

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

DANICA DEUTSCH, *Executive Director*

This year, in spite of many adversities, we were able to treat the same number of patients as last year, namely an average of 800 a month. This was possible partly because more patients were ready to accept group therapy as an adequate form of help. We had fourteen therapy groups for adults with an average of eight members. One new group, in addition to the traditional mothers' groups, was composed of fathers of children attending the Thursday afternoon play and art therapy sessions; and there was one new group of adolescent girls. We have also tried more and more to draw into the therapeutic process other members of the family, especially in dealing with marital problems—a further application of the holistic approach.

The interoffice program continued with weekly case conferences and by-weekly group therapy seminars of the therapists with psychiatric supervisors. The monthly staff conferences were of special interest because of their continuing theme of "Unusual Cases in Psychotherapy." The teamwork of psychiatrists, psychologists, and psychiatric social workers was intensified.

The past year has also seen a strengthening of our contacts with other community resources. There were many conferences and telephone interviews with courts, schools, child guidance centers of the Board of Education, and individual physicians on behalf of individual cases, as well as written reports given and received. As a result of this cooperation we were also able to arrange for several voluntary admissions to state and private hospitals in cases where the protective environment of an institution seemed imperative, or drug administration required constant supervision which our clinic was unable to provide at the present time.

Financially, the past year has been one of the hardest in our existence. Operating with a budget of \$73,000, we had a deficit of \$15,000, partly because the contribution from the N. Y. City Community Mental Health Board, due to a change in their policy, was

¹Condensed from the report presented at the General Membership Meeting of the Individual Psychology Association, New York, September 16, 1959.

reduced by one half. We were able to continue functioning only because of the generous loans made by members of our Board of Directors and by friends of the Center, and because our professional and administrative staff carried the bulk of the financial burden by going without salaries for six months and more.

We have always remained true to the Adlerian principle of keeping our fees low, corresponding to the patient's means, and to date not one patient has been turned away for reason of inability to pay. Without deviating from this principle, it has, however, become imperative to reach a sounder financial basis in the coming year. The constant difficulties in meeting operational expenses have tended to divert our energies from our essential purposes. For this reason the Board and the Executive Committee were, to our greatest regret, forced to suggest an upward revision of fees. Whereas these averaged \$4, ranging from no charge to \$10, we shall now for new patients raise the average to \$6 - \$10 for individual therapy sessions, and to \$5 for each participation in a group session.

A brighter aspect to report is that 21 of our psychologists who applied were granted their licenses from the State Board of Education in Albany. The experience obtained at our Clinic was fully accredited.

The high light of the season was the annual conference of the American Society of Adlerian Psychology which took place in New York, in May, 1959, in conjunction with the Individual Psychology Association, New York. The meetings were attended by more than 200 persons, and the dinner, by 100. Professor Paul F. Lazarsfeld of Columbia University, the dinner speaker, encouraged Adlerians to emphasize research and to compete with other psychological organizations for public grants for such purposes. At the panel discussion of the conference a follow-up study of psychotherapeutic effectiveness was suggested by Dr. Joseph Meiers. The Research Committee, headed by Dr. Irvin Neufeld, will collaborate with all other Adlerian groups in basic research on such evaluation.

Another positive result of our co-operative effort is a volume of over 500 pages, *Essays in Individual Psychology: Contemporary Contribution to Alfred Adler's Concepts*, Dr. Kurt A. Adler and Danica Deutsch, Editors, which has been a year in the making, and will be published in October, 1959, by the Grove Press, New York.