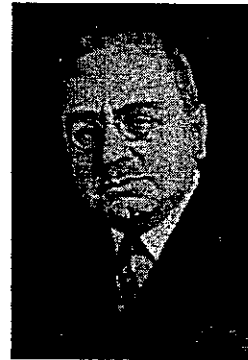




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## A Brief History of Adlerian Psychology

Alfred Adler's (1870 - 1937) contributions are based on the need to understand individuals within their social context. As early as 1900, he began addressing such crucial concepts and issues as equality in relationships, parent education, the influence of family constellation, life style, and the holism of individuals. [Adler was commissioned to develop child guidance centers and thousands of teachers were trained through demonstrations and lectures. He had a strong commitment to education and to the training of teachers, believing that teachers were among the most influential professionals in society. Dr. Rudolf Dreikurs, a follower of Adler, took over and expanded the centers even more. ]



*Alfred Adler*

Adler developed his social psychological, developmental, cognitive personality theory between 1911 and 1937. Central to his theory is the individual as a unitary, goal directed and creative self. According to Adler, a person not only reacts to the environment in a unitary manner, but also the mind and body is interrelated in its function. Individual's need to belong, to feel connected to others and to contribute to the greater good of the community. Adlerian theory recognizes humans are influenced by their social setting and that their characteristics are developed within this social context and importantly, that all behavior has a purpose.

A person's short term goals are congruent with and in line with, his or her long term goals. The goals are an integrating factor in a person's Life Style, which is an individual's cognitive map for dealing with life, and is a person's law of movement. We have a choice in formulating goals even considering our heredity and environment. It is not what we are born with, but what we do with it. Each person has a creative, inventive power which aids him or her in setting a path in life. Adlerian Psychology is optimistic in that as individuals we can make choices and thus are able to change if we choose.

Out of these beginnings: Children the Challenge, Maintaining Sanity in the Classroom, Systematic Training for Effective Parenting (STEP), Systematic Training for Effective Teaching (STET) and Co-operative Discipline were developed. These programs are now used world-wide because of their practical ability to help people achieve more harmonious relationships.



*Rudolph Dreikurs*

In 1969, Dreikurs gave an address to the U.B.C. Counsellor's Conference in Vancouver. A group of participants continued to study these Adlerian concepts and in 1973, they formed the British Columbia Association of Adlerian Psychology. Later the name changed to the Adlerian Psychology Association of British Columbia (A.P.A.B.C.). Since 1974, A.P.A.B.C. has offered a Master of Arts in Counselling Psychology through the Alfred Adler Institute, now the Adler School of Professional Psychology, in Chicago.

In April of 1995 our graduate program became known as the Adler School of Professional Psychology (B.C.). We are dedicated to promoting the beliefs, theories and principles of Adlerian or Individual Psychology.

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