

Congratulations to dynamic Dr. Dreikurs, not only a roving ambassador of Individual Psychology but also a teacher *par excellence* who has intensively taught and promoted the theory and practice of Alfred Adler almost to the point of becoming a crusader.

Through the influence of Dr. Rudolf Dreikurs, Adlerian groups and societies have been formed across the United States. He has carried forth this work in Switzerland, Greece, Turkey, Israel, and elsewhere. And in every organization that he joined, Dr. Dreikurs made it resoundingly clear that he was *an Adlerian* in theory and practice. Very few, if any, of those organizations, you may be sure, failed to become truly Adlerian likewise!

Dr. Dreikurs has never spared of his time, his energy, his money, or his health in his efforts to pass on to us the benefits to be gained from Individual Psychology. We who have profited from Adlerian psychology can follow his illustrious example. In every Adlerian society, if at all possible, we should organize an Adlerian clinic and graduate school. This has been carried out as separate organizations in both Chicago and New York, and in different fashion in other centers. Then perhaps some more future Dreikurses will develop.

Happy Birthday, Dr. Dreikurs!

Nahum E. Shoobs, Editor

#### A LESS KNOWN FACET OF RUDOLF DREIKURS' WORK: MULTIPLE PSYCHOTHERAPY

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It is—it appears to me—entirely “unnecessary” to wax eloquent about those many achievements of Rudolf Dreikurs that are known not only to his immediate students, co-workers, fellow psychiatrists, and fellow educators (in Chicago, in Illinois, in the U.S.A., and just as well abroad, from Great Britain, to Germany, to Austria, to Greece, to Israel, etc.). All of these circles and many more know him through his tireless and concentrated effort as one of the outstanding leaders and builders of the theory and practice of Individual Psychology (founded by his teacher Alfred Adler); as perhaps the most effective propagator of this theory of psychology-psychotherapy throughout the world (since the middle 1920's); as the author of many books and articles (medical, educational, and especially concerning family and school conditions); as the man who continued, after Adler's death, the [*International*] *Journal of Individual Psychology* by editing it under the most difficult conditions from 1940 to 1956 (as the *Bulletin* and then the *American Journal of Individual Psychology*). Indeed, this enumeration only most insufficiently covers the range of this man's well-nigh volcanic “energy-in-work.”

I want to draw attention here to what might otherwise remain *too little* noticed. It is Rudolf Dreikurs' *invention* (as one ought rightly name it) in the field of group psychotherapy: it is what he has called *multiple psychotherapy*. This method, distinctly and lucidly described by him in Vol. XXIV of the *Psychiatric Quarterly*, amounts to the treatment of *one* patient by *two* (or even *three*) therapists (psychiatrists, etc.) in alternation at the same time.

Dreikurs hit upon *multiple psychotherapy*—as it happens in so many inventions—seemingly “by chance,” when a younger colleague had to replace him (during Dreikurs’ vacation). However, it was far from “chance” that Dreikurs *continued* this *multiple* therapy upon his return (the group being *two* doctors and *one* patient) when he discovered its fruitful and accelerated therapeutic effect on patients! It remains for the psychotherapeutic world to study and apply this original method, whenever indicated, far more than heretofore.

#### REFERENCES

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### APPRECIATION OF DR. RUDOLF DREIKURS IN OREGON

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There would be no Individual Psychology movement in Oregon had it not been for Dr. Rudolf Dreikurs.

In 1957, the University of Oregon and Dr. Raymond Lowe of that institution brought about the first acceptance of Individual Psychology by a School of Education in a major university. The local public school system simultaneously provided year around support for the Adlerian Family Counseling Center, where several hundred parents and students participated each Saturday. This service was a continuation of Dr. Dreikurs’ summer demonstration program.

The concepts of Individual Psychology introduced that first summer were strongly challenged by many at the University of Oregon. Characteristically, Dr. Dreikurs counter-attacked the dissenters with great enthusiasm. Of more importance, he won over the majority of his large classes into a fiercely loyal following. In succeeding summers the attitude changed, with students and teachers enrolling to learn, not to attack.

By 1960, Dr. Dreikurs alternated summers at the University of Oregon, Oregon State University, and Portland, Oregon.

Major areas of Oregon have benefitted from Dr. Dreikurs’ work through improved classroom procedures, parent study groups in child development, improved techniques in remedial classes, and volunteer groups for furthering Individual Psychology.

The organization of the Oregon Society of Individual Psychology in 1960 was almost entirely the result of his persistent efforts. At about this same time, he persuaded some of the active members to initiate the parent study group program, appointing Mrs. Mim Pew as coordinator.

It was his urging which in 1959 brought forth the “Adlerian Family Counseling Manual,” utilizing four editors and many contributors.

Each year he gave a major public address which was later released in the form of an educational tape. Among the best known of these are “The Courage To Be Imperfect” and “How To Get Along With Oneself.” His seven mimeographed manuals, along with his books, have assisted others to assume leadership roles in many Oregon communities. Informal seminars in his home and off-campus workshops were noted for their congeniality and warm social relationships.