



# of SOCIAL INTEREST

Newsletter of the Adlerian Network of Ireland Ltd.

*Resource Centre, Kickham Street, Clonmel, Co. Tipperary.*

**SPRING 2013**

## Editorial

Welcome to the spring edition of the Adlerian Newsletter. In this edition there are some fascinating reviews of last year's Summer school to give you a taste of what the Summer School experience is all about and reviews of the Autumn and the Spring workshops. There is also information about the upcoming Adlerian Summer School.

We are very grateful to all the people who took the time to contribute articles for this edition, their personal experience of the workshops highlights what a positive experience the Adlerian workshops truly are.

We hope you enjoy reading this newsletter and should you seek any further information or wish to comment on any aspect of the newsletter, please contact us at:

The Adlerian Network of Ireland Ltd.  
Resource Centre, Kickham Street,  
Clonmel, Co. Tipperary  
Telephone: 086-3989513  
or check out our website [www.adler.ie](http://www.adler.ie)  
Happy reading!

## Take Time

*by Author Unknown*

TAKE TIME to think;  
it is the source of power.

TAKE TIME to read;  
it is the foundation of  
wisdom.

TAKE TIME to play;  
it is the secret of staying  
young.

TAKE TIME to be quiet;  
it is the moment to seek  
God.

TAKE TIME to be aware;  
it is the opportunity to help  
others.

TAKE TIME to love and be  
loved;  
it is God's greatest gift.

TAKE TIME to laugh;  
it is the music of the soul.

TAKE TIME to be friendly;  
it is the road to happiness.

TAKE TIME to dream;  
it is what the future is made  
of.

TAKE TIME to pray;  
it is the greatest power on  
earth.

## Adlerian Summer School

*By Lynda Brophy*

This year I attended my first course at the Adlerian summer school in Clonmel. I had no idea what to expect. I knew very little about Adler. There is one word in my mind now which is synonymous with Adler "Encouragement." A most precious gift one human can give to another.

My chosen course was "The Flow of the brush" facilitated by Lilian Beattie. What a lady! I cannot express in words how those four days have changed my life. With Lilian's acceptance of all, gentle encouragement and mischievous sense of humour, parts of me were unleashed that I previously had no knowledge existed.

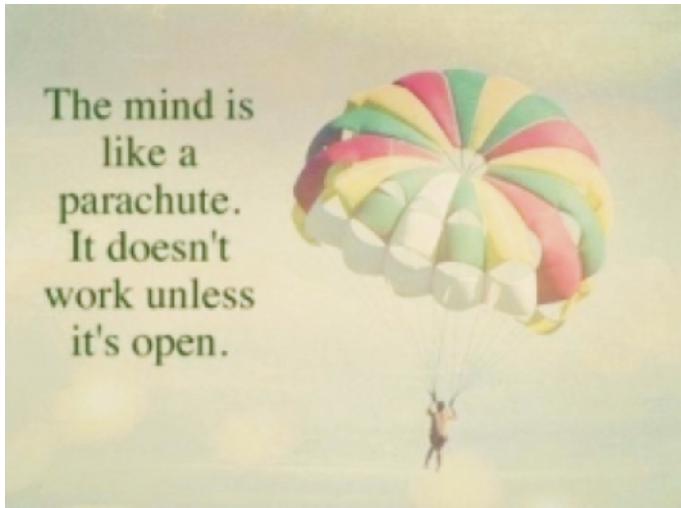
The whole ambiance of the summer school was amazing. During breaks, students and tutors sat together and discussed life, all learning from each other. Many students have been attending the summer school since it started. For some it was like returning home, yet still learning new things. I will return next year and many years after for I think it is like opening a box of chocolates. You take one, eat it, and then think ...sure I'll just have one more. Irresistible!!

I came away from the summer school with a totally different perspective on my life. I was tired but felt so alive and excited about the endless possibilities and choices I have ahead of me. I am already looking forward to next year's summer school, though I do not know how I will decide on which course to attend as they are all wonderful and the tutors are outstanding in their deliverance of the course material.

In a nutshell, I can only describe the whole experience as being part of one big family. Like minded, open caring people, from the lovely ladies that ran the canteen, to the tutors, organising committee and of course the students themselves. It was a most positive and enlightening experience and I would highly recommend it to anyone open to enhancing their lives.

## Autumn Workshop

By Lucy Gleeson



It is a Saturday morning in a sunny, scented and serene room. With Mary is a group of about ten people, participants in the autumn 2012 workshop entitled "The Adlerian Approach to Self Care." Mary Mulcahy is an Adlerian counsellor and an Aura Soma colour therapist.

We are a diverse group of people, men and women, young and not so young but everyone is enthusiastic. The room is calm but there is an air of expectancy. While finding a place to sit we enjoy a tea or coffee and get acquainted with each other.

We are interested in learning as much as possible about the human condition. Learning about us, the whys and the wherefores is so empowering. Self-Care to the un-initiated might appear to be self-indulgent. If we take the time and make the effort to care for our own health, mental and physical, we are in a better place to care for those around us. In learning to love and care for ourselves we are much better equipped to love and care for others.

We learned a relaxation technique, "Letting Go." We did a group meditation. Mary guided us through the steps and these were very beneficial. Mary read "My Declaration of Self Worth - I Am Me." We did a paper on problem solving skills and then divided into groups of two or three in order to put the information into practice. These topics were very thought provoking. We talked about a "Life Task Chart" and the three tasks facing us in life - Kinship, Spirituality and Community and what the interdependent balance should be between Intimacy, Work, Friendship and Self. It was a wonderful day refreshing, renewing and informative.

## My Introduction to Adlerian Psychology

By Niamh Mangan

I feel I have had a connection with Adlerian psychology on a personal and professional level for quite a while now and I find it all incredibly interesting. I am a Primary School Teacher with an interest in Adler that has been within me for years but I'm only developing it now. My mother attended Adlerian parenting groups in the eighties and so I consider myself (proudly) a product of Adler! As a teacher, I found myself treating the children I taught with the same respect and care as my own mother gave me. It is as if these traits came naturally to me as it was what I grew up with, so I decided to enrol for John Murphy's *Introduction to Adlerian Psychology* as I wanted to learn more about Adler and his theories. It proved to be one of the most beneficial decisions I have made.

I remember clearly sitting in some lectures in college, and feeling every five minutes was an hour, but I can honestly say the two days I spent in Clonmel this summer felt like one afternoon. I didn't want it to end; I don't think I have ever been so interested in a topic in my life. One thing that struck me was, as a group of around ten people, we could have spent weeks and weeks discussing our own family constellation and the effects of this on each of us as individuals. Since the course I often find myself talking to a small group of people or an individual and playing a little game in my head where I try and guess what position in the family they might be. Also, as the school year was over, I found myself thinking back to the class of senior infants I had for the year and analysing the personal characteristics of some of the students. For example there was one little girl, who is the eldest of four children to a single mother. At the age of six, I think I would trust her to run numerous errands more than I would trust a number of my own close friends. So, interestingly, a little boy (who is the youngest in his family) always wanted to sit next to her because he knew if he didn't feel like completing his work, she would finish whatever he didn't do, and probably put his books back in his bag and help him put on his jacket too!

Also, during the course, I had a profoundly interesting conversation with John Murphy about my earliest childhood memory. Basically, the memory is of the station mass at our house when I was about two and a half. I was walking along a 6ft wall at the back of our house, playing soldiers. My first recollection is of

feeling very powerful and with a sense of authority; I had my chest out and was walking confidently along the wall. The next part I remember is putting out my leg and all of a sudden falling, in what feels like slow motion. The last thing I remember from this incident is being back from the doctors, completely uninjured and resuming my fun at the party (on solid ground!). This for me was hugely relevant to my current life situation as I had finished another academic year of teaching and was feeling disillusioned and yearning for some guidance in what would be a positive step to take to find my 'element' in life. I find this early memory incredibly reassuring and comforting today as it instils me with confidence within myself and assures me that no matter what happens in life, even if I feel like I am falling, I know I have the resources within myself to find my way "back to the party"!

On the last day of the course, when I came back to my seat, there was an information sheet about the *Certificate in Adlerian Psychology and Counselling*. I felt a strange combination of calm and overwhelming excitement as I read it, knowing before I was finished the page that this was my next "party", I felt I had been guided by a higher power to this place, to be presented with this opportunity. I cannot wait to learn even more about individual psychology, how people's attitudes to life events are more important than the actual events. I have never been so passionate about anything while still only knowing little about it. As Adlerians believe, 'if we always do what we've always done, we'll always get what we've always got.' I believe I have started breaking this cycle as I am becoming aware of my strengths and resources. If I decided not to go to John Murphy's *Introduction to Adlerian Psychology* I imagine I would be in a classroom working hard but feeling utterly unfulfilled. It's amazing the "parties" I get invited to in my life... I just think I'll stay off the wall for now!

If there is righteousness in the heart  
There will be beauty in the character;  
If there is beauty in the character  
There will be harmony in the home;  
When there is harmony in the home  
There will be order in the nation;  
When there is order in the nation  
There will be peace in the world.

*Sai Baba*

## **Workshop: Strategies for Problem Solving in Life**

*Reviewed by: Monica Jackman,  
Adlerian Counsellor*

The aims of the workshop were to enhance and widen the ability to find new and more creative problem solving strategies. The main focus was on birth order i.e. a person's place in the family of origin. We were asked to consider several questions. What problems do we have and how are we dealing with them? What was our place in the family? How did we deal with problems in our family of origin? How are our goals in life tied in with our decision-making strategies? We broke into small groups to discuss this and then gave feedback to the larger group afterwards.

Gerhard Baumer's approach was very relaxed, still and calm. We broke into groups of 'eldest', 'middle', 'youngest' and 'only' children. We discussed how decisions were made in our childhood homes and brought it into the present day to see how these childhood experiences still might affect us in our daily lives. When the information was fed back to the larger group it became clear that there were a lot of similarities between the people in each of the small groups. There were also a lot of differences as well depending on a lot of factors, including the age gap between people which might push an individual out of the stereotypical expectations that others might have.

Gerhard was gently challenging and it may have felt life-changing for the brave ones who stepped forward throughout the day to volunteer to do some personal work with him. I think that based on the information that he was given, he was able to see things that people may not have seen for a lifetime and in some way by him voicing them there was a permission granted to be able to finally let go of them or some of the intensity of the emotions surrounding them.

These are some ideas that Gerhard put forward about Birth Order.

Older siblings may be seen as substitute parents. The older one may try to overcome younger ones to defend their own space by control. An eldest may be self-sufficient, lacking in self-doubts if the parents tend to agree with their role as an eldest. They are less likely to be in the caring professions unless they would be recognised for this work.



Middle children are under pressure from above and below. They may try to avoid conflicts. They may try to “sneak out” emotionally or get another job if there are issues in the workplace. Middle children are often to be found in the caring professions.

Youngest children may not be taken seriously. They might start to fight to prove that they are smart. They may be easygoing and flexible. They may be talkative, and outgoing if not discouraged. They can learn things by just watching. Parents are usually less strict with them.

Only children can be lonely. Their main relationships are with adults except in case where there may be a lot of children living in the area. They are taken as being older than they are. They don't learn how to fight. They are always the centre of attention at home. School and work may be difficult for them, as the attention on them is not there in the same intensity. They may go into jobs where they can be seen. One to one relationships are important, they may not fit as well into groups.

Adler's personality types were also discussed, and how these might affect decision making. I think that everyone thoroughly enjoyed the day and gained a greater understanding of problem solving by discussing family roles and early memories in their lives.

**The following courses are taking place at this year's Adlerian Summer School. For further information on each course please check out the Summer School Brochure available on [www.adler.ie](http://www.adler.ie)**

1. Positive Communication
2. Life-Changes - Managing Parents and Children's Emotions
3. Self-Discovery through Art
4. Me, Myself, a Man!
5. Exploring the Past as a Means to the Future
6. The Art of Change - How to Cope in Challenging Times
7. Introduction to Adlerian Psychology
8. Adlerian Approach to Self-Care
9. Teen Programme "Discovering My Real Self"
10. Children's Programme

## **Membership of the Adlerian Network of Ireland Ltd.**

**(Based on the work of Alfred Adler)**

**By simply filling the form at the side of this letter and returning it to the secretary, you can become a member of the Adlerian Network of Ireland Ltd. In becoming a member you will receive notices of all workshops throughout the year.**

**The Adlerian Network of Ireland was launched in 1994**

### **Aims:**

To advance public awareness of and education in the work of Alfred Adler.

To promote professional interest in Adlers work and to develop training programmes which encourage high standards of practice.

To teach individuals, groups and families effective ways of living cooperatively together.

To promote a forum for the holding of lectures, seminars, meetings and training courses which will further enhance the aims and objectives of the A.N.I.

To facilitate communication and the exchange of ideas between many individuals and groups in Ireland who are interested in Adlerian theory and practice.

The Adlerian Network runs a weeklong Annual Summer school as well as several one day workshops throughout the year.

We would like to encourage this work, which benefits all sections of the community. All people interested in upholding the aims and objectives are invited to become members.

### **Application Form for Membership of the Adlerian Network of Ireland Ltd.**

#### **BLOCK CAPITALS PLEASE**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Mobile: \_\_\_\_\_

Please tick the box below

I agree to be contacted by the Adlerian Network of Ireland Ltd. (ANI) with information on newsletters, workshops, summer school and any other material the ANI deems pertinent. ☐

We do not share information or contact details with outside parties. All information will be treated in strictest confidence.

Please sign and return to The Secretary, ANI Ltd., Resource Centre, Kickham Street, Clonmel, Co. Tipperary.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_