

TWELFTH ANNUAL REPORT OF THE
ALFRED ADLER CONSULTATION CENTER AND MENTAL
HYGIENE CLINIC, NEW YORK¹

DANICA DEUTSCH, *Executive Director*

In this our twelfth year, we have continued all our services to the community, of helping people of all ages in emotional distress. While the accent has been on treating families as units, we have, of course, carried on the work with individual children and adults, as well as with marriage partners.

Financial problems continued to be a main concern. As announced in our last annual report, we raised our clinic fees, a step which proved profitable. At the same time we were still able to accept lower-paying and non-paying patients to the extent of about one fifth of our case-load, thus maintaining one of our service ideals.

A few unexpected windfalls further alleviated our financial worries and boosted our morale. We received \$12,000 in donations from co-workers and one anonymous donor; \$1,000 from new friends, the Henry Feil Philanthropic League; and \$8,000 in contributions and loans from our Board of Directors. We also were given an electric typewriter and a dictating and transcribing machine, which greatly facilitate our secretarial work.

Our contract with the N. Y. City Community Mental Health Board was renewed on the same low basis as before. Since the CMHB matches voluntary contributions, and since these have increased substantially during the past year, we are looking forward to a higher grant from the CMHB next year.

Regarding our staff, their in-service training and regular meetings continued, as did the supervisory sessions for individual and group therapy with the psychiatrists.

We are pleased to announce that Leo Gold, Ph.D., formerly director of psychological services at the Riverside Hospital, N. Y. City, joined our staff last spring as assistant director.

An old dream was realized this past year with the introduction of a 15-session course in "Psychology in the Classroom," organized by Dr. Arnold Buchheimer, N. Y. City Board of Higher Education, and endorsed by the Board of Education. Fifty-nine teachers enrolled, and 57 finished the course. The instructors derived great satisfaction from seeing Adler's idea of "the school as the extended arm of the family" readily accepted by the participants. The teachers were so enthusi-

¹Condensed from the report presented at the General Membership Meeting of the Individual Psychology Association, New York, September 28, 1960.

astic about the new perspectives offered that they requested a continuation course. This will be given this fall and has been announced, together with the introductory course, in the 1960-61 "Program of In-Service Courses" issued by the Board of Education.

Many staff members were invited to present Adlerian views on psychology classes at colleges and elsewhere, and participated in conferences with other schools of thought.

Many of our staff prepared papers for the Eighth International Congress of Individual Psychology in Vienna, August 29 to September 1, 1960, of which Dr. Alexandra Adler, our medical director, was president. (For the program see this Journal, May, 1960, pp. 88-91.)

Essays in Individual Psychology, a collection of papers by those who have been connected with our Clinic, edited by Dr. Kurt A. Adler and the present writer, published by Grove Press, New York, Nov., 1959, has proved to be an outstanding success. The first printing was sold out by January, and a second printing of 5,000 copies arranged. We have been very fortunate with the publicity given the book. Responses have come even from European and South American countries. After all expenses were covered, the Individual Psychology Association, New York, Inc., received its first small royalty.

Our Clinic participated in an important development in the mental health field when it became a charter member of the Federation of Mental Health Centers, Inc. The manifold purposes of this new organization can be summed up by quoting from its constitution: "To provide a forum in which federation members and other interested parties and organizations may consult and cooperate in the study and resolution of problems relating to mental health."

In our plans for the future, the expansion of our family-therapy program is in the forefront because our new teacher-training courses are expected to create a greater demand for psychotherapeutic help for school children, and the discovery of the family as a unit by other schools of thought makes this kind of treatment increasingly acceptable to the general public.

The Women's Auxiliary of our Clinic has announced in its News Letter a program of lectures and panel discussions to publicize Adlerian ideas and win new members.

In spite of the many positive results of the year, we have no intention of "resting on our laurels." Rather, we must strive even harder to make the public aware of our services, so that more of the people who are interested in community mental health will enable us, by their contributions, to widen the scope of our work.