

Adlerian Theory Analysis

BHSH 311

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Adlerian theory is a main stream psychological theory consisting of many influences and Alder's belief in individualization psychology. Research findings suggest a complete scope of Adlerian theory and one of fascination and familiarity to other mainstream theories. Taking a

look at the historical development and the beliefs which Adler's theory comprises of individuals are unique and thus Adler's individual psychology theory begins to take shape. Many aspects of Adlerian theory consist of the relationship between helper and client, developing techniques and multicultural issues wrap Adler's theory in a complete package of the individual.

The history of the development of the theory

Alfred Adler began developing his individual psychology theory in 1911 through influences including; Freud and Hans Vaihinger. To Adler a student of Freud, there is a definite distention for the ego to gain superiority. Mostly Adler's theories consist of emphasizing social interest as a primary motivation that includes birth-order, family, personal growth, development, and lifestyle. Adlerian theory is within the individual striving to overcome a sense of inferiority. Individual psychology theorists examine clients on an individual basis struggling with personal concepts or fears relating to feelings of low self worth and self esteem. Adler and Freud's psychological theory co-exist impart to childhood upbringing. Unlike Freudian theory suggesting sexual impulse, Adler suggests direct accounts of what the parent's relationship to the child along with natural birth order may suggest the inferiority.

The beliefs on which it is based

Adlerian therapy focuses on interactions and conflicts, conflicts may arise from birth order in a family; the more children in a family the more conflicts in the behaviors in the children. As Alfred Adler described on how birth-order has an effect on the behaviors among children in a family of only two children compared to a family of three children.

In a family of two children the two will have two separate types of behaviors where the eldest likes to be the center of attention and the younger sibling will be trying to race against the eldest

brother or sister for attention. In a family of three or four children, the middle child will feel left out because the eldest will try to get most of the attention and the youngest is the baby of the children so the attention may be divided between the eldest and the youngest leaving the middle children somewhat left out.

The important contributors or practitioners of the theory

Alfred Adler's theory presents a coinciding application to some of the most prominent psychologist of his time. Adler was a student of Freud and later compiling his own interpretation of psychological theory. Basing Alder's understanding of stoicism and Greek philosophy Alder began working on his theses." He drew from writers such as Dostoevsky, Goethe, and Shakespeare, and from Karl Marx, Nietzsche, Henri Bergson, and Immanuel Kant as well." (Parrott, 2003. P. 115). Adler's main resource of influence came from Hans Vaihinger who suggests individuals may or cannot know the truth completely; individuals make approximations of reality and therefore live by his or her assumptions or what reality is.

The theory of helping

Adlerian theory helps many people. The Adlerian theory is for people who suffer with different kinds of issues such as equality, education, and different life styles. It is the belief through the theory that people have one desire to feel important and wanted. This theory promotes helping in many different ways. One way Adlerian theory promotes helping is encouraging self-determination. Another way is by helping people who suffer who with mental illness and need treatment. The theory helps to set a goal and accomplish it. This theory does not only help individuals, but also the community so that they are involved and involved.