGIST via this column in anticipation of an enlargement of conversation over the similarities between Integrity Therapy and its "community" on the one hand and Adlerian theory and its "social interest" on the other. Excerpts from Dr. Mowrer's letter:

"I don't know quite how to try to answer your question, 'What is it in particular that has drawn you to Adlerian psychotherapy.' Let me first answer your question negatively and say that I think I would have been attracted to it long before now if I had just taken the trouble to do some relevant reading. Although there are some minor differences between the Adlerian approach and what we are calling Integrity Therapy, the similarities are very striking. In I.T. we have stressed the central importance of one's being in or out of 'community.' The Adlerians stress the presence or lack of 'social interest.' Although the terms are different, the reality represented seems to be virtually identical. Certainly, Adlerian Psychology has been developed much further and more comprehensively than has Integrity Therapy, and we mean to join forces whenever possible. I think there may be one or two areas in I.T. where there are 'lacunae' where there might be something to add. But in any case, I mean to become a much more serious student of the work of Adler and his followers than I have been in the past.

"Specifically, the thing that has piqued my interest is the fact that Dr. Rudolf Dreikurs taught a couple of very successful courses in the College of Education here at the University of Illinois this past summer. As a result of attending several of his lectures, I came to know him personally and to have a deep respect for his scholarship and clinical competence. I am continuing to read the various publications which are available through the Adler Institute in Chicago, and I want to join the national society and have as much contact as possible with people at the Chicago Institute."

Bringing these two schools of thought together may well have great impact on psychotherapy in particular and psychology in general. Because both systems are basically so similar in content-structure, whatever differences there may be in operational methodology should prove readily reconcilable.

For instance, the basic honesty required of a respondent by Integrity Therapy looks to the same dynamics, operationally, as does Adlerian Psychology in leading a counselee to the recognition and acceptance of his "hidden logic" as the rationale of his mistaken social goals. Accordingly, both schools seek a full or "truthful" account of individual feeling and action. This they do on the assumption that bringing the hidden into the light of personal recognition and possibly of social acceptance is in and of itself of therapeutic value to the individual.

It seems to this writer that at least one of the "lacunae" referred to by Dr. Mowrer may already have been clarified in Adlerian thought. I refer here to the hidden honesty in a patient which may parallel the hidden logic specified in Adlerian theory.

For example, a wife who is convinced that her husband has had affairs with other women wants from him "the facts," which she believes are equatable with honesty. Yet it becomes increasingly clear that it is not the facts as such which would satisfy her. What she is searching for, obviously, is the hidden motive which she suspects her spouse is purposely concealing from her. So she demands to know of him why, for instance, he persists in looking at and being attracted by other women's legs. He, of course, insists he does not know why and therefore should not be held accountable. But she will not be put off. His denial is to her his big lie. She believes he does know but is afraid to tell her. In a feeling sense, he assuredly does know, but does not know how to put it into words. Accordingly, therapy may clarify the problem for him and provide a means whereby his honesty can be released for both his own insight and for frank communication. Until that time of release comes, she and he will be required to wait in a mutually strained relationship.

Integrity Therapy insists that the therapist "go all the way" in determining with the patient what should be told. The Adlerian approach seeks out the hidden logic but may not always insist on the same degree or level of honesty demanded by Integrity Therapy. This, we think, is more a matter of emphasis than a genuine difference in basic theory.

Unquestionably, much more remains to be examined and studied in working out a mutually satisfying alignment. Nonetheless, beginnings have now been made. Others, we trust, will follow!

## NEWSLETTER

by Eva Bullard

### A.S.A.P. CONFERENCE

The Annual Conference of the American Society of Adlerian Psychology held May 26-28, in the Barbizon-Plaza Hotel of New York, was truly an educational, inspirational and social occasion. Dr. Harold Mosak was elected president for 1967-68; Dr. Wilmer Pew and Paul Brodsky, vice presidents; Dr. Rowena Ansbacher, secretary; and Dr. Bernard Shulman, treasurer.

The Education Division, with Dr. Roland P. Rice as chairman, opened the Friday afternoon program with a panel discussion: "The Four Goals of Children's Disturbing Behavior." Participants were Dr. Ernst Papanek, Dr. Manford Sonstegard, Paul Brodsky, and Maurice Bullard, moderator, who also substituted for Bernice Grunwald. A real contribution was made in challenging those unfamiliar with the four-goal technique to become acquainted with it. At the Memorial Session to Dr. Alfred Adler, on Friday evening, Dr. Kenneth Clark's topic was "Implications of Adlerian Theory for the Understanding of Civil Rights Problems and Actions."