

## FOREWORD

With the growing interest in brief psychotherapy, crisis intervention, and community psychiatry, psychiatrists in recent years have come to rediscover Adlerian psychology as other professionals have. As Dean Levitt stated in his introduction, "One might say that Adler indeed was the original community psychiatrist."

The present issue of the Journal, entitled "Adlerian Techniques of Psychotherapy," is a comprehensive sampling of what contemporary Adlerians and Adlerian theory have to offer to their psychiatric colleagues. This sampling was assembled originally for the Fourth Brief Psychotherapy Conference: Adlerian Techniques, sponsored by the Department of Psychiatry, Chicago Medical School and Mount Sinai Hospital Medical Center, Chicago, of which Dr. Harry H. Garner is chairman. The first of these conferences, in 1969, was a general introduction to brief psychotherapy; the second, in 1970, was on confrontation problem-solving technique; and the third, in 1971, on behavior therapy.

The present conference took place March 24 and 25, 1972, at the Pick-Congress Hotel, Chicago. Directors of the program were Dr. Garner and Professor Heinz L. Ansbacher. Dr. John Cowen was program co-ordinator, and the program was developed by Dr. Bernard H. Shulman. Some 300 persons attended the conference.

The conference was held in honor of the centennial of Alfred Adler's birth, 1970, and of the proponents of his teachings. The conference honored further and especially Dr. Rudolf Dreikurs, emeritus professor of psychiatry, Chicago Medical School, and chairman, Alfred Adler Institute, Chicago, on the occasion of his 75th birthday. Dr. A. Nichols Taylor, president, Chicago Medical School, in his welcome to the conference, particularly greeted Dr. Dreikurs as the honoree. Dr. Dreikurs acknowledged that this meant more to him "than any recognition by any other University could mean." Tragically, this was his last public appearance. He died two months later, May 25th. His four contributions to the conference thus might be called his psychological last testament.

The present issue contains the proceedings of the conference. A few of the papers appear here in an order somewhat different from that at the conference for the sake of achieving greater topical coherence. Thus an author may mention a paper as having preceded his, whereas in the present issue it will follow his own paper.

The issue contains three contributions which were not part of the conference. The first two are the comments by Dr. Harvey H. Barten and Dr. Judd Marmor, both non-Adlerians, in response to the claim by Ansbacher that Adler represents the tradition of brief psychotherapy. The third is the survey by Dr. Edmund F. Kal on contemporary Adlerian clinical practice. It is included because, although admittedly informal and impressionistic, it rounds out the picture of Adlerian techniques given here.

Dr. Kal's survey particularly sheds some light on the question of the specific duration of Adlerian treatment which was otherwise really not touched upon at this conference although it was concerned with brief psychotherapy. We learn that about half of the patients of Adlerians are seen only once a week, and that for 58%, the duration of treatment is expressed in terms of weeks or months, well below and up to a year, while for the remaining 42% the time may extend up to three years. Adlerian treatment is then most often of brief duration, but there is no commitment to brevity. The method provides for extension over several years if required in a given case.

We believe this was also Alfred Adler's own position on the matter. Interestingly Franz Alexander who brought the idea of brief psychotherapy to psychoanalytic circles shared this view. He is quoted as having stated in a private conversation, "I do not draw a sharp line between brief and long . . . psychotherapy . . . I do not decide in advance whether a treatment be brief or long . . . I adapt the details . . . to the situation of the patient."<sup>1</sup>

At the end of the conference Dr. Garner asked for "a round of applause for Mss. Marian Dombrowski, Barbara Addison, and Marsha Collier, who did all the splendid work that was necessary to make this meeting the success it has been."

Our profoundest gratitude goes to Dr. Joseph George Nemecek who made tapes of professional quality of the entire conference and made them available for transcription. Without his great contribution this verbatim publication of the proceedings could not have come into existence. We also wish to express our appreciation to the staff of the University of Vermont psychology department for having made the transcripts.

*University of Vermont*  
*September, 1972*

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<sup>1</sup>Bühler, Charlotte. *Psychologie im Leben unserer Zeit*. Munich: Droemer, Knauer, 1962, p. 490.