

Mrs. B herself came relatively regularly (always accompanied by her husband) for almost 12 weeks on a weekly basis, though apparently not eager to start or to continue. No "cure" could be achieved in this case (nor was one expected) except that the husband became more understanding, more helpful to his wife and could tolerate his wife's morbid behavior more calmly—a *gain not to be under-rated both for the patient and for the husband.*⁵

For all those who attempt the not-so-easy psychotherapy of "older persons," two points cannot be overemphasized: 1) that the "interests" or goals of the earlier or "major" part of the oldster's life be found, brought out, and closely "interwoven" into the treatment, and 2) that any physical handicaps (ills or defects) of the oldster not be overlooked but be *alleviated* (by a knowledgeable, skillful physician) while the psychotherapist *not* stress them in his orientation toward his patient.

Here is another example from private practice: a 79-year old, semi-retired eye doctor. He was plagued by frequent heart palpitations and "poor sleep," both admittedly worsened by anxiety (basically a "fear-of-death"). He himself had requested *psycho*-therapy.

Psychotherapy was conducted mainly by evoking and stressing his life-long "interest"—as a most skilled and successful healer-scientist—in his own great medical achievements, inseparable from *his* ability to calm the "nerves" of *his* patients, formerly, aside from his treating them, of course, by physical means. This method of "treating" him by eliciting *encouragement* in and by *himself* has succeeded fairly well so far, at least allaying his sufferings without *increasing* the sedatives which he tolerates rather poorly.

REFERENCES

1. *Handbook of Psychotherapy*, ed. B.B. Wolman, New York, N.Y., 1965. See especially pp. 826-837. References: pp. 836-37. ("Clinical Patterns of Aging," etc.).
2. Arkley, Joyce, *The Over-Sixties: A Survey of Social Problems and Unmet Needs*, (Queen Victoria Institute Fund), National Council of Social Service, 26 Bedford Sq., London, W.C.1., 1964. Pp. 59, with 24 tables and 2 appendices.
3. Arkley, J., p. 21.
4. Louis, Victor (Zurich, Switzerland): "The "Third" Age and the Cerebro-Degenerative Phenomena in the Light of Individual Psychology," paper read at the International Congress, Paris, 1953. (Pp. 5, mimeographed, French and German original text).
5. Meiers, Joseph, "The Intermediary-Distantial Therapy ...," in *Essays in Individual Psychology*, eds. Kurt Adler and Danica Deutsch, New York (Grove Pubs.) 1959, pp. 268-274.

ALFRED ADLER'S SENSE OF HUMOR

[Editor's note: The first two paragraphs of the following have been taken from the *Newsletter* of the Women's Division, edited by Mrs. Hazel C. Shoobs. N.S.]

Alfred Adler, far sighted and immediately practical though devoted to helping patients, never lost his sense of humor. There was little or no monotony in his sessions.

He was unique in his ability to lighten tense moments with an appropriate tale. To a scolding, domineering mother who frequently became involved in quarrels with her children, he told the story of the child, who, after being tucked to bed, with lights out, called down in a few minutes, "Mama, I'm thirsty. I want a drink of water." To which the mother replied, "You've had enough water. Now sleep and don't bother me." A few minutes later, the child called down,

“But, Mommy, I’m thirsty.” Mommy replied, “You’ve had enough water for tonight—and if you call me again, I’ll come up and give you a good spanking.” To which the little one answered, “Mommy, when you come up to spank me, will you bring me a glass of water?”

* * * * *

Thousands of words have been written to explain *projection*, one of our unconscious defense mechanisms. Yet Alfred Adler made its meaning clear to his patients with a simple story of the jobber who was irked over a practice of his best customer. Each time the customer came to give his order, he made sure to stand before an open display of silk scarfs. While giving his order, he would slyly pocket several of them, surreptitiously enjoying the feel of the silk as he did so.

This practice piqued the jobber, who finally hit upon a remedy. He substituted cheap cotton scarfs for the expensive silk ones. The next time the buyer came in, he resumed his petty thefts. But on feeling the very first one that he had placed in his pocket, he realized that it was not silk. Pointing his finger at the jobber, he thundered, “You swindler!”

AMERICAN SOCIETY OF ADLERIAN PSYCHOLOGY
Annual Conference May 31, 1968 - June 2, 1968
(Southern Illinois University)

PROGRAM

Friday, May 31st

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|--------------------|--|
| 8:00 AM - 11:00 AM | Registration — Comm. Building |
| 1:00 PM - 5:00 PM | Registration - Holiday Inn |
| 2:00 PM - 5:00 PM | ASAP Board Meeting — Oak Room, Holiday Inn |
| 7:30 PM - 9:00 PM | Education Division, ASAP - Theatre, Comm. Building |

Saturday, June 1st

- | | |
|---------------------|---|
| 9:00 AM - 10:00 AM | President’s Address — Theatre, Comm. Building
<i>Dr. Harold Mosak: “The Controller - A Social Interpretation of the Anal Character”</i> |
| 10:15 AM - 11:45 AM | Symposium — Theatre, Comm Building
<i>“Adlerian Concepts in Contemporary Psychology” Panel: Heinz Ansbacher, Ph.D., Eva Ferguson, Ph.D., W.L. Pew, M.D., Rudolf Dreikurs, M.D.</i> |
| 12:00 PM - 1:30 PM | Luncheon — University Center
<i>Guest Speaker: O. Hobart Mowrer, Ph.D., “Daytop Village, Casriel Groups and Social Interest”</i> |
| 1:45 PM - 3:45 PM | Demonstrations — Peck Building
<i>Harold Mosak, Ph.D. - “Family Constellations” Mrs. Danica Deutsch - “Family Counselling” Rudolf Dreikurs, M.D. - “Marital Counselling”</i> |
| 4:00 PM - 5:30 PM | ASAP Board Meeting - Walnut Room, Holiday Inn
(An additional meeting will be scheduled for Sunday if required) |
| 7:00 PM - 9:00 PM | Social Gathering — Edwards Room, Holiday Inn |

Sunday, June 2nd

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| 9:00 AM - 10:45 AM | Conversation between the Generations with Senior Adlerians:
<i>Dr. Kurt Adler — Oak Room
Dr. Rudolf Dreikurs — Walnut Room
Heinz Ansbacher, Ph.D. — Edwards I Room</i> |
| 11:00 AM - 12:00 PM | General Membership Meeting — Walnut Room, Holiday Inn
<i>Address by New President</i> |