

## THE LAST TEN YEARS

It is now ten years since Alfred Adler passed away in Aberdeen, Scotland, on May 28, 1937. He left the world in a turmoil and crisis, a world which failed to recognize the importance of social interest and of implementing it in individuals and groups alike. No lasting peace can be achieved either on the personal, domestic, national or international level, no harmony between human beings can be established as long as the necessary feeling of belonging in individuals and groups remains underdeveloped. The very essence of democracy remains an utopic dream as long as the psychological obstacles to social adjustment are not removed, but instead, as it happens today, are unwittingly but persistently created by teachers and public leaders. No political, no international or economic problem can be solved as long as wrong compensations for the ever-increasing inferiority feelings in individuals and groups alike lead to an erroneous and fatal emphasis on prestige, substituting competitive strife for the necessary cooperation. The idea of proper human relationships is very old. Christianity made it an officially accepted concept. But humanity has not learned how to put this idea, or better, ideal, into practice. Adler has shown how it can be done; but the world has not learned yet. Adler is not the only one who found answers for the pressing need of our civilization. Religious leaders, philosophers and educators before him and after him pointed the way. But none seems to have demonstrated as clearly, simply - and practically - which steps must be taken and which obstacles must be overcome to establish human cooperation.

It is more than a coincidence that Adler's own school of thought almost vanished after his death as the world collapsed into brutality, tyranny, and war. The Adlerians all over were stifled in their activities, were dispersed, arrested, killed, or gave up in discouragement. A world full of mutual antagonism and suspicion was not willing to listen. The Adlerian societies all over Europe were dissolved except in England, where the Medical Society of Individual Psychology of London continued its activities until 1940. Where brutal force did not prevent the work of the professional workers in the field of Individual Psychology, a moral and spiritual discouragement showed its effect. The *Internationale Zeitschrift für Individual Psychologie* stopped with the entrance of Hitler into Vienna. The French Bulletin "Courage" stopped with the German invasion. The groups in Czecho-Slovakia, Denmark, Hungary, Jugoslavia, Latvia, Netherlands, Poland, Romania, Switzerland, were dissolved as soon as Nazism reached their country. The Spanish group ended with the Spanish revolution. The Individual Psychology Medical Pamphlets of the London group were discontinued shortly after the war began.

In America the group of Adlerians in Chicago kept the activities alive. Yet, their International Journal of Individual Psychology was

discontinued after three years of existence, partly due to financial difficulties, partly as a result of the general trend of discouragement. It was difficult for a professional worker in America to be an Adlerian. Many psychiatrists, psychologists, and social workers who studied and practiced Individual Psychology were afraid to identify themselves as Adlerians. Many expressed their conviction that their position and professional status were endangered if they admitted being Adlerians. Many professional journals refused to accept scientific contributions from Adlerians. It became apparent that an unfortunate competition had developed between Psychoanalysis and Individual Psychology. Where the first gained ground the latter became ostracized. That was especially true, and perhaps still is now, in the field of psychiatry and psychiatric social work. It is interesting to note that Adler's ideas which made a strong impact on American thinking found professional recognition only when they appeared under disguise. Karen Horney, who follows Adlerian concepts almost entirely, is acceptable because she calls herself a psychoanalyst and belongs to the dominant group of psychoanalysts. It is equally interesting to note that Adlerian techniques and methods became more accepted in the fields of education and of general medicine, in which the originally strong influence of psychoanalysis is gradually receding.

During the last few years a steady growth of the Adlerian groups can be observed. An organized group developed in New York and maintained increasing activities, conducting classes and lectures. In Los Angeles a strong Adlerian group centered around the Child House Association which uses a nursery school as a basis for professional training and parent education. Several Adlerians were appointed in teaching positions in universities and colleges throughout the country. The Chicago group started the publication of the Individual Psychology News in 1940, which at first was an organ of communication between the workers in America. It was succeeded by the Individual Psychology Bulletin in 1943, to publish scientific papers. The activities of the Chicago group were originally limited to lectures and classes. In 1946 it changed its activities and accepted a program for the development of guidance centers for parents and children throughout the Chicago area. The guidance centers, as they were developed in Vienna and in other European cities, had been re-established in America. The first one was at the Abraham Lincoln Centre in Chicago and is already in the ninth year of its existence. It is now maintained and staffed by the Individual Psychology Association of Chicago which just recently opened a similar center in another Chicago Settlement House. The New York group is in the process of establishing a center, and a similar clinic has existed in Rio de Janeiro since 1946.

Adler's books were so widely read that every new edition of one of his works was soon out of print, and eventually none of his books were available until recently when reprints were published of "Understanding Human Nature" (Greenberg Publ. 1947) and "Organ Inferiority and its Psychical Compensation" (Nerv. and Ment. Dis. Publ. Co.). The following books were published in English by Adlerians since his death. There are first his two biographies, one by Phyllis Bottome, published by Putnam and Son in New York in 1939, the other by Hertha Orgler, pub-

lished by C. W. Daniel, London, in 1939. Erwin Wexberg's *Our Children in a Changing World*, appeared by the Macmillan Company in New York in 1938. The Macmillan Company in New York published also Alexandra Adler's book, *Guiding Human Misfits*, in 1938. Unfortunately, it went out of print very quickly and is not available. Blanche C. Weill wrote a book, *Through Children's Eyes*, published by the Island Workshop Press of New York in 1940. The most widely used publication is probably the book by N. E. Shoobs and G. Goldberg, *Corrective Treatment of Maladjusted Children*, published by Harper Bros., New York 1942. The writer's book, *The Challenge of Marriage*, was published by Duell, Sloan and Pearce in 1946. He also furnished for the students of the Chicago Medical School a *Manual of Child Guidance* which will be published in revised form by Duell, Sloan and Pearce under the title, *The Challenge of Parenthood*.

Outside of the United States the teaching and practice of Adlerian psychology also made steady progress. A Society of Individual Psychology was founded in Rio de Janeiro, Brazil, in 1937 and functions since then. The group plans the publication of a Portuguese Bulletin. A. Brucks, who after leaving Vienna worked first in Spain, taught Individual Psychology in Costa Rica, and works now in Mexico. Dr. E. Lindenfeld teaches and practices in Vancouver, Canada.

In Europe four books were published by Adlerians in the last ten years. Two studies in social psychology by Manes Sperber, *Zur Analyse der Tyrannis*, and *Das Unglueck begabt zu sein*, were published in German by *Science et Litterature*, Paris, 1938. *La Paix des Nerfs*, by Paul Plotke, was published in 1942 at the *Ed. du Mont Blanc*, in Geneva, Switzerland, and had its second edition in 1945. Oliver Brachfeld's *Les Sentiments d'Inferiorité* was also published by *Ed. du Mont Blanc*, Geneva, in 1945.

Since the defeat of Germany, Adlerian groups started their work in Europe again. The old Viennese *Verein für Individual Psychologie* resumed its activities. The old workers who remained and survived received positions formerly unobtainable for Adlerians. Dr. K. Novotny is now on the faculty of the University of Vienna, a position which neither Alfred Adler nor anyone of his co-workers ever could obtain before. Dr. Novotny is also the head of one of the largest neurological hospitals in Vienna. The Viennese group also plans the re-publication of the old *Internationale Zeitschrift*.

New group activities started in Holland, in Switzerland, and in France. The latter group made a rather spectacular progress (see page 100 of this issue). They also plan the continuation of the old journal "Courage."

One can see that Individual Psychology is developing with increasing speed. Its theory and its method are badly needed in psychiatry, psychology, and education in a world which gropes for solutions of its most urgent problems. Time is pressing. We are standing on the cross-road between unprecedented cultural, economic, and social progress, or utter destruction. The efficiency and the success of our workers will be one, and not an insignificant factor, in deciding the road which mankind is going to follow.

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