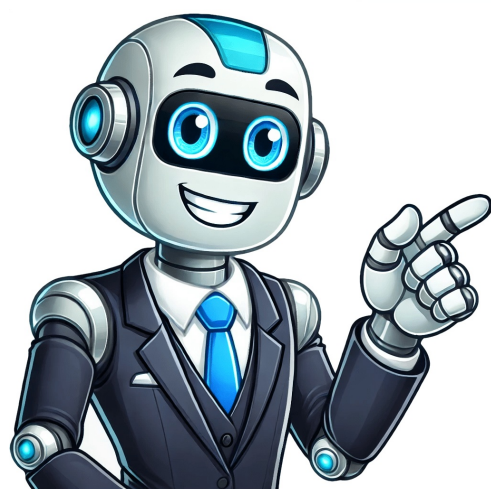


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techniques Adlerian therapists use in treatment may be intended to help clients recognize and correct these errors.What are the drawbacks of Adlerian psychotherapy?While many patients find an Alderian approach to therapy helpful, it may have downsides in some cases. One is the amount of time required. Adlerian psychotherapy places a heavy emphasis on the need to build up a supportive, trusting relationship between the client and the therapist. It may take quite a few sessions to achieve this sense of comfort and security. As a result, effective treatment can take longer than more structured methods of therapy.Another possible drawback is the tendency of Adlerian therapy to focus on a patient's family dynamics and formative childhood experiences. This could make it less effective for people who have less ability to recall detailed childhood memories. Clients who don't wish to revisit their family histories may also feel uncomfortable with this method.The Adlerian approach also does not have as robust an evidence base as some other forms of psychotherapy. As the editors of the Journal of Individual Psychology noted in 2018, practitioners of this therapeutic method have not yet developed a core therapeutic strategy capable of being rigorously tested. This may make it harder to draw definitive conclusions about the effectiveness of Adlerian therapy compared to more standardized methods like cognitive-behavioral therapy (CBT).What are Adlerian encouragement techniques?Many of the common techniques in Alderian psychotherapy are intended to encourage patients to believe they are capable of effective action and positive change. Here are a few of these methods of encouragement:Active and reflective listeningCommunicating confidence in the patientSuggesting ways for clients to see the humorous side of thingsDisplaying warmth toward the clientEmphasizing the client's strengths and resourcesValidating the patient's goals when they're appropriatePrompting reflection on whether self-limiting beliefs are accurateFocusing on a patient's efforts rather than outcomesWhat are Adlerian interventions?The term "Adlerian interventions" can refer to any type of psychological treatment based on the principles of individual psychology. Many of these methods are intended as brief courses of treatment aimed at addressing specific difficulties or helping clients improve in specific types of daily functioning. Reviewed by Psychology Today Staff Adlerian therapy, also called individual psychology, is a short-term, goal-oriented, and positive psychodynamic therapy based on the theories of Alfred Adler—a one-time colleague of Sigmund Freud. Adler focused much of his research on feelings of inferiority versus superiority, discouragement, and a sense of belonging in the context of one's community and society at large. According to Adler, feelings of inferiority can result in neurotic behavior but, in the right setting, can also be used as motivation to strive for greater success. Adlerian therapy focuses on the development of individual personality while understanding and accepting the interconnectedness of all humans. Alfred Adler was born near Vienna, Austria in 1870. He studied medicine and became a doctor, first practicing ophthalmology before shifting into general medicine treating different populations. In the early 1900s, Adler met regularly with Sigmund Freud as he began to develop psychoanalysis. Yet Adler soon parted ways with Freud to begin his own branch of therapy, which would become Adlerian therapy or individual psychology. He developed the approach, met with patients, and spoke about his methods until his death in 1937. Adlerian therapy is an evidence-based approach that can be applied successfully in the treatment of any type of psychological disorder or mental illness. Adlerian therapy may be used in conjunction with other therapeutic approaches such as play therapy, art therapy, and culturally sensitive counseling, as it best suits the needs of the individuals involved. An Adlerian approach can be employed with children, adolescents, adults, individuals, couples, families, or other groups. article continues after advertisement Adlerian therapy proceeds in four stages: 1. Engagement Engagement involves developing the relationship between patient and therapist. This therapist is supportive, encouraging, and empathetic, which helps to forge a collaborative partnership. The pair works together to address the patient's difficulties. 2. Assessment Assessment involves learning about the patient's past to understand their present challenges. Adlerian therapy emphasizes the influence of birth order and early childhood memories, but the therapist may also seek to understand the patient's family dynamics, important past experiences, and the nature and origins of various patterns of thought. 3. Insight After learning more about the patient, insight involves uncovering why the patient acts the way they do and helping the patient to see themselves and their circumstances differently. The therapist asks questions to explore the patient's perspective and guides them toward greater awareness and understanding. The therapist may offer their own interpretations about how the patient's past may inform their present, and what may be causing unhelpful or dysfunctional tendencies. 4. Reorientation Reorientation involves change. The therapist helps the patient develop new ways of thinking and active strategies to use outside of therapy that encourage more flexible and adaptive ways of thinking and that reinforce the new insights gained in session. Overall, the focus is on reframing the attitudes, beliefs, and lifestyle choices that block success, so that patients are more effective at reaching their desired goals. One of the core tenets of Adlerian therapy is that individual behavior must be explored within the context of a client's sense of "fitting in" with their community, and society at large. In some cases, this extends to birth order and how one's role within the family affects the development of one's personality and future relationships. Adlerian therapists often work in schools, clinics, corporations, and other community settings, helping to create learning environments that provide a sense of belonging and respect for all. These therapists work especially with those people who are most in need of positive, future-oriented counseling and encouragement. An Adlerian therapist is a licensed psychotherapist with a Master's degree or doctorate and specialized training or experience in an Adlerian approach. The North American Society of Adlerian Psychology and other academic institutions offer certificates and degree programs in Adlerian counseling and psychotherapy. When you speak to the potential therapist, ask if he or she takes an Adlerian approach to treatment. Once it is established that a therapist has the credentials and experience you are looking for, it is important to make sure you are comfortable working with that person. Note that other professionals, such as doctors, nurses, teachers, and counselors, may also incorporate Adlerian principles into their work. Find an Adlerian Therapist Get the help you need from a therapist near you—a FREE service from Psychology Today. Atlanta, GA Austin, TX Baltimore, MD Boston, MA Brooklyn, NY Charlotte, NC Chicago, IL Columbus, OH Dallas, TX Denver, CO Detroit, MI Houston, TX Indianapolis, IN Jacksonville, FL Las Vegas, NV Los Angeles, CA Louisville, KY Memphis, TN Miami, FL Milwaukee, WI Minneapolis, MN Nashville, TN New York, NY Oakland, CA Omaha, NE Philadelphia, PA Phoenix, AZ Pittsburgh, PA Portland, OR Raleigh, NC Sacramento, CA Saint Louis, MO San Antonio, TX San Diego, CA San Francisco, CA San Jose, CA Seattle, WA Tucson, AZ Washington, DC