

Adlerian

COUNSELING AND PSYCHOTHERAPY

A Practitioner's Approach

FIFTH EDITION

Thomas J. Sweeney

 **Routledge**
Taylor & Francis Group
New York London

Contents

List of Figures	xiii
List of Tables	xv
List of Forms	xvii
Acknowledgments	xix
Introduction	xxi

Part I Foundations for Understanding Human Nature

1 Individual Psychology: The Man, the Movement, and the Psychology of Alfred Adler	3
The Man	6
The Movement	7
Basic Concepts	9
Socio-Teleo-Analytic	9
Early Human Development	12
Family Constellation	14
The Five Major Life Tasks	17
Function of Emotions and Feelings	19
Holistic View	20
Philosophy and Value System	21
Low Social Interest	24
Validation	24
Multicultural Considerations	25
Gender Considerations	27
Adler and Beyond	30
Summary	31
Study Questions	32

2	Wellness Through Social Interest: The Goal of Helping	33
	JANE E. MYERS	
	Definitions of Wellness	34
	Positive Psychology	35
	The Wheel of Wellness	36
	The Indivisible Self: An Evidence-Based Model of Wellness	37
	Wellness Research	41
	Wellness Counseling	42
	Summary	43
	Study Questions	43
	Activities	44

Part II What We Learn From Life

3	Life's Rules Are for Everyone: Natural and Logical	
	Consequences	47
	Action Dimensions	48
	Natural Consequences	48
	Logical Consequences	48
	Encouragement	48
	Experiencing Natural Consequences	48
	Practical Implications	49
	Self-Study Situations	49
	Logical Consequences: Social Living Lessons	52
	Comparisons of Consequences and Punishment	53
	Aspects of Logical Consequences	54
	Attitudes	54
	Choices	54
	Action, Not Words	55
	New Rules	56
	Summary	56
	Study Questions	57
	Activities	57
	Examples	59
4	Encouragement: The Essential Element of Helping	61
	On Believing in One's Self	63
	Self-Esteem	64
	Consequences of Self-Esteem	65
	Assessment and Intervention	66
	Readiness for Change	66
	Interventions by Readiness Stage	66
	Self-Development Application	69

Definition and Assumptions	72
Essence of Encouragement	74
Communicating Encouragement	77
Discrimination Categories and Response Examples for Communications	79
Discrimination Exercises for Communications	80
“I” Messages	83
Further Application	84
On Being Encouraging	86
Summary	89
Study Questions	90
Activities	90

Part III First- Versus Second-Order Change: Counseling and Psychotherapy

5 Lifestyle Assessment: Uncovering the Unconscious	97
Data Gathering	98
Sources of Data	98
Family Constellation	100
Early Recollections	102
Observations	107
Summary	108
Study Questions	109
Activities	109
6 Adlerian Counseling and Psychotherapy Practice	115
Stages of Adlerian Counseling and Psychotherapy	117
Relationship	118
Psychological Investigation	120
Interpretation	125
Reorientation	137
Specific Techniques	139
Spitting in the Soup	141
Antisuggestion	141
“If Only I Could ...”	141
Push-Button Technique	141
Adding Significant Modifiers	142
Assessing Probabilities	142
Task Setting	142
Summary	143
Lifestyle and Early Recollection Session Excerpts	143
Lifestyle Assessment Information	143

Early Recollection/DCT Assessment	151
Conclusion	159
Study Questions	160
7 Using Diagnostic and Statistical Manual of Mental Disorders (<i>DSM</i>) Diagnosis for Adlerian Outcomes	161
TODD F. LEWIS	
The <i>DSM</i> and Diagnosis	162
Strengths of Diagnosing and the <i>DSM</i>	163
Criticisms of Diagnosing and the <i>DSM</i>	164
An Adlerian Perspective on Psychopathology	165
Adlerian Theory, the <i>DSM</i> , and Diagnosing	166
Using the <i>DSM</i> Within the Context of an Adlerian Counseling Approach	168
Case Study	170
Adlerian Lifestyle Assessment	172
Specific Diagnosis	173
Treatment Planning and Change	176
Specific Foci and Issues of Adam's Treatment	177
Conclusion	179
Study Questions	180

Part IV Applications of Individual Psychology

8 Career-Style Counseling	183
MARK L. SAVICKAS	
The Matching Model	183
Adlerian Enhancement of the Matching Model	185
Elaboration 1: From Fit to Belongingness	185
Elaboration 2: From Similarity to Uniqueness	186
Elaboration 3: From Inventorying Interests to Creating Interest	186
Elaboration 4: From Matchmaking to Meaning-Making	187
Adlerian Career Counseling	189
Career-Style Interview	190
Question 1: Models	190
Question 2: Magazines	192
Question 3: Favorite Story	193
Question 4: Mottos	194
Question 5: School Subjects	194
Question 6: Leisure Activities	195

Career-Style Assessment	195
Practice Case	197
Career-Style Counseling	201
Summary	206
Study Questions	207
9 Guiding Children Through Social Interest and Cooperation	209
Principles of Child Guidance	210
Goals of Disruptive Behavior	212
Attention Seeking	213
Power Seeking	213
Revenge Seeking	213
Inadequacy or Assumed Disability	213
Example: Charles	213
Identifying Goals of Children’s Disruptive Behavior	214
Attention Deficit Disorder	216
Typical Faulty Goals of Adolescents	218
Superiority, Conformity, and Popularity	219
Defiance, Promiscuity, and Inadequacy	220
Charm, Beauty, and Sexism	221
Intellectuality and Religiosity	222
Summary	222
Violence and Substance Abuse	223
Corrective Action	224
Catch Yourself	225
Assess Goals	225
Respond With Consequences and Encouragement	226
Execute With Consistency, Friendliness, and Respect	239
Summary	240
Study Questions	241
Activities	241
10 Love: Counseling Couples	255
Love: The Antecedent and By-Product of an Intimate Relationship	256
Choosing a Mate	258
Couples Counseling	260
Establishing the Relationship	261
Assessment	262
Lifestyle Assessment for Couples	264
The Case of Nel and Mark	264
Interpretation	266
Reorientation	267

Summary	270
Study Questions	270
11 Consulting With Families	273
Adlerian and Systems Theory	274
Underlying Assumptions of Adlerian Consultation	277
Characteristics of Strong Families	278
Interview	279
Establishing Rapport	280
Parent Interview	281
Children Interview	285
Consolidation	289
Typical Recommendations	289
Alarm Clock	290
Dress Before Breakfast	290
No Reminders	291
Bedtime	292
Establishing New Agreements	293
When Recommendations Fail	294
Talking	294
Inconsistency	296
Overcorrecting	297
Self-Fulfilling Prophecy	297
Follow-Up	298
Further Applications	298
Summary	299
Study Questions	300
Activities	300
12 Working With Groups	305
Types of Groups	307
Discussion Groups	308
Discussion Groups for Children	308
Family Meeting or Council	319
Marriage Discussion Groups	321
Consulting Groups	323
Counseling Groups	324
Lifestyle Groups	324
Starting Lifestyle Groups	325
Lifestyle Sessions	325
Summary	327
Study Questions	327
Activities	327

13	Passing on the Adlerian Legacy	333
	Teaching	334
	Modeling and Mentoring	335
	Co-Counseling and Supervision	336
	Peer Supervision	337
	Consulting	337
	Summary	337
	Study Questions	338
	Activities	338
	Interviewer's Lifestyle Script	338
	Lifestyle Assessment Interview Script	338
	Family Constellation	339
	Early Recollections	342
	Concluding Lifestyle Interview	343
	Summing Up the Lifestyle	343
	Appendix A: Family Counseling	351
	Parent Interview	351
	Children Interview	363
	Parent Interview Resumed	369
	Appendix B: Family Council	371
	References	385
	About the Author	393
	About the Contributors	395
	Index	397