

THIRTEENTH ANNUAL REPORT OF THE
ALFRED ADLER MENTAL HYGIENE CLINIC, NEW YORK^{1, 2}

DANICA DEUTSCH, *Executive Director*

Our thirteenth year was a progressive and productive one, continuing with our regular activities. From June 1, 1960 to May 31, 1961, there were 456 patients in treatment, with 10,682 individual and 439 group sessions.

Our monthly staff meetings continued to be of great stimulation. One especially interesting case, presented by Dr. Alexandra Adler, our medical director, was that of a patient whose reading difficulties had been considered psychogenic by other institutions before his referral to our Clinic. In a special diagnostic examination it was found that he actually suffered from a chronic brain degeneration. He was referred for further evaluation to a hospital.

The Children's Play and Art Therapy Group extended its program to include music and dance, with the aid of professional volunteers and college students doing field work at our agency. This group, which works in conjunction with the Mothers' Group and Family Counseling, has again had rewarding results, as evidenced by the many letters and verbal expressions from participants.

The Social Club, under the leadership of Rose Garlock, was given a special boost through the visit of Dr. Joshua Bierer last spring, when he was on a lecture tour. A former co-worker of Alfred Adler, he founded the first social clubs in London. Our Club members, through their art exhibit, singing, reciting, acting, and above all, their freedom in the discussion which followed, gave dramatic proof of the rehabilitative value of this program, especially for isolated and withdrawn patients.

The In-Service Teachers' Training Courses, under the auspices of the Alfred Adler Institute, continued to receive enthusiastic endorsement from the teachers who attended. So far, these courses have introduced 80 teachers to Adlerian psychology, 15 of whom continued in the advanced course. Thanks are due to Dr. Arnold Buchheimer who organized this program, as well as to Dr. Olga Janowitz, Asya Kadis, Nahum Shoobs, and Dr. Elizabeth Thoma-Sauer for participating as lecturers and workshop leaders. As Dr. Buchheimer's schedule does not permit him to continue in the fall, Dr. Ernst Papanek and Dr. Thoma-Sauer have agreed to take his place, I am happy to announce.

¹Formerly Alfred Adler Consultation Center and Mental Hygiene Clinic.

²Condensed from the report presented at the General Membership Meeting of the Individual Psychology Association New York, June 21, 1961.

Finances remain our greatest problem, but the support of the Finance Committee, consisting of Dr. Kurt A. Adler and Mr. Shoobs, as well as of our Board of Directors, has enabled us to carry on with the necessary elan. The newly formed Women's Division, under the stimulating leadership of Betty Walker, and with the support of Mrs. Shoobs, Bess Blankfort, Ilse Pines and Mrs. Kurt Adler, raised \$8,000. A theater party netted about \$3,000 through the special efforts of Dr. Leo Gold. This "beginner's success" inspired the group to double their goal for the coming year.

Last spring, a publicity program was inaugurated by Anne Kaufman of our staff. So far, there have been interviews with Mrs. Deutsch and Dr. Ernst Papanek in *Esquire* magazine, the *New York Times*, the *New York World-Telegram*, the *New York Post*, on the Betty Furness television show, and on Carlton Fredericks' and other radio programs. The telephone and mail inquiries resulting from this publicity proved that our Clinic and the Adlerian school really have an important story to tell. Interviews with other members of our organization are in preparation, and we are planning to find further ways of bringing our work to the attention of the public.

In line with the above, we shall, as members of the Federation of Mental Health Clinics, take part in the New York Health Exhibition to be held at the New York Coliseum, August 18 to 27, 1961.

It is gratifying to report that the paperback edition of our *Essays in Individual Psychology* is still selling well. Because we were able to purchase a bulk of 250 copies of the hard-bound edition, these are now available at our Clinic at the special price of \$3.00 (list price \$4.75).

In accordance with our plans to increase our services to the community, we are initiating a Mental Hygiene Program in the fall which will introduce *Understanding Human Nature* with a preventive, rather than a therapeutic, purpose in mind. Workshops for mothers, for marital, pre-marital, and post-marital problems, for senior citizens and for adolescents will be open to the public. They will be held during the mornings, including Saturdays.

In order to maintain and expand our services, we are applying to foundations interested in an all-encompassing mental health program. The fact that all contributions go directly to the Clinic, without intermediaries, should be an added point in our favor.

All these past achievements and the courage to plan for the future would not have been possible, in view of our limited means, without the conviction and dedication of our professional staff, to whom we extend our appreciation and thanks.