

A Family Education Center, developed on Adlerian principles as an adjunct to the rehabilitative functions of the Juvenile Court, has been sponsored by the Department of Court Services, Hennepin County, in cooperation with the Minnesota Society for Individual Psychology and the Alfred Adler Institute of Minnesota for one and one-half years. Juvenile offenders and their entire families are referred to the Center by the judge or referee as part of their rehabilitation. As far as is known, this approach is completely innovative in the field of correction in the United States and has already received widespread national attention.

Recent Research in Family Process and Adlerian Hypotheses. GERTRUDE SCHWARTZMAN, M.S., *New York*.

At a time when intrapsychic conflict was generally focused upon in pathological behavior, Adler pointed out that husband-wife dissension is at least partly responsible for certain disorders of children by damaging their self-esteem. Although this view is not yet prevalent, there is much support for it in recent research. Findings have shown that self-esteem depends on the quality of parental interaction rather than parent-child relationships or child-rearing techniques; that children are socially oriented whose mothers favorably describe the fathers; and that marital problems of the parents are frequent in cases of schizophrenia.

2. Practical Application of Individual Psychology

Section A. EMERICH WEISSMANN, M.D., *London*, chairman.

An Adlerian Concept in Music Therapy. IRMGARD CARLÉ, *New York*.

This work with young adults and adolescents in a psychiatric hospital is carried on in small groups, following Adler's directive: "The patient must be guided away from himself, toward productivity for others." Patients are asked to imitate various sounds with their mouths; explore the sounds made by body movements, such as clapping and stamping, creating body-percussion; carry on "conversations" in rhythm and sound in a one-to-one relationship; and lastly form an orchestra with everyone taking part, using musical instruments, especially percussion.

A Case Illustrating Psychomotor Therapy. LILYAN ESPENAK, *New York*.

A young girl was referred for psychomotor therapy because of her interest in dancing. The physical program was directed to strengthening her legs which "take us places," and the spinal column which was thrown off balance, giving the whole body the appearance of hopelessness. The physical program afforded an emotional outlet as well, moving from cathartic experiences to insight and motivation, and conscious participation in the therapeutic process. Over four years the patient overcame her life style of dependency and expecting failure.

Consultation to Head Start. MARGARET MICHAELIS, *New York*. — No abstract received.

Fifteen Years of Therapeutic Social Clubs at the Alfred Adler Mental Hygiene Clinic. ROSE GARLOCK, *New York*. — No abstract received.

Section B. HELENE PAPANEK, M.D., *New York*, chairman.

The Potential Use of Individual Psychology in Clinical Pediatrics. HARRY P. ELAM, M.D., *Chicago*.

Particularly in clinical ambulatory pediatric practice, parents still want advice, interpretations, and "laying-on" of hands from the physician. But the pediatrician has had little preparation for managing and treating the child as an indivisible whole. He is only now making a transition from a "disease-oriented" to a "child-rearing" specialist, from the "organic" to the "social." This paper points out principles of Individual Psychology useful for the pediatrician, treating the child in a non-psychiatric setting, who is relating his clinical practice more and more to the child's social field.

Demonstration of Life Style. HAROLD H. MOSAK, Ph.D., *Chicago*.

The speaker constructed the life style of a subject from the early recollections and material relating to the family constellation which she gave in answer to his questions.—Upon demand, a second, unscheduled demonstration was given Sunday morning.

Saturday Morning, July 4

Psychopathology. KNUT BAUMGAERTEL, M.D., *Vienna*, chairman.

What Patients Say and What they Mean. ROBIN GUSHURST, *Chicago*.

A number of patients' statements are presented and analyzed to show that they are often fruitful sources of diagnostic information. For example, when a patient says, "I have a conflict," he is often describing, not an intrapsychic competition, but a self-created double-bind which enables him either to avoid a possible failure, or to retain a much wanted advantage. Often his statements refer to a technique which he has worked hard to perfect—as a means of keeping himself safe, in control, and free from possible exposure.

Perspectives in Oppression: the Patient and Psychiatrist. ROY D. WALDMAN, M.D., *New Brunswick, New Jersey*.

The phenomenon of mental illness emanates from the consequences of the situation in which an oppressed individual has considered himself as an "object" to be dominated by the "subject" or oppressor. The most urgent role of psychotherapy is to assist the patient in eliminating the oppressive situation. Psychotherapy must clarify for the patient both the manner and consequence wherein he unwittingly persists in "objectifying" himself, with the view to having him reject what he has been, and become what he can be.

Contemporary Drug Addiction. HERBERT SCHAFFER, M.D., *Paris*.

From a psychological point of view the tendency to drug use can only be understood in each individual case, even if addiction has its social premises and, of course, its social consequences. Motivations vary: to escape from the ills of a sick society, to widen the field of consciousness, to surpass one's own self, to reach Oriental wisdom, etc. Special consideration is given to the drug, cannabis (marijuana), the psychological structure of the addicts, and their psychotherapy and psychopedagogy.

Concepts of Life Styles in the Treatment of Alcoholics. WILLIAM W. GARITANO, M.D., *New York*, and RUTH E. RONALL, M.S., *New York*.

This paper introduces the terms "external" and "internal" life styles to refer, respectively, to the popularly used concept of the observable common characteristics of a group, and to what seems closer to the Adlerian meaning, a person's characteristic way of structuring his life, based on his subjective experience of himself and of the world around him in relation to himself. Alcoholism presents the picture of specific interlocking external and internal life styles. These are discussed, as well as the processes leading to their development.

Saturday Afternoon, July 4

1. Education. MARVEN O. NELSON, Ed.D., *Suffern, New York*, chairman.

Research on Teleological Factors in Classroom Learning. JOE W. TIDROW, Ed.D., *Tulsa, Oklahoma*.

Most past research has been concerned with what students and teachers *do* and *have*, rather than what they *seek*. A few recent studies showed the goals of teachers to have high correlations with students' learning. A review of studies finding relationships of goals of teachers and of pupils to classroom interaction and other interesting factors is given.

Extreme Pupil Behavior Problems: Five Years' Use of Special Class Techniques. MAURICE L. BULLARD, M.S., *Corvallis, Oregon*.

A five-year action program for elementary school children with extreme behavioral, emotional, and motivational problems, within a school budget with moderate personnel support, successfully returned the children from special classes to regular classrooms within a prescribed two-year limit. Emphasis was on (a) behavior modification utilizing structure, non-involvement, and reinforcement; (b) motivation modification, utilizing Adlerian classroom discussion and open-ended stories; (c) curriculum motivation, the satisfaction of achievement; and (d) parent cooperation, planned child-parent interaction.

Adlerian Approach in Elementary School Counseling. G. EDWARD STORMER, Ph.D., *Morgantown, West Virginia*.

The presentation was centered around slides portraying a model elementary school counseling program based on Adlerian psychology. Research results of the use of this model in a Title III Center were also presented.

The Training of Counselors. MANFORD SONSTEGARD, Ph.D., *Morgantown, West Virginia*. — No abstract received.

Effect of Racial Composition and Group Procedures on Children's Racial Attitudes. FINIS E. DEW, *Morgantown, West Virginia*.

This study compared six groups, of ten 5th and 6th graders each, with regard to possible improvement in racial attitudes. One group of five negro and five white children was given teleoanalytic group counseling and compared to a

similarly constituted group having contact activities only. This comparison was repeated for two all-negro groups, and for two all-white groups. Counter to expectations, no advantage was found in the racially mixed over the homogeneous groups, nor in the counseled over the activity groups. There was, however, more gain in self-esteem in the counseled than in the activity groups.

2. Marriage and Group Counseling. ASYA L. KADIS, *New York*, chairman.

Combined Individual and Group Marriage Counseling on Adlerian Principles.

N. S. IONIDES, M.D., *Washington, D.C.*

Adler's masculine protest is confirmed more than ever today when men are very scared and women reject their femininity. Many marital problems are created presently because spouses, being very lonely and not socially oriented, demand more from one another. The speaker first counsels husband and wife separately regarding personal problems; gradually each joins a separate group where, again, personal problems are discussed; and they join together a third group for general discussion in order to increase their social interest and activity.

A Marriage Education Center. MIRIAM L. PEW, M.S.W., *St. Paul, Minnesota*.

This January a Marriage Education Center was begun at Hamm Memorial Psychiatric Clinic, St. Paul, Minn., meeting Tuesdays, 9-10:30 a.m., open to anyone interested in improving marital relationships, at no charge. W. L. Pew, M.D., and Miriam L. Pew, M.S.W., codirectors, interview a married couple in front of a group of other couples and professionals who participate by asking questions of the directors or identifying with one or both of the married pair. Although recommendations are given to the couple, which may bring about some behavior change, the Center is educational in nature, stressing the learning of basic principles of living together as equals in a democratic society.

Married Couples Group. HELENE PAPANEK, M.D., *New York*.

Experimenting with this method followed from the Adlerian view that man can be understood and influenced toward change more effectively in a social setting than in artificial isolation, and from the observation of impasses in other forms of marriage therapy. A married couples group, usually of three to five pairs, while having its own difficulties, adds a new dimension to treatment. The therapist can try to use creatively the combination of marriage dynamics and group dynamics to exert therapeutic pressure. The therapist and the patients turn the search light of attention on the couple, the individual, and his transactions in the group, to bring out a well-defined patterned behavioral item as part of the person's life style and his family's life style.

Adlerian Group Psychotherapy: a New Approach. ROBERT L. POSTEL, M.S., *Chicago*.

This new approach differs by the following aspects: the therapist is a leader who runs his group with tactics; he maximizes the group's effectiveness by the use of structure; he is a performer, always "on stage"; projective action-oriented "games" are used to help the individual to be revealed; the individual is helped to maximize his learning through assignments in and out of the group.

3. Social Feeling. ALFRED FARAU, Ph.D., *New York*, chairman.

Individuality and Social Embeddedness. LEO GOLD, Ph.D., *South Orange, New Jersey*.

Once we begin to move away from the myth of the inherent to an interactional construct of human existence, the more comprehensible man's behavior becomes. Individuality, which develops while man remains embedded in his social matrix, is not something uniquely different and, therefore, alien from the social process, but rather a richer or more special interpretation of one's role in relation to others within the environment.

Civilization and its Contents. ERNST PAPANEK, Ed.D., *New York*.

Is the undisputed need of organizing man in a civilization dooming us to "discontents" in Freud's view? Can we not rather believe the Adlerian concept that no progress of civilization is real if it does not contribute to the happiness of the individual and that no individual can achieve real happiness without contributing to the progress of civilization? Support for this view is found in the works of Pestalozzi, Kropotkin, Marx, Kilpatrick, Fromm, Linder, and others.

Priority of Feelings. NAHUM E. SHOOPS, M.A., *New York*.

Ideas without feelings become embalmed in clichés. Our relationships, i.e., our emotional contacts at home and at school are more important for personality growth than the acquisition of skills. The psychotherapist's success depends more upon his relationship with the patient than upon his therapeutic ability alone. Individual Psychology rests upon the twin foundations of two feelings: inferiority feeling and social feeling. It begins with the problem of inferiority; its end should be the cultivation of proper social interest.

Family Education as an Aspect of Community Mental Health. GENEVIEVE PAINTER, Ed.D., *Champaign, Illinois*.

The Family Education Association of Champaign County, Illinois, was formed three years ago and has developed in this time an enthusiastic response for Adlerian philosophy and methods from the public and non-Adlerian professionals. It sponsors the following low-cost services: lay-leader study groups in child rearing, marriage, and human relationships; a family counseling center; teenage counseling groups, 12-14 and 15-17 years, meeting weekly, and once a month with parents joining in; and adult counseling groups meeting weekly.