

# SURVEY OF CONTEMPORARY ADLERIAN CLINICAL PRACTICE

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The purpose of this survey was to establish to what extent contemporary Adlerian clinicians actually practice according to their avowed theoretical orientation.

## METHOD

The sample was selected from the 184 active members listed in the 1970 directory of the American Society of Adlerian Psychology (ASAP). With the aid of some members who could reasonably be expected to be familiar with the professional activities of the co-members, 40 members were selected who were active in clinical practice and representative of the total membership in regard to geographical distribution.

They were asked to answer by mail a list of 16 questions as shown in Table 1.

TABLE 1. LIST OF QUESTIONS USED IN THE PRESENT SURVEY

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1. What are the typical symptoms your patients present to you?
  2. What clinical diagnoses do you make most often?
  3. What are your most frequent or typical dynamic interpretations?
  4. Do you use a formal questionnaire to get information on the family constellation? If so, what?
  5. What early experiences do you consider most influential in shaping personality?
  6. Do you make special use of early recollections?
  7. By what key do you interpret early recollections?
  8. What percent of patients do you see individually and/or in groups?
  9. How often, if at all, do you use "multiple" therapists?
  10. How frequently do you use medication?
  11. What kinds of specialized techniques do you use?
  12. How frequently and for how many sessions do you see patients?
  13. What produces change in the patient?
  14. What is the basic goal of man? And what is the essential mark of mental health?
  15. How important is religion for mental health and for therapy?
  16. What in your practice do you consider most typically Adlerian, in contrast with other schools?
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Of the 32 members who answered, 15 were clinical psychologists, 13 medical doctors, and 4 educational clinicians. The number of respondents per question varied, with only Question 16 being answered by all 32 respondents.

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