



Alfred Adler Institute of San Francisco

CLASSICAL ADLERIAN PSYCHOLOGY

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(Pages Updated on 2/25/97) [New Developmental Sequence of the Feeling of Community](#)

What is Classical Adlerian Psychology?

Classical Adlerian psychology is a values-based, fully-integrated, theory of personality, model of psychopathology, philosophy of living, strategy for preventative education, and technique of psychotherapy. Its mission is to encourage the development of psychologically healthy and cooperative individuals, couples, and families, in order to effectively pursue the ideals of social equality and democratic living. A vigorously optimistic and inspiring approach to psychotherapy, it balances the equally important needs for individual optimal development and social responsibility.

With a solid foundation in the original teachings and therapeutic style of Alfred Adler, it integrates several powerful resources: the rich contributions of Kurt Adler, Lydia Sicher, Alexander Müller, Sophia de Vries, and Anthony Bruck; the self-actualization research of Abraham Maslow; and the creative innovations of Henry Stein.

How Does it Differ From Other Approaches?

Although many other psychologies have adopted fragments of Adler's theory, none has embraced his most fundamental premise: the primacy of a feeling of community (connectedness) as an index and goal of mental health. As a values-oriented psychology, it is more than a collection of techniques. It establishes philosophical ideals for individual and group development. It does not rely on typologies, but attempts to capture the absolute uniqueness of each individual. Adlerian terms are clear and free of obscure complexity. The goal of treatment is not merely symptom relief, but the adoption of a contributing way of living. It is one of the most socially responsible psychologies in a field that frequently caters to self-centeredness or uninhibited aggression. Our therapeutic style is diplomatic, respectful, and Socratic. We do not reduce psychotherapy to a by-the-numbers procedure, but practice it like an art requiring creative innovation.

READINGS

THEORY AND PRACTICE

- [Why Classical Adlerian Psychology is Important for Democracy](#)
- [Basic Principles of Classical Adlerian Psychology](#)

- [Developmental Sequence of the Feeling of Community \(table\)](#)
- [Stages of Classical Adlerian Psychotherapy \(table\)](#)
- ["Classical Adlerian Theory and Practice," by Henry Stein and Martha Edwards \(comprehensive overview\)](#)
- ["Adler and Socrates Similarities and Differences," by Henry Stein](#)
- [Adlerian Overview of Birth Order Characteristics](#)
- [A Questionnaire for Saving Interview Time in Adlerian Brief Therapy](#)
- [Other Reading and Study Materials](#)

DEMONSTRATIONS

- [A Demonstration of Classical Adlerian Psychotherapy Technique. Using Socratic Questioning With a Man Who Procrastinates,](#) by Sophia de Vries, including a process analysis by Henry Stein

GRAPHICS

- [The Style of Life Tree, a Graphic Representation of Personality Development.](#)
- [The Feeling of Community, a Graphic Representation of Human Embeddedness.](#)

PHILOSOPHY AND THEOLOGY

- ["Philosophical and Spiritual Implications of Adlerian Psychology," by James Wolf](#)
- ["Fellowman," by Alexander Müller](#)
- ["Mistaken Social & Psychological Developments of Our Times..." by Alexander Müller](#)

PARENTING AND TEACHING

- [Adlerian Child Guidance Principles](#)
- ["The Challenge of Kindergarten," by Theodore Grubbe](#)

BIOGRAPHIES

- [Biographical Sketch of Alfred Adler](#)
- ["Close Encounters With Alfred Adler," by Sophia de Vries](#)
- ["Alfred Adler, As I Remember Him," by Anthony Bruck](#)
- [Biographical Sketch of Alexander Müller](#)
- [Biographical Sketch of Sophia de Vries](#)
- [Biographical Sketch of Lydia Sicher](#)
- ["Lydia Sicher: An Unsung Adlerian," by Adele Davidson](#)
- [Biographical Sketch of Anthony Bruck](#)
- [Biographical Sketch of Henry Stein](#)

INTERVIEWS

- *Remembrances of Alfred Adler, Sigmund Freud, Carl Jung, and Other Early Contributors to Psychology: An Interview With Sophia de Vries*

DISTANCE TRAINING

- *Distance Training in Classical Adlerian Psychotherapy - Study and Consult From Anywhere in the World!*
- *Suggestions for Presenting or Discussing Cases*

ON-SITE SUMMER TRAINING IN SAN FRANCISCO

- *NEW! Classical Adlerian Group Marathon for Psychotherapists, July 18-22, 1997, in San Francisco - Become Part of a Growing Adlerian Community*

AUDIO CASSETTE TAPES AND BOOKS

- *NEW! Classical Adlerian Psychotherapy: A Socratic Approach, an Audio Cassette Study/Consultation Program by Henry Stein*
- *An Interview With Sophia de Vries: Remembrances of Alfred Adler, Sigmund Freud, Carl Jung, on Audio Cassette*
- *You Shall be a Blessing, by Alexander Mueller*
- *The Collected Works of Lydia Sicher: An Adlerian Perspective, Edited by Adele Davidson*

REFERRAL SERVICE

- *Referral Service to a Classical Adlerian Psychotherapist*

LINKS

- *Behavior OnLine -- An Interview with Henry Stein about Classical Adlerian Psychotherapy: Discussion Forum; and Clinical Case Conference.*



Mental Health Net Award



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