

INDIVIDUAL  
PSYCHOLOGY  
NEWS



VOL. I

NO. I

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612 N. Michigan Avenue  
Chicago, Illinois.

Published 10 times per year.  
Subscription: \$0.50 per year.  
Deadline for contributions: 20th  
of every month

October 1, 1940.

Dear Friends:

Have you too not felt the need for an organ of communication, in order to know what your groups and friends are doing, and the necessity of consulting and helping each other in our common work?

The Chicago Group of Individual Psychology, aware of this general demand, advised me to contact our friends in the Americas. The present "NEWS" is the result. Many of our co-workers answered a preliminary questionnaire about their activities; some will reply to it, we hope, in the near future. We expect and would appreciate learning from you about other workers in the field of Individual Psychology, as yet unknown to us.

This "NEWS" should be a continuation of our personal correspondence. It will therefore maintain a rather informal standard. You are all invited and urged to participate, as it is based entirely on your contributions. The Editors will serve merely as intermediaries, compiling reports, complaints, suggestions, and questions. Whatever you know that is important or interesting to our work - why not inform all of us about it?

Further, advise us whether you like the columns proposed in this first edition. Any suggestions, changes, or criticisms will be heeded. Thank you and much luck!

The Editor

#### I.P. Literature

We hope to receive from every co-worker a copy of each paper or book, which he is publishing, so that we can inform you about any recent publication, reviewed by one of our correspondents.

"ALFRED ADLER: THE MAN AND HIS WORK" by Hertha Orgler, London, 1939.

This book by a close associate and devoted friend of Dr. Adler was published in England, in the midst of the present war. It is one of the most readable presentations of the essence of Adler's theory and can be recommended to all, students and scholars alike, for its lucidity and penetration. Individual Psychologists will find much of interest in it, especially in the chapters entitled: "Dissemination of Individual Psychology" and "Adler's Personality in the Light of Individual Psychology". Subtitled "triumph over the inferiority complex, the book traces Adler's own development from his earliest years up to the time of his separation from Freud. It describes many of his teaching activities in various parts of the world as well as the circle of friends and co-workers who used to gather in a Vienna Cafe at Adler's "Round-Table."

The interpretations of Adler's own memories and dreams, as well as the many anecdotes recounted, make this the first book to give the whole theory and the man behind it.

E. White

Reviews

In this column, we want to publish regularly reviews of scientific papers or books outside of the field of I.P., but of significance to our work. We would appreciate it if several of you would undertake to review continuously certain definite periodicals of medicine, psychology, sociology, education or any other related field of science. We would like to receive rather short reports about interesting findings or criticism of characteristic psychological misunderstandings. Let us know which periodical or magazine you would like to cover.

"NEW WAYS IN PSYCHOANALYSIS" by Karen Horney N. Y. 1939, #3.

Although Karen Horney still considers herself a psychoanalyst, her present book can be called an obituary of Psychoanalysis. (Her previous book, "The Neurotic Personality of our Age" contained heretical elements sufficient to cause the author to be anathematized or to be accused of "Resistance" by the Hierarchy of the Initiates. Individual Psychologists who have read this book must have been surprised to find so many familiar ideas clothed in a strange and new nomenclature).

Her present book presents a comprehensive and systematic attack against the Freudian concepts of personality, neurosis and therapy. Her sharpest criticism is levelled against the biologic and instinctual orientations of Freud (libido, oedipus-complex, death-drive and his attribution of the psyche of woman to her anatomical differences), and against his mechanistic evolutionism (polymorphous-perverse, pregenital and post-genital phase, oral-erotic and anal-sadistic, etc).

Dr. Horney justly points to the analogy between the above mentioned theories and those theories of the natural sciences, and the "vulgar materialism" which prevailed during the 19th century.

The most interesting and erudite criticisms consist of a detailed and specific examination of the clinical theories of the Master. She succeeds in the obliteration of a great deal of the Freudian demonology which she claims was obstructing the road to a clear and realistic understanding of neurosis as well as of human behavior.

Though I followed this disputation with great interest and admiration, I was constantly interrupted during the perusal of this noteworthy book by a strange and irresistible urge. I wanted to walk over to the long-distance telephone and say to the author: "Dear Dr. Horney, what about Alfred Adler? and don't you realize that present world conditions are not very conducive to the founding of a new school?"

Fritz Wittels may have had Dr. Horney in mind when he wrote recently: "The field of "social" etiologies was the exclusive object of Alfred Adler's research, and although his heirs rarely quote him, the "new" discoveries in this field are based on his theories. For this reason I call this school which is now in formation, the Neo-Adlerians.

"Inasmuch as psychoanalysis long ago ABSORBED (*italics mine, E.W.*) a good deal of Adler's investigations, the "Discoveries" of these newcomers appear to be the products of cryptomnesia."

What is called "Absorbed investigation" when it is done by the Teacher becomes "cryptomnesia" when done by the Disciples. Not being cultists, however, we can only welcome and cheer Karen Horney upon her courageous accomplishments.

E. White

All of us who had the privilege of knowing Alfred Adler personally and of studying with him, should feel the responsibility of communicating to others our unique experiences. Adler is gone - his work is living, but no scientific publications can substitute personal impressions. Adler lives most vividly in those persons who knew and loved him. Let everyone of us report those little stories and remarks, uttered so generously by our master, that expressed his whole personality more than all scientific works.

After a long day's work, Adler used to stay in one of his favorite coffee houses in Vienna, sometimes until one or two o'clock in the morning. Nobody ever saw him leave before midnight. That was the place and the time where every single one of his many pupils would ask his advice or discuss problems. Nevertheless, every day found him up early, never later than seven o'clock. A friend of his once asked him, how he could stand up to his pauseless work with so little sleep and without ever being or looking tired. "You see," replied Adler, "I am a fast sleeper."

Dr. H. Sicher

#### Obstacles and their Solutions

Everyone of us experiences definite obstacles in practicing Individual Psychology. Sometimes these obstacles are amazingly similar, sometimes quite varying. That depends on the kind of work we are doing and on the circumstances, geographical or personal, as they might be. It would be of utmost importance and help to know what obstacles others encounter and how they manage to overcome their difficulties. Don't be bashful in reporting how smart you are!

"I have to admit that in this part of the country people dislike not just I. P., but every accentuation and exclusive use of one particular psychological school. I am always asked, if invited to lecture: "We hope that you are not following just one school of thought?" Then I answer that I use the psychology which I consider most helpful to the patient; that which mostly satisfies. Later in my lecture, I explain I.P."

Dr. H. K.

(Comment of the Ed.: I wonder whether this is only a local problem. The success of Dr. K's answer, however, leaves some doubt whether this procedure is fair to I.P. and to Alfred Adler. What do you think about it? Anyway, this contribution gives us food for thought).

#### LETTERS TO THE EDITOR

You are kindly invited to send as many interesting questions you can think of and to help answer those questions published. In our correspondence the following questions were brought forward and we would like your opinion.

1. Does the term "Individual Psychology" characterize clearly enough the Adlerian point of view? Does it not provoke a misunderstanding as if it meant only psychology of an individual or applied to an individual in contrast to the group.

W.H.

2. What methods, if any, did Alfred Adler expound regarding the pertinent problem of Vocational Guidance?

G.K.

What do you have to say?

### Group Activities

As far as we are informed, there are three organized groups of Individual Psychology working at the present time in the Americas: New York, Chicago and Rio de Janeiro. In all the other states and cities, the workers are not as yet united. Is this true? Have any informal circles been established amongst the pupils and friends of our co-workers? Let us know about it.

#### CHICAGO GROUP REPORT:

Annual Report of the Secretary, December 14, 1939. The activities have included two classes in the fundamentals of Individual Psychology, given in ten lectures each. Lecturers in the first course were Dr. Nita Mieth Arnold, Mary Budd and Mrs. Edyth B. Menser; in the second, Dr. Nita M. Arnold, Dr. Aerol Arnold, Mrs. Lucille S. Veit. The Association sponsored a class of 10 meetings in "Rules of Cooperation" given by Dr. Rudolf Dreikurs.

The Series of public lectures given in the Clubroom at the Art Institute was entitled "What is success?" The lectures were four in number, as follows: Feb. 24, Success in Business: Its Myth and Ritual, A. Charles Adler; April 28, Inferiority Feelings: Obstacle or Stimulus to Success, Rudolf Dreikurs, M.D.; June 30, Genius and Neurosis: Two Patterns of Success, Aerol Arnold; October 27, Private Conceptions of Success, Nita Mieth Arnold, M.D.

At the meetings of the Association, the following topics were presented: Feb. 1, Review of Alexandra Adler's "Guiding Human Misfits," Stephanie Kratovil; Feb. 15, Psychological Puzzle Pictures, Edyth Menser; Mar. 1, Marxism and Individual Psychology, Emil White; April 6, Weltanschauung test, Dr. Hedda Bolger; April 12, The Short Analysis, Dr. Joseph Rheingold; May 3, Rorschach test, Catherine Cossum; May 10, speakers, Drs. Alexandra Adler and Erwin Wexberg; June 7, "Pepita's Daughter," book review, Ella Mai Clark; June 21, The Function of Religion in the Life Style, Mrs. Lucille S. Veit; July 5, Individual Psychology as Science, Dr. R. Dreikurs; July 19, "Maxwell Anderson, a Study in Attitudes and Influences, Marjorie C. Keenleyside; Aug. 16, The Psychological Types of Jung, Dr. Nita M. Arnold; August 2, Stonequist's, Marginal Man, book review, Elisabeth Ralph; Sept. 13, Jung's Psychological Types, discussion, Dr. Nita M. Arnold; Oct. 4, Symposium on Dreams; October 18, Hereditary Studies on Twins, Dr. Harry Sicher; Nov. 1, "Johnny and Jimmy," Ella Mai Clark; Nov. 15, Review of Phyllis Bottome's "Alfred Adler, A biography," Mary Budd.

Outside talks on topics of Applied Individual Psychology, ninety in all, were given by Dr. Dreikurs during the year at Northwestern University, Jewish People's Institute, Abraham Lincoln Center, City Parent-Teachers Associations, Lodges and Colleges. Dr. Nita Mieth Arnold gave a radio talk on the topic "What is Individual Psychology?" in dialogue form. She also spoke to the Post-College Club of Evanston on "What is Love?"

The following report will cover the six months period since the last annual report in December, 1939.

Four classes have been given in this period teaching principles of Individual Psychology. Dr. Dreikurs gave a lecture course on "Love and Marriage." Six lectures on "Understanding Ourselves and Others" were given, to a class of twenty-one; the lecturers were Aerol Arnold, Mary Budd, and Margaret Shaeffer. Directly after this class, Dr. Dreikurs presented an advanced class on "The Problems of Readjustment" in six lectures.

The Central Group has had six meetings so far this year. On Jan. 1, Dr. Nita M. Arnold presented a case interpretation. Dr. Cohen spoke on Feb. 2 about the

GROUP ACTIVITIES CONT'D

"Common Sense Approach to Psychiatry," Miss Ethel Kawin, on March 3, discussed "The Contribution of Adolph Meyer to Psychiatry." The Group heard Dr. Irene Mead explain the "Psychology of Jung" on April 4th. After a business meeting the group enjoyed a party at the home of Dr. Arnold on May 5th. At the meeting on June 6th, Dr. Nita Arnold presented her views on "Political Conviction and the Lifestyle."

Associate members have been invited to five meetings since January 1. At the January meeting, Margaret Shaeffer spoke on the "Paradox of T.E. Lawrence." She presented "The Eighth Pillar of Wisdom: -- An Interpretation" at the February meeting. Miss Garnet Gretter spoke on "Psychiatric Social Work" at the March meeting. In April, we saw Kurt Lewin's motion picture on "Group Atmospheres." Miss Elizabeth Marcus presented "A Case History of a Child" at the May meeting.

There have been five public lectures given during the past five months. Dr. Dreikurs spoke in January on "What is Courage?" In February, Dr. Nita Arnold lectured on the subject, "A Psychiatrist's Workshop." Charles Adler presented the topic "What Does It mean to be Educated" in March. Dr. Harry Sicher spoke in April on "Is There a Jewish Character?" In May, Marjorie Keenleyside discussed the subject of "Masculine Protest."

The membership of the Chicago Association at present is as follows: Central Members, 22; Inactive Central Members, 11; Associate Members, 21; Sustaining Members, 7.

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The report of the NEW YORK GROUP has not been received under the deadline of this edition. The group was supposed to meet on September 6th for the first time after vacation, but the meeting was postponed.

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REPORT FROM RIO DE JANEIRO

The "Sociedade de Psicologia Individual do Rio de Janeiro" founded in 1937 by Dr. Rudolf Dreikurs meets twice a month for lectures and discussions, presented by physicians and teachers. President of the group is Prof. Lourencio Filho, Dr. Januario Bittencourt is the Vice-President. We have received the titles of three lectures: The Inferiority Feeling in Children by Ormida Marques, The Point of View of Individual Psychology in the Relationship Between Brothers, by Dr. Januario Bittencourt, and Individual Psychology in Secondary Education, - (Is this correct?), by Celso Frazar Guimaraes. -

The Society intends to create a clinic for guidance and treatment of problem children. We would appreciate having more detailed reports from the group in Rio De Janeiro.

Individual Psychological Who's Who.

In this column we will keep you informed what our friends are doing. The following list contains the reports which we have received about persons who practice I.P. Each one of them could be - or is - a centre for information about I.P. There are many more who know Adlerian Psychology, many who use it together with other psychological methods. We are interested first in learning more about those who are practicing I.P., who are able to teach and to instruct others. We need your cooperation in informing us about your activities and your position as well as about all other workers who are not yet or not sufficiently mentioned in this first list. Please let us also know about any change in your position, about your plans and undertakings. This list should be a first step in the direction of personal contact and information about each other. Please excuse any mistakes and help us to correct them.

CALIFORNIA:

Schneider, Edouard, Ph.D. Psychologist  
San Francisco  
William Sutton, Psychiatric Social Worker  
San Francisco  
Sibyl Mandell, Teacher  
Pittsburg.  
(Bill and Miss Mandell, let us hear from you! The Ed.).

CONNECTICUT:

Annabella Lewis, Consultant Child Psychologist, Westport

FLORIDA:

Leonhard Deutsch, Psychologist  
(Awaiting your answer)

ILLINOIS:

Charles Alfred Adler, Ph. D. Teacher of psychology at the Francis W. Parker School. Lecturer and author of several papers on Progressive Education, Chicago.  
Mrs. Christian Andreason, Psychiatric Social Worker in Springfield.  
Aerol Arnold, Ph.D. teaching at Illinois Institute of Technology, lecturing.  
Dr. Nita Mieth Arnold, Psychiatrist Formerly with Student Health Service of the University of Chicago, now with University of Illinois.  
Lecturing for Women's Clubs, Assoc. for Family Living, Teachers Union.  
Ella Mai Clark, Teacher  
Dr. Rudolf Dreikurs, Psychiatrist. Clinical assistant at Michael Reese Hospital, consultant psychiatrist on the staff of Hull House, of Abraham Lincoln Centre, Jewish Peoples Institute, Director of Child Guidance Clinic of Abraham Lincoln Centre, guest lecturer at Northwestern University, lecturer at Pestalozzi Froebel Teachers College, guest lecturer at several colleges.

Garnet E. Gretter, Psychiatric social worker  
Esmond Hersberger, Teacher  
Marjorie C. Keenleyside, Librarian, Central YMCA College Library  
Robert H. Keenleyside, Teacher at Illinois Institute of Technology  
Constance Nice, Social Worker  
Dr. Erich Paschkes, Psychiatrist, Manteno  
Ella Paschkes, pedagogue, working with problem children  
Elisabeth Ralph, Cataloger, Central YMCA College Library  
Sam Raphling, Teacher at Chicago Musical College  
(Illinois entries continued on page 7)

INDIANA:

Eugene Eastman, Scoutmaster, Whiting

KANSAS:

Samual Gerstein, Assistant Psychologist  
U. S. Public Health Officer, Fort Leavenworth

LOUISIANA:

Dr. Erwin Wexberg, Psychiatrist, practicing Neuro-Psychiatry at L.S.U., School of Medicine, Social Psychiatry at L.S.U. School of Public Welfare Administration, and at Xavier University, Social Workers' School.

MASSACHUSETTS:

Dr. Alexandra Adler, Psychiatrist and Neurologist. Research Fellow in Neurology and Psychiatry at Harvard University, Assistant in Research at Boston City Hospital; lecturing at universities, P.T.A.'s, Social Work Departments and Churches.

MISSOURI:

Paul Brodsky, Teacher, St. Louis.

NEW JERSEY:

Dr. James Howard, Psychiatrist

Who's Who Cont'd

NEW YORK:

G. Margery Allen, M.D.  
Willard Beecher, M.D.  
Olga Brody-Oller, M.D.  
Frederic Feichtänger, M.D.  
Alice Friedman, Ph.D. Psychologist  
Maria Gitter, Teacher  
Leo Goldberg, Teacher, conducting courses  
with E.N. Shoops  
Annie Heinrichs, Social Worker and Child  
Psychologist, working in child guidance  
and mother-study groups  
Dr. Anne Lambert, Psychologist  
Frank Percy, M.D. Practicing Psychotherapy  
Dr. Alice Schaumberg, Psychologist, work-  
ing with children, lecturing  
Regina Seidler, Teacher, Psychologist,  
teaching psychology at Columbia School,  
Rochester  
N.E. Shoops, Teacher, Principal, conduct-  
ing courses under auspices of the  
Board of Superintendents of Public  
Schools of the City of New York; holds  
informal guidance clinic in a public  
school, lecturing and holding classes  
in I.P.  
Bernhard V. Strass, M.D.  
Mrs. Raissa Adler  
Mrs. Edith B. Menser  
Karsten Stapelfeldt

We need much more personal reports  
from our New York friends. Let us know  
what you are doing.

OHIO:

Bertha Krauss, Conducts a kindergarten in  
a public day nursery at Columbus.

PENNSYLVANIA:

Jeanette Tomkins, Psychiatrist in Phila-  
delphia, practicing Psychotherapy,  
teaching Health, Mental Hygiene, and  
Child Care in High-School.  
Lotte Taskier, Teacher, Philadelphia.  
Hilda Kramer, M.D. PH.D. Teaching "Psycho-  
hygiene" at the Moravian College for  
Women, Bethlehem.

ROCK ISLAND:

H. L. Ansbacher, Ph.D., Asst. Editor of  
Psychological Abstracts, Brown Univer-  
sity, Providence. Formerly connected  
with Vocation Adjustment Bureau, N.Y.  
Teaching Educational Psychology.  
Rowena R. Ansbacher, Child Psychologist,  
Providence.

UTAH:

Lydia Sicher, M.D. Ph.D.  
Lecturing at the School for Social  
Work at the University of Utah and  
at the Agricultural College in Logan;  
giving three Extension classes in  
Ogden, Salt Lake City and Provo. Con-  
sultant psychologist for the Family  
Service Society in Salt Lake City and  
for the Juvenile Court in Ogden.

WISCONSIN:

Richard Korn, Group Leader, working  
with children in recreational and  
cooperative education, Superior.  
S. Plahner, M.D. Practicing Psycho-  
therapy in Milwaukee.  
Elizabeth S. Seiler, M.D. Psychiatrist  
(We would like to hear from you!)

ILLINOIS (Cont'd from page 6)

Elly Redwin, pedagogue, working with  
problem children  
Jane Rehm, Ph.D. and medical student.  
Dr. Harry Sicher, Assoc. Professor of  
Neuro-Anatomy, Chicago Medical School  
Hazel Snyder, Teacher, Head of the Home  
Economic Department for Child Care,  
Naperville.

HAWAII:

Mabel V. Lacy, Honolulu.  
Won't you keep us posted as to your  
activities?

CANADA:

Dr. George Davidson, Psychiatrist, Van-  
couver  
Ella Lindenfeld, M.D. Conducting classes  
and study groups, Vancouver  
Dr. Arthur M. Doyle, Kingston General  
Hospital, Ontario.

ARGENTINE:

Dr. Mariano T. Basilari, Psychiatrist  
Tefe de Servicio de Clinica Medica  
del Hospital Rowson, Buenos Aires.

BRAZIL:

Dr. Januario Bittencourt, Psychiatrist  
Dr. Murillo de Campos  
Dr. Leme Lopez, Psychiatrist  
Dr. Fabio C. Mendonca  
Dr. Antonio Silva Mello, Professor of  
Internal Medicine  
Dr. Jvar Viana



BRAZIL (Cont'd)

Lournco Filho, Professor of Educational Psychology of the National School of Philosophy, Universidade de Brazil, Director of the Instituto Nacional de Estudos Pedagogicos, Rio de Janeiro.

Mariona Alvim

Celso Frazar Guimaraes

Olinto Doviechi

Helena Mandroni

Ormida Marques

Celina Nina

Clara Perelberg

Prof. La Pereira, Escola e Nacional de Musica (most of them professors and teachers at the Institute of Education at Rio de Janeiro.

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Next time we will continue the list of our co-workers. We also will publish more extensive reports about the activities of those who were kind enough to send us detailed descriptions of their work.

Please sit down and write us immediately what you have to say. Don't postpone your letter or we will not have it before October 20.

Cut here and mail.

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