

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

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Since this is the tenth annual report, it should include, in addition to a review of the current year, an indication of what has happened since the inception of the Center ten years ago. Only in this way will the progress which has been made be brought into proper focus.

The Center started to function on November 9, 1948 in a nursery school at 50 West 75 Street. There was an administrative staff of one, and the office equipment consisted of one desk, one typewriter, and one filing cabinet. Consultation was given in the children's playroom. Sometimes the small chairs had to be used for mothers' group meetings. The professional staff had all been trained by Alfred Adler himself, in Europe or in the United States, and volunteered their services in order to further the application of Individual Psychology. The Center was planned as a community service for low-income groups. It focused on child guidance including family relationships, and offered group as well as individual counseling. By June of that first year, when the Center closed for the summer, 116 patients representing 81 families had been treated.

During the second year, the increase in the client load and the success achieved encouraged the Center to seek quarters of its own, and in September, 1950 it moved to the present location at 333 Central Park West.

From the beginning, the need for additional therapists trained in the principles of Adler's Individual Psychology was realized. To help fill this need, the Institute for Individual Psychology was founded in 1950, with Emil Froeschels, M.D. as the first director, and classes were organized. In 1952, Helene Papanek, M.D. succeeded as director. The Institute now has a three-year curriculum, and as of today has graduated twenty-eight students, most of whom are working as therapists at the Center.

In 1954 the New York State Department of Mental Hygiene granted the Center a license to function as a mental hygiene clinic, with Dr. Alexandra Adler as medical director. The number of clients

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continued to increase rapidly, and by 1956 expansion was again necessary. Application was made to the New York City Community Mental Health Board (CMHB) for assistance, and their contract enabled the Center to rent another large adjacent apartment.

The present year has seen the granting of the third contract by the CMBH. The projected budget for the year 1958-1959 amounts to approximately \$73,000 of which \$25,000 must be raised in contributions.

The professional staff at present consists of 12 psychiatrists, 4 psychiatric social workers, and 44 psychotherapists.

During the fiscal year ending May 31, 1958 an average of 800 patients per month was seen. Over the year this amounted to 9,523 individual sessions, subdivided as follows: 670 initial interviews, 379 interviews by the supervising psychiatrists, 2,321 interviews with family members, and 6,153 treatment sessions. There were 457 group therapy sessions with an average of 8 to 10 members in a group; 48 of these were sessions of mothers' groups, and 48 were sessions of play and art therapy groups.

Weekly conferences were held between the psychotherapists and their psychiatric supervisors, as well as monthly workshops on group therapy and monthly staff meetings. The weekly meetings of the Saturday Social Club for unmarried patients were continued under the psychiatric supervision of Dr. Erika Mohr and the leadership of Miss Rose Garlock. As in the past few years, several students of psychology and sociology in the City Colleges were assigned to the Center to observe and record play-art and mothers' groups, for which they received academic credit.

As usual, there were many calls on the staff for speaking engagements. Dr. Warner Lowe, chief psychologist, participated in the forming of the Council of Psychoanalytical Psychotherapists. Mrs. Emma Weissman, chief psychiatric social worker, took part in meetings sponsored by the New York Psychoanalytic Institute for the purpose of coordinating the procedures of all treatment centers. An invitation has been received to participate in the New York Health Show to be held from August 6 to 23, in the Coliseum. The Center is the only private mental hygiene clinic to be represented, and its exhibit will feature the development during the ten years of its existence.

Two new activities were initiated: a mental health discussion group, under Dr. Daniel Malamud; and a seminar for teachers on psychology in the classroom, conducted by Dr. Arnold Buchheimer

and Mr. Ernst Papanek. The success of both projects will give them a permanent place in the program. The new speech and voice therapy department began its work under the chairmanship of Dr. Emil Froeschels, assisted by Mrs. Ina Block.

For next year evening courses for parents and evening groups for adolescents are planned.

Mr. Ernst Papanek, who recently resigned from his position as executive director of the Wiltwyck School for Boys, is now serving the Individual Psychology Association, New York, Inc. as coordinator of its treatment and training programs.

To commemorate the current milestone in the history of the Center a volume is in preparation, containing contributions from staff members in the form of theoretical papers, case histories, and anecdotes. Its publication is planned in time for the tenth anniversary dinner in November.

The present report would not be complete without the most grateful mention of the thousands of free therapy hours given by the staff members, and of the great help, financial and otherwise, extended by the board of directors, the Students and Alumni Society, and the Friends' Committee—real indications of *social interest in action*.