

... community ... belonging ... networking ... social activities ... CEs ...

“TIPS: Theory Into Practice”

Thank you **Al Milliren** and **Wes Wingett!** Their May 21st seminar, held at The Great Books Foundation and worth six CEs, was well worth its title, showing participants a great number of **TIPS**, or how to bring **“Theory Into Practice”** – particularly with regard to conducting brief therapy. Noting that **Adler** tended to see patients twice a week for approximately three months, Al and Wes emphasized the importance of, in Adler’s words, “treat(ing) every session as if it is the last.”

No matter the language – e.g. “Gemeinschaftgefühl” (German; Social Interest and responsibility), “Wa” (Japanese; pursuit of social harmony), “Hozho” (Navaho; “the search for balance and being in balance with our environment”) – the goal of therapy is to increase the client’s Social Interest through contribution. Reviewing theory, providing tools, and taking note of individual styles, Al and Wes emphasized throughout the importance of using our clients’ language, stories, and metaphors to conduct what they term “Respectfully Curious Inquiry” through encouragement, education, empathy, and equality (the basic elements of Adlerian Therapeutic Empowerment).

For those of you who could not make the seminar (and who, then, did not receive Al and Wes’ great handouts), may we present:

When Listening to a Person for the First Time

In 1929 Alfred Adler wrote, “With every sentence, with every word of the patient, I consider:

- What is the real meaning of what she is saying?**
- What is this person’s attitude toward life?**
- What do her works mean in the light of her deeds?**
- How does she meet the demands life makes of her?**

**How does she behave toward her fellow human beings?
How does she perform her duties (or fail to perform them)?
Does she tend to reality or illusion?"**

Alder, A. (1929). *The case of Miss R. The interpretation of a life story*. New York: Greenberg Publisher. Pp. 4-5

COMING UP:

The Chicago Adlerian Society now meets once a month, usually the last weekend, except in special circumstances ... like holidays and our May workshop and our June meeting! Dues cheap: \$20.

WATCH THIS SPACE FOR NEWS OF THE CHICAGO ADLERIAN SOCIETY

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