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Dear Friends:

The other day I met a lady who has an influential position in Chicago in the field of pre-school education. She revealed that she is a disciple of Alfred Adler. She was surprised to learn that there exists an Adlerian group in Chicago. If anything like that can happen where an Individual Psychology group is active, we can expect that in other places one Adlerian is ignorant of the existence of others.

There are many persons in America who knew and liked Adler, or became otherwise interested in his teachings. We have just mimeographed a letter announcing the publication of the I.P. NEWS, and expressing our willingness to send out sample numbers on request. Why not send us the names and addresses of those whose contact with Adler is known to you?

From the very beginning, we were aware that it would take time and effort to stimulate active participation from our readers. We are glad to inform you, however, that the first hesitancy, or even suspicion, is fading, and more and more letters arrive with concrete suggestions. The fact that we did not publish any "Adleriana" in our last issue brought us not only expressions of special interest in this column, but also a number of reminiscent episodes pertaining to Adler's life. We also received a number of letters, requesting the continuation of excerpts of Miss Baker's handbook, which will be continued in the next issue. We thank all contributors, especially H. L. Ansbacher for his numerous reports about papers of particular interest to the I. P.

We hope to hear more from you.

The Editor

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The Scope of Individual Psychology
by
Dr. Lydia Sicher.

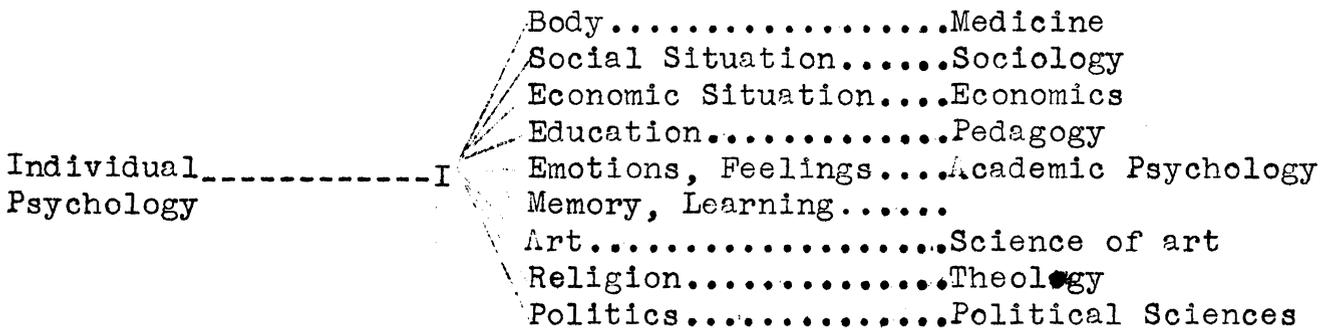
It might prove quite useful to once state precisely the position and view-point of Individual Psychology with respect to the other sciences, in order to meet misunderstandings on the side of readers of I. P. literature and listeners to I. P. lectures.

I have been asked many times by people whether Individual Psychology does not include ethics, religion, sociology, and many other sciences: Others expressed their belief that Individual Psychology does try to cover the fields of the various sciences quite alone. Therefore we are often blamed, for arrogating for ourselves a universal scientific base.

This made me think of a diagram which could show at a very glance the standpoint of Individual Psychology and the other sciences.

As we are interested in the use an individual makes of everything that belongs to his inner or outer milieu, the relation between the I (ego) and the problem - whatever this problem might be (we can call it problem, obstacle, task) - is of utmost importance to the observer who uses Individual Psychology as his approach. For him, I and problem constitute an inseparable unity and entirety.

In the following diagram a few of these problems only could be mentioned as everything outside the I has to be called a problem.



The place of Individual Psychology is to observe whether the problems are solved in a positive, constructive way, or in a negative, destructive, and asocial manner.

The tasks of the other sciences are to find the fundamental principles of the various problems.

There is no encroachment of Individual Psychology upon any other science, the findings of which are considered by Individual Psychology as most necessary contributions to the advancement of knowledge and explanation of various phenomena.

Individual Psychology considers as its own field of activity:

- a) to state the relation between an I and any problem existing,
- b) to demask mistakes of the I, leading to non-constructive attitudes,
- c) to educate (or re-educate) individuals in order to prepare them for such a solution of any problem that they would not become (or cease to be) themselves unsolvable problems for their fellow men.

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R E V I E W S .

H. L. Ansbacher of Brown University was kind enough to send us the following short reports about interesting papers and books published in various countries:

"Psychotherapy in mental hospital practice; being the preliminary report of a full-time psychotherapist in a public mental hospital" by J. Bierer, Journal of Mental Science, 1940, vol.86, pp. 928-952.

During the course of one year the author treated 70 psychotic and neurotic patients in an English mental hospital. He applied a short and intensive psychotherapeutic method based chiefly on the principles of Alfred Adler. Particular attention was given to a new method of interpreting earliest childhood recollections. Bierer also used individual occupational and recreational treatment and a social group treatment by forming social clubs. He reports that 87% of the patients recovered or improved significantly, that 4% improved slightly, and that 9 % remained unimproved. The employment of a full-time psychtherapist in every such hospital is advocated.

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"Wege der Erziehungshilfe" (Ways of Educational aid) edited by L. Seif, Munich: J. F. Lehmann, 1940. Pp. 311 Rm. 8.--.

This is a collection of 24 essays from the praxis of the Munich group of educational counselors, edited by a former member of Adler's circle and frequent contributor to the Internationale Zeitschrift für Individual Psychologie. Seif emphasizes that ~~it~~ is not the children who are so difficult but the grown-ups who in turn infest the children. Education is frequently attempted by intimidation rather than encouragement. This evil can be corrected only by curing first the educators. In this sense education becomes almost synonymous with psychotherapy. The other chapters of the book are contributions by kindergarten teachers, youth counselors, and physicians, dealing with public counseling, training of counselors, kindergarten education, and service to mothers.

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"A sketch of the nervous temperament" by S. Kusano, Japanese Journal of Psychology, 1940, vol. 15, pp 331 -341.

Of this paper the following abstract was sent by R. Kuroda of the Keijo Imperial University to the Psychological Abstracts. "Obsession in psychoneurotic patients seems to be founded upon a feeling of inferiority and an egocentric character and can be cured by treating these etiological characteristics." Apparently Individual Psychology concepts are used in Japan. It would be interesting to learn more about it.

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"Psicoanalisis, delito y pena" (Psychoanalysis, crime and punishment) by L. Jiménez de Asua, Archivos de Medicina legal e Indentificación, Buenos Aires, 1939, vol. 9, pp. 407-433.

The author finds that in criminology the theories and methods of Individual Psychology are more useful than those of Psychoanalysis. The latter gives only partial solutions, because it is too pessimistic in regard to a better future for penal law.

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"Adlers Psykologi och barnets utveckling" (Adler's psychology and the development of the child) by M. Ganz, Stockholm: Natur och Kultur, 1940

On the basis of his studies with Adler in Vienna, the author has written this brief exposition of Individual Psychology and its application to the education of children in the home and at school.

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Dr. Alexandra Adler spoke at a Symposium on Alcoholism about "The Individual Psychology of the Alcoholic Patient". This symposium was held in Philadelphia during the annual meeting of the American Association for the Advancement of Science, with Dr. Merrill Moore acting as chairman of the program committee.

Dr. Adler pointed out that alcoholics avoid responsibilities more than other neurotics. The inclination to blame other persons for their shortcomings might account for the prevalence of suicidal tendencies among alcoholics. The relation of sex and drinking is characterized by the lack of responsibility. Dipsomaniacs are not fundamentally different from chronic alcoholics. The family background is often different, as families of dipsomaniacs are frequently of a higher cultural level, often stressing temperance. Alcoholism is often associated with certain types of neuroses, as erythrophobia, where social contact is specially inadequate. Alcoholics are, in contrast to other neurotics, ashamed of their symptoms, because the general opinion gives them more responsibility for their behavior. Consequently, alcoholics are more inclined to lie. Therefore, one person is not enough to treat an alcoholic successfully. Co-operation with other persons of his environment is essential. Family members are less fitted for this co-operation than a paid companion, since alcoholism is usually directed against the family. Psychotherapy of chronic alcoholics does not differ from that employed in other neuroses, also the prognosis is not different.

Rudolf Dreikurs, M. D.

A D L E R I A N A

Miss Sibyl Mandell, Ph. D. sends us the following incident:

His last summer with us, I had the privilege of arranging lectures for Alfred Adler at the Williams Institute in Berkeley, California. Each day after the lecture he joined us at luncheon, and sat now with this group, now with that. A lady grew indignant at the simple fare of sandwiches and a hot drink daily.

"Dr. Adler", she said, "I have told them it is outrageous to make you eat sandwiches every day - a great man like you."

"Madam, " replied Alfred Adler quietly, "if there is anything of greatness in me it is not because of what I have eaten."

He was revered and loved by that group. He sang Wiener Lieder with me, sitting beside me on the front seat of my old Ford, with his daughter and my sister riding in the back. It is a priceless memory. It was his last summer - as a man. He will live forever as a force in the "stream of evolution". He lives today in San Joaquin County, California, in every decent piece of work I accomplish.

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L E T T E R S T O T H E E D I T O R .

Dear Editor:

I am pleased with this new attempt to revive the former "International Journal of Individual Psychology". The need for it is the greater as many adherents to Adler's school are scattered throughout the world, and the Journal might become their means of feeling still united with old and new friends, tied together by a common idea. Although I appreciate very much that the NEWS is published at all, it is in its present size not sufficient to serve the need for a central organ for publications in the field of I. P. This new start, however, should be encouraged by all who are of the opinion that I. P. should find a forum worthy of its importance. May I, as a subscriber, suggest a means of spreading the interest in this pamphlet and thus paving the way for the revival of the "Journal"? If every single one of us would subscribe to more than his own copy, using the pamphlet as gifts to his friends, we could hope that these in turn would donate a yearly subscription to other people in their circle. The very low price makes it possible for almost everyone among us Adlerians to subscribe for 5 or even more copies. In this manner we would not only acquaint a wider circle with I.P. - thoughts, but could contribute efficiently to the revival of our badly needed Journal.

(signed) Dr. Lydia Sicher
West Los Angeles, Cal.

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Dr. Danica Deutsch brings to our attention that our NEWS is an "American Sister" of the "Wiener Mitteilungsblatt" which was published by Dr. Fenyves and Dr. Danica Deutsch and the Journal which Paul Plottke had published first in Greece, and later in France.

Dr. René Hartogs writes us: "The way you are going with the NEWS is certainly the right one. I do not doubt a successful development."

Dr. Merrill Moore, Boston, Mass. said in his letter: "I am sure that there are many people in the country who are interested in Individual Psychology and publishing the NEWS must be a very good way to find them." ... "I want to compliment you on the NEWS LETTER. It is vivacious and interesting."

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GROUP — ACTIVITIES

Mr. George Goldberg, the secretary of the New York group of Individual Psychology sends us the following brief report:

"The New York group of Individual Psychology met for the first time this year on January 17, Dr. Frederick Feichtinger delivered a lecture on the 'Technique Involved in Treating Neurotics'. After the presentation of two cases of neuroses, the group discussed the methods, the devices, the difficulties and the problems that had to be considered in treating them. In order to improve the knowledge and technique of group members, emphasis was placed in constructive criticism.

"Two new members, Dr. René Hartogs and Miss Annabelle Lewis, reported informally on their new and interesting activity in the field of Individual Psychology. They will lecture on their respective work at the next meeting of the group on February 21."

* * *

James Hayford informs us about the group at Plainfield, Vermont: "All of the staff at Goddard College are attempting to apply I. P. in our counselling of students, which plays a large part in our college plan, and in our community life.

Willard Beecher of New York has been retained this year as consulting psychologist. He spent two weeks here and met with great success among both staff-members and students."

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The Chicago group had its general meeting on January 10. Dr. Nita Arnold presented "Early Recollections of Famous People", which she had collected mainly from newspaper clippings. The audience tried to guess the names of the people from the recollections which indicated their life-style. This proved to be a very amusing and informative experience, as it actually was possible to recognize the persons in question. Dr. Arnold finally gave "The Life Story of a Notorious Criminal", whom was recognized by the audience as

Bruno Hauptmann. Even the very minute details of his behavior could be directly traced to his life-style. This program, as well as the impersonation of Psychiatrist and Patient given by Dr. Arnold and Dr. Dreikurs in the December meeting, should prove worthwhile for imitation.

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Dr. Dreikurs was invited to represent the Adlerian point of view at a symposium on "Brief Psychotherapy" held at the University of Illinois, College of Medicine, January 11. An opportunity was provided to compare our approach with that of Psychoanalysis, Psychobiology, group-therapy and other techniques. Meetings like this help to evaluate the various procedures and should be promoted by all who are interested in mutual understanding.

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The Sisters of St. Mary have sponsored two discussion meetings on Individual Psychology at the DeKoven Foundation, Racine, Wisconsin, the first, in November and the second, in January. Through Dr. Mary Pope of Evanston, Illinois, friends and parishoners of the late Rev. Alfred Newberry were invited. Rev. Newberry was a friend of Alfred Adler and spread the principles of Individual Psychology throughout the Diocese of Chicago.

At the January meeting Dr. Arnold and Dr. Dreikurs demonstrated a psychiatric intergiew with a patient, Dr. Dreikurs discussed educational problems, and Dr. Arnold gave several case histories.

A third week end meeting is planned for April.