

NINTH ANNUAL REPORT OF THE
ALFRED ADLER CONSULTATION CENTER AND MENTAL
HYGIENE CLINIC¹

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The most gratifying event of the past year was the public recognition extended to the Center in the form of a contract by the New York City Community Mental Health Board (CMHB). The CMHB is a municipal agency which allocates funds to both public and voluntary agencies for the purpose of expanding mental health services; it came into being in December, 1954, to administer city and matching state funds under a state law adopted that year. Through this contract the Center was enabled to add to its quarters and its professional and office personnel in order to increase its services.

The contract also brought certain difficulties with it. It requires detailed monthly reports to the CMHB on services rendered and a further increase in administrative obligations. Furthermore, it stipulates that the funds contributed by the CMHB must be matched by the agency in advance.

It is good to be able to report that the Center has just received a second contract from the CMHB for the coming year, which shows an increase over last year's contribution. This, however, entails an additional financial burden. The financial demands of the first contract were fulfilled with the help of the Board of Directors and the Friends' Committee. This committee, of which Mrs. V. Biddle is chairman, arranged a benefit for the Center together with the Student Alumni Society of the Institute for Individual Psychology, which was recently founded through the initiative of Dr. Harry H. Lerner, program director and research co-ordinator of the Center. But the most appreciable help came through a bequest of Miss Margot Schlein, a former patient of the Center. The new contract with the CMHB stipulates that its financial support must be matched by contributions only, so that the Center will have to increase its efforts to raise contributions in the coming year. To promote these efforts, the Board of Directors was increased by 14 members.

¹Presented at the General Membership Meeting of the Individual Psychology Association, New York, June 25, 1957.

THERAPEUTIC SERVICES

The professional staff of the Center includes 10 psychiatrists, 2 psychiatric social workers, and 45 psychotherapists, among whom are 7 group therapists, 2 activity group therapists, 2 speech therapists, 1 play therapist, and 1 art therapist. Dr. Alexandra Adler is the medical director.

The services rendered by the Center during the fiscal year are exemplified in the following figures from the March report to the CMHB. There were 714 individual sessions with patients, of which 72 were initial interviews conducted in large part by Mrs. Emma Weissmann, chief psychiatric social worker, and 67 were interviews by the supervising psychiatrists; 64 were sessions with parents or other relatives. There were 50 group-therapy sessions. A total of 100 case conferences involving two or three staff members were held, a relatively high ratio to the number of therapeutic sessions.

During the entire fiscal year, 850 individual sessions were conducted per month, on the average. The increase in services over the preceding year is reflected in the figures for May, during which 900 individual sessions were conducted, compared with 600 sessions during May, 1956.

The Social Club for unmarried patients, under the supervision of Dr. Erika Mohr and the leadership of Rose Garlock and Michael Kriegsfeld, continued to function successfully.

OTHER ACTIVITIES

Staff meetings were held under the chairmanship of Mr. Ernst Papanek, co-director of the Center. During the course of the year these meetings were addressed by Mr. Zev Weiss, guest speaker, on "Child Education in Israel;" Dr. Kurt A. Adler, supervising psychiatrist, on "Schizophrenia in the Adlerian Light;" Dr. Helene Papanek, group therapy supervisor, on "Group Therapy;" and Dr. Warner Lowe, assistant director and chief psychologist, on "Certification of Psychologists."

The staff was frequently called upon for speaking engagements in the community. Dr. Lowe was particularly active in this way.

Members of the staff gave interviews to Garrett Oppenheim for an article on group psychotherapy in the *New York Herald-Tribune* (2). The article mentions the work of the Center specifically, and refers to Dr. Alexandra Adler, Mrs. Deutsch, and Mrs. Asya Kadis.

A special event was the arranging of a meeting of the contributors to an issue of *Case Reports in Clinical Psychology* (1). This issue is a symposium edited by Harry Bone in which the representatives of five

different schools of psychotherapy had been asked each to report an obsessive-compulsive patient. Adlerian psychotherapy is represented by Mrs. Danica Deutsch, the "neo-Freudian" approach by Max Deutscher, Freudian psychoanalysis by Reuben Fine, client-centered therapy by Rosalea A. Schonbar and P. E. Eiserer, and Gestalt therapy by Laura P. Perls. At the end, the editor discusses the five presentations in a very original manner by impersonating each contributor and acting as critic and defender of each. All but Fine attended the meeting which took place at the Center on January 10 under the chairmanship of Solomon Machover, with over 50 persons in the audience. The meeting developed into a most fruitful discussion on the relationship of psychotherapeutic theory to the personality of its originator, of the therapist, and of the patient. It was agreed that similar meetings in the future would be valuable.

The Center reproduced the review by Robert W. White (3) of the Ansbacher book on *The Individual Psychology of Alfred Adler* in the thought that it would be of value to make this review available for wider distribution.

Plans for the coming year include expansion of the therapeutic services, morning play-therapy groups for pre-school children, public and professional education programs, intensified efforts to meet the Center's urgent financial need, and research projects.

REFERENCES

1. BONE, H. (Ed.) An issue devoted to psychotherapy. *Case Rep. clin. Psychol.*, Brooklyn, N. Y.: Kings Co. Hosp. Dept. Psychol., 1956, 3, 109-179.
2. OPPENHEIM, G. What's group psychiatry really like? *N. Y. Herald-Trib.*, *Today's Living*, March 10, 1957, 4-5; 28-29.
3. WHITE, R. W. Is Alfred Adler alive today? (Review of Ansbacher, H. L., & Ansbacher, Rowena R. [Eds.] *The Individual Psychology of Alfred Adler*. New York: Basic Books, 1956.) *Contemp. Psychol.*, 1957, 2, 1-4.