

Report from the Institute for Individual Psychology, Inc.

LOS ANGELES, CALIFORNIA

The school of Individual Psychology in the Los Angeles area is represented by the "Institute for Individual Psychology" and the "Alfred Adler Society" of Los Angeles. Both organizations are affiliated with the American Society for Adlerian Psychology.

Classes were held from autumn, 1949, running from December through December, as follows:

Course A: Introduction into the principles of Individual Psychology: Problems in work, marriage, and social relations have been discussed as originating from correct and incorrect character-formation, and insight into functioning of the healthy and sick personality was provided.

Course B: Application of the principles of Individual Psychology: Prerequisite, Course A, or equivalent (Seminar): Conducted as a work-study group with weekly reports on various aspects from the point of view of Individual Psychology, by individual members of the class, with one of the professional staff as commentator. Topics were as follows: "The Feeling of Inferiority"; "Family Constellation"; "Compensation and Goals"; "Education"; "Styles of Life"; "Social Interest"; "Problems of Life"; "Character." Several sessions were devoted to discussion of case histories and of films on mental hygiene.

In the spring of 1950, the classes continued with further investigation into the principles of Individual Psychology. There was one meeting each week for fifteen weeks, divided into three groups: (1) "Early life of the child," by Paul Brodsky; (2) "The Teen Years," by Mrs. de Vries; (3) "Problems of Adult Life," by Dr. Lydia Sicher. The prerequisite for these classes was completion of Course A or equivalent.

Lectures were presented once a month from September, 1949, through June, 1950: "The Challenge of Failure," by Dr. Rudolf Dreikurs; "Nervousness and the Pressure of Living," by Dr. Lydia Sicher; "The Child and His Family," by Paul Brodsky; "Sex as a Weapon," by Dr. Nita Arnold; "Psychological Aspects of Prejudice," by Dr. Camilo Serwin; "The Teen-ager and His Family," by Mrs. Sophie de Vries; "The Pursuit of Happiness," by Dr. Lydia Sicher; "Neurotic Aspects of American Culture," by Dr. Hildreth Caldwell. There was also a symposium: "Information, Please!" with the professional staff on the panel, and written and verbal questions from the audience.

The Alfred Adler Society of Los Angeles was established in 1949 to meet the increasing interest of physicians, clinical psychologists and other professionals, in Individual Psychology, and for the training of therapists. Membership was categorized as follows: (a) regular: restricted to physicians and clinical psychologists after two years of training in Individual Psychology; (b) aux-

iliary: classes on principles of psychological and psychosomatic approach and their application in therapy, conducted by Dr. Lydia Sicher and Dr. Camilo Serwin.

Under the management of Mr. and Mrs. Brodsky a Nursery School, the "Sunset Nursery," was organized. It is operated on the principles of Adlerian Psychology.

The Youth Guidance Center, 9889 Santa Monica Boulevard, Beverly Hills, California, sponsored by the Institute for Individual Psychology, is a counseling service for families of limited income. It is non-sectarian, and non-profit; all members of the staff contribute their services. Children from six to eighteen years of age of average intelligence are eligible. The cases are referred to the Center by the Board of Education, the Domestic Relations Court, physicians, etc.

The first time, the parents are invited to come without the child and to acquaint themselves with the counseling situation. The caseworker sets a day for the interview with the child. The interviews are conducted before an audience of those parents seeking counseling by the Youth Guidance Center. The purpose of this arrangement is to give them the benefit gained by insight into problems similar or different from their own and to provide them with educational tools which will make their own task easier. Professional educators are admitted to the audience, with the consent of the counseling staff. Physical examinations, if necessary, must be performed by physicians outside of the Center, of the parents' own choosing. Psychological tests, performed by trained members of the staff, represent part of the service of the Center.

Beginning in the fall of 1950, Dr. Sicher will conduct discussion groups with the parents of the children in care of the Center.