

Who is Alfred Adler?

Alfred Adler was a colleague of Sigmund Freud in the 20th Century. He was a psychiatrist who, based on his personal and professional experiences, developed a psychiatric and educational treatment approach that is a strength-based, community-oriented psychology. Now that is a mouthful to say that human beings fundamentally all want to belong and contribute to others and to the family and society where they live.

Rudolph Dreikurs, a disciple and younger colleague of Alfred Adler, translated this high sounding theory into extremely understandable and practical tools for families and schools, not to mention therapists and counselors, to use in their every day lives. It was Dreikurs who established ICASSI, the summer institute that has trained therapists, counselors, parents and teachers for over 40 years. He was dedicated to spreading the teachings of Adler to folks around the world, not only as a psychological method of treatment but as a philosophy of life. Jane has adopted the teachings of Alfred Adler and Rudolph Dreikurs as a philosophy of

life.

Dreikurs was insightful enough to know that the use of Adlerian educational methods in the home and school would help children reach a high level of achievement. He knew they could develop a greater sense of their own strength and ability. If children could be taught the sense of responsibility of citizenship in a free world, peace would follow as a natural result. To Dreikurs and the rest of the thinking world, prevention was more valuable than treatment. Jane's favorite Dreikurs' book is **CHILDREN: THE CHALLENGE**. Chapter titles include: Meet the challenge of TV, Natural and Logical Consequences, Encouragement, Actions, Not Words, Eliminate Criticism- Minimize Mistakes, Win Co-Operation, Have Fun Together, Maintain Routine, Mind Your Own Business, Stay Out of Fights, Follow Through-Be Consistent, Refrain from Overprotection, Make Requests Reasonable and Sparse, and the Family Council. If these chapter titles make sense to you and tantalize you, you'd find reading this book on child rearing a treasure in your family

tool chest. Jane has recommended it and bought it for any number of young families.