

Psychotherapeutic Interventions
with the Elderly:
Are Adlerians Gerontophobic?

Len Sperry, M.D., Ph.D.
Medical College of Wisconsin

Today, about 13% of the U.S. population, more than 26 million persons, are over the age of 65, with forecasts of 20% by 2030. Estimates are that 20-30% of the elderly suffer from a psychiatric disorder but only 2-4% receive mental health outpatient services. That so few seek professional help has less to do with ability to pay and more to do with underavailability of services and the "gerontophobia" of mental health providers.

Gerontophobia refers to the health professional's pessimistic outlook about achieving therapeutic success with persons over the age of 65. Mosak and Nystul (1985) noted the paucity of Adlerian contributions to the literature on treatment of the elderly. A relatively small number of articles -- 33 -- are referenced in volumes I and II of Harold and Birdie Mosak's A Bibliography for Adlerian Psychology. Many of these are in foreign language sources.

When this is compared with the several thousand other Bibliography citations is it proper to conclude that Adlerians may be as "gerontophobic" as other health professionals? NASAP members need to ponder this question. Following are highlights from the work of some Adlerians who have met the challenge of providing psychotherapeutic treatment to the elderly.

Early Adlerian Contributions to the Care of the Elderly

Alfred Adler wrote relatively little about the elderly, but what he did say was extraordinarily perceptive. He said:

"Not much is done for old people in our culture...Many persons seem to be changed when they are older, and this is mainly due to the fact that they feel futile and useless. They try to prove their worth and value again in the same way as adolescents do. They interfere and want to show in many ways that they are not old and will not be overlooked, or else they become disappointed and depressed."

(Adler, 1965, p.443)

Adler's general theoretical approach has been found to be quite useful with the elderly. In his review of nine representative theories of personality and psychotherapy, Brinks (1979) concluded that the Adlerian approach was the

most comprehensive approach to understanding and treating the concerns of the elderly.

Little is written about Adler's own therapeutic endeavors with the elderly. Nevertheless, some with beliefs similar to Adler have written about their work with the elderly. One of these was Lillian J. Martin (1944). Dr. Martin, an early pioneer in geriatric psychotherapy, developed the "Martin Method" in the 1930's. Her approach was rather brief, lasting only about five sessions, problem-focused, and centered around a comprehensive assessment of the individual's strengths and encouragement. Needless to say, her method was largely ignored by the medical and psychological professions, in favor of the psychoanalytically-oriented approaches of that era.

Today our psychoanalytic colleagues continue to develop and expand their theory and methods with the elderly. I am aware of only three recent efforts to translate Adlerian theory and interventions to the elderly. They have been described by J. Keller and G. Hughston (1980) T.L. Brink (1979), and B. Shulman and R. Berman (1988)

Counseling The Elderly: Keller and Hughston

Keller and Hughston developed an approach targeted to the fairly well functioning, non-psychotic, and non-demented elderly. Taking a systems approach to the elderly, Keller and Hughston modified Dreikurs' Four Goals. The specified four levels of unproductive behavior: attention, bossy, counterhurt, and disablement of ingenious intervention strategies. Two types of strategies are described: generic and specific, are provided to reverse these levels.

Generic strategies are efforts to promote social interest, self-esteem, encouragement and family involvement. They describe numerous ways of promoting these four factors. Keller and Hughston also describe several specific intervention methods. Some of these are reminiscence exercises, contracting, group assembly, and couples conferences.

Geriatric psychotherapy: Brinks

T.L. Brink is the editor of the well respected quarterly, the Clinical Gerontologist. Brink's book (1979) addresses the more dysfunctional psychiatric presentations in the elderly such as major depression, anxiety and delusional disorders, and organic brain syndromes. He reports that various combinations of individual and group

(Continued on page 2)

Minneapolis - St. Paul: NASAP '89

As this issue of the Newsletter was going to press, registration for the Convention was being processed. Projections indicate more than 350 will attend this 37th annual convention.

You may register for the convention on-site. If you have any questions concerning the events, please contact our Convention Coordinator, Linda Wise, at 303-499-2242

Previously announced sites for future conventions include: Philadelphia (1990), Tucson (1991), Chicago (1992).

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IEI Annual Meeting

The annual meeting of Individual Education International will be held May 29th, 9am to 11:30am, in Minneapolis.

New officers will be elected and discussions concerning the organization will be conducted. Contact Dr. Timothy Evans, President, IEI, at 404-542-4221 for additional information.

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Membership Report

Membership by category, as of May 1st:

Category	1988	1989	Change
New	108	82	-24%
Renew	870	906	+ 4
Life	28	28	---
TOTAL	1,006	1,016	+ .1

Student memberships are down by 10% from 107 to 97. Income received from memberships is up slightly, representing \$55,275.03.

These numbers reflect the organization's continuing pattern for almost a decade of a membership base of approximately 1,000.

A complete report on membership, finances, and projects will be printed in the next Newsletter.

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News of NASAP Members

Paul Wick won the National 50 kilometer Racewalking championship this spring. He will represent the United States at the World Cup Track and Field competition this summer in Barcelona, Spain.

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Video Catalog Needs Listings

NASAP is compiling a catalog of Adlerian videotapes and video-based educational programs. If you know of any video materials, please send information to the Central Office. Information should include title, presenters, a brief description of the material, and accurate information on how to buy or rent the materials. Do not assume we already know about your videotapes!

Are Adlerians Gerontophobic?

(--Continued from page 1--)

approaches can foster and maintain self-esteem and social interest with the most dysfunctional and discouraged patient. Interestingly, he reports that such therapeutic interventions can actually slow the progression of chronic organic brain syndrome like Alzheimer's Disease.

Brinks has found that the primary reason for the success of geriatric psychotherapy is that a long life constitutes valuable experience in effective coping, and that brief, problem-centered therapy provides the individual the additional training they need to cope with the problems of aging. He believes that the mechanism for therapeutic efficacy lies in training the patient to think and act nonpathologically. He describes a variety of innovative, problem-focused psychotherapeutic interventions that can be utilized in individual, family and milieu contexts.

Supporting the Families of the Elderly: Shulman and Berman

Like Adler, Shulman and Berman attribute many of the problems of the elderly to a loss of a

(Continued on Page 6 [Back Cover]-->)

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Newsletter Deadlines

The next issue is a regularly scheduled June-July combination, which will include reports from the Minneapolis Convention.

Deadline for items is June 15th. Please send all items to the Chicago NASAP office.

N̄ASAP

The North American Society of Adlerian Psychology

NEWSLETTER

The North American Society of Adlerian Psychology

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Members of NASAP automatically receive the Newsletter. Subscription rate for non-members \$10.00.

We encourage readers to send contributions of news, suggestions, ideas, opinions by the first of the month. We reserve the right to edit.

Don Dinkmeyer, Jr., Ph.D., Editor
ISSN 0889-9428

1989-90 NASAP Delegate Assembly

The current Delegate Assembly is listed in alphabetical order. Phone numbers are listed as home, then work numbers.

The Delegate Assembly will meet on Wednesday, May 24th, in Minneapolis.

Edward G. Abelson, Ph.D.
111 Hickory Circle
Ithaca, NY 14850
[Clinicians]
607/272-8907; 273-4163

Jean Alessi, M.A.
11834 Helta Drive
St. Louis, MO 63128
[Family Education]
314/843-3857

Robert Armstrong, Ph.D.
#1-1201 Lameys Mill Rd.
Vancouver, BC V6H 3S8
[Education]
604/736-9627; 738-6007

Betty Lou Bettner, Ph.D.
3513 Bethel Road
Boothwyn, PA 19061
[Region IV]
215/485-0462; 566-1004

Don C. Dinkmeyer, Jr., Ph.D.
Rt. 4, Box 500
Lake Geneva, WI 53147
[Theory & Research]
414/248-9424; 248-1202

Timothy D. Evans, Ph.D.
400 Brookstone
Athens, GA 30605
[Region III]
404/549-8675; 542-4221

Jane Griffith, M.A.T., M.A.
600 No. McClurg Court
Suite #2502-A
Chicago, IL 60611
[ACT]
312/337-5066

Janyse Hrynkow
103 West 21st Avenue
Vancouver, BC V5Y 2E3
[Region I]
604/875-6318

Ronald W. Jacques, Ed.D.
Ricks College
Rexburg, ID 83440
[ACT]
208/356-0928; 356-1353

Amy Lew, Ph.D.
70 Buckminster Road
Brookline, MA 02146
[Region V]
617/277-0394; 332-3220

G.W. Linden, Ph.D.
1116 St. Louis Street
Edwardsville, IL 62025
[Theory & Research]
618/656-4170; 692-3861

Guy J. Manaster, Ph.D.
Dept. of Educational Psych.
University of Texas
Austin, TX 78712
[Past President]
512/454-1701; 471-4155

William C. Marchant, Ed.D.
College of Education - UNLV
4505 Maryland Parkway
Las Vegas, NV 89154
[Region VI]
702/458-3666; 739-3253

Edward Mel Markowski, Ph.D.
313 King George Road
Greenville, NC 27858
[Region III]
919/355-5018; 757-6908

Steven A. Maybell, Ph.D.
486 Hillway Drive
Vista, CA 92084
[Family Education]
619/758-4658; 758-2671

Joyce L. McKay, Ph.D.
1800 N. Heatherbrae
Tucson, AZ 85715
[Region VI]
602/885-8197; 296-9447

Marcia Mullins, M.A.
2600 East Helen Street
Seattle, WA 98112
[Region I]
206/322-8846; 368-3630

Edna Nash, M.Ed.
#302-2020 Bellevue Avenue
West Vancouver, BC V7V 1B8
[Education]
604/922-0870

William G. Nicoll, Ph.D.
431 Ohio Pike - Sutie 166
Cincinnati, OH 45255
[Region IV]
513/474-3194; 528-0999

Ronald J. Pancner, M.D.
2805 Fairfield Ave.
Fort Wayne, IN 46807
[Clinician]
219/432-3085; 456-4880

Miriam L. Pew, M.S.W.
5221 West 61st Street
Edina, MN 55424
[Region II]

Sylvia Robbins, M.S.Ed.
9 Myrtle Drive
Great Neck, NY 11021
[Region V]
516/487-7243

Judy Sutherland, M.A.
926 Lake Avenue
Wilmette, IL 60091
[Region II]
312/256-1258; 925-8664

Delegates are elected from six geographic regions of North America and five recognized Interest Sections. Each delegate serves a three year term with a maximum two consecutive terms permitted.

News and Events from the Regions.....	5
Book Review and Book of the Month.....	4
Delegate Assembly Directory.....	3
News of NASAP Members.....	2
Membership Update.....	2
Minneapolis Convention Report.....	2

What's Inside

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(--Continued from Page 2--)

sense of belonging in their social structure leading to a loss of self-esteem and meaning in life. The ways in which the elderly compensate for this loss can baffle, frustrate, and infuriate their younger relatives and loved ones. These authors tailor Dreikur's scheme of four goals of child misbehavior to three common goals of the elderly: excessive demands for attention, love and service; power display to retain status; and, getting even or revenge.

Shulman and Berman provide adult children information, suggestions and encouragement for restructuring their relationship with their elderly parents so that both can cope and enjoy life and each other with less conflict and guilt. The authors provides answers to the most often asked questions for dealing with the needs of the elderly; and provide information on the indications and referral procedure for psychotherapy.

Concluding Comments

While awaiting response from NASAP members to my initial query, I believe the concluding observations can be made. First, while the extent of the literature in Individual Psychology regarding the condition and treatment of the elderly is indeed modest, its contributions are noteworthy and significant. A review of this literature suggests that the high quality of these contribution, particularly by Keller, Hughston and Brinks, is probably without peer among other psychotherapy systems. Shulman and Berman's contribution to the families of the elderly is

likewise exceptional. Secondly, the Adlerian approach is exceedingly positive and hopeful in its prospects for treating the elderly. In part this is related to the growth model rather than disease model that forms the basis of the theory. But equally as important is the fact that this approach does get results! Initial reports of the effectiveness of Adlerian-oriented programs are very encouraging. Finally, there are needs. One is for more widespread application and evaluation of the existing treatment models and programs. Another is the need for further development and translation of other Adlerian concepts and therapeutic interventions to the concerns of the ever growing number of elderly in our midst.

A. Adler (1956), The Individual Psychology of Alfred Adler. Edited by H. and R. Ansbacher. New York: Harper and Row.

T. Brinks (1979), Geriatric Psychotherapy. New York: Human Sciences Press.

J. Keller and G. Hughston (1981), Counseling the Elderly: A Systems Approach. New York: Harper and Row.

L. Martin (1944) A Handbook For Old Age Counselors. San Francisco: Geertz Printing Co.

M. Nystul (1985) An Interview with Harold Mosak, Individual Psychology, 41,3:416

B. Shulman and R. Berman, (1988) How to Survive Your Aging Parents. Chicago: Surrey Books.

Book Review

Edith A. Dewey, Basic Applications of Adlerian Psychology for self-understanding and Human Relationships. CMTI Press, 1978. Paperback, 52 pages. List price, \$6.95.

Edith Dewey's work has become a classic introduction to Individual Psychology, used by dozens of students in Institutes across the continent.

She approached me with an intriguing opportunity: a collection of notes, summaries and clarifications of coursework she had taken with teachers such as Rudolf Dreikurs, Bill Pew, Harold Mosak, and the Ansbachers. Would we be interested in publishing these materials?

One glance at the manuscript made it clear Edith had a firm grasp of the Basic Concepts, and she had arranged them in a logical sequence for a course she and her husband Milton taught across the country.

Since its publication more than 10 years ago, I've frequently referred to it when preparing for an introductory lecture. Topics include "Five Basic Principles of Adlerian Psychology formulated by Dr. Rudolf Dreikurs", "Early Recollections", "Adlerian Theory of Dreams", and "Early Recollections".

The success of this booklet probably parallels the success of Adlerian Psychology -- modest, sustained, and substantial. We've had calls to order this book that ask for "That orange-covered manual that's a Cliff's Notes of Adlerian Psychology." An accurate description!

If you've never seen this material, your Adlerian library is not complete. Whenever I open the book, I feel privy to years of attention and understanding in classrooms I'll never be able to visit. Dreikurs and Pew are gone, but their teaching lives on in this publication.

Don Dinkmeyer, Jr., Ph.D.
Editor, CMTI Press
Lake Geneva, Wisconsin

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Publications by NASAP Members

Couples Therapy: An Adlerian Perspective by Roy M. Kern, E. Clair Hawes, and Oscar C. Christensen has been published by Educational Media, Box 21311, Minneapolis, MN 55421. The authors have a mean average of 17 years experience with couples in therapy, and put their ideas in print for other practioners. 240 pages, softcover, \$10.95

Drug Free: A DUSO Approach to Preventing Drug Abuse by Don Dinkmeyer Sr., Joyce L. McKay, and Don Dinkmeyer, Jr. has been published by American Guidance Service, 1-800-328-2560. This is a multi-media, 10 unit program for children in grades K-3. The program represents a third generation elementary drug education approach which emphasizes decision-making and refusal skills in the model of the DUSO programs.

Book of the Month

[NASAP members have a new benefit. You can buy selected Adlerian books and educational materials at 20% off list price.]

Edith A. Dewey, Basic Applications of Adlerian Psychology for self-understanding and Human Relationships. CMTI Press, 1978. Paperback, 52 pages. List price, \$6.95.

NASAP Member price: \$5.56

(This book is reviewed by Don Dinkmeyer, Jr. in the left column of this page.)

----- Order Form -----

Please send ___ copies of Basic Applications of Adlerian Psychology at \$5.56 each.

[Note: Quantities of this book are limited to 5 per order]

Method of Payment

___ Check enclosed (US Funds)

___ Bill my Visa or MasterCard:

Account # _____ Exp Date ____

Please add \$3 postage and handling per order. Canada and overseas, \$4 p/h per order.

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* This offer is good until June 15, 1989.

* NASAP receives a percentage of your purchase

Send your order to:

NASAP Book Sales
202 S. State Street, #1212
Chicago, IL 60604

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If you would like your book or educational materials reviewed or sold in the Newsletter, please send a copy to the Central Office.

#

Reviewers Needed

The Newsletter is looking for reviewers. We have received many books, but have few reviewers. If you are interested in writing a brief review, contact the central office. You will receive a copy of the book.

Response to the request for books to be reviewed has been excellent - but we need an equal number of reviewers+

*** News and Events from the Regions ***

[Note: The * symbol indicates a new listing]

REGION II--MIDWEST

Cincinnati--One week intensive courses & workshops will be offered as the 4th Annual Summer Institute in Counseling by the Counseling program of the University of Cincinnati. Designed for post-masters level professional counselors. "Strategies and Techniques in Counseling: An Adlerian Perspective", Dr. William G. Nicoll, July 17-21; "Problem Identification and Diagnosis: DSM-III-R", Dr. F. Robert Wilson. Graduate and CEU credits available; reasonable rates for on-campus and adjacent housing. Contact: William G. Nicoll, Ph.D., Counseling Program, College of Education, University of Cincinnati, OH 45221 (513) 556-3342 or Ms. Donna Burns, Continuing Education, (513) 556-5994.

Chicago--Marc Denny will present "Getting Through to Your Teens" on May 18 at the Forest View Education Center, Arlington Heights. This is the final lecture in the season series for the northwest suburban Family Education Center...A Child Abuse Prevention benefit will be held Friday, May 19 at the Apple Tree Theatre Company in Highland Park. The world premiere of "In My Father's House" will benefit the Rudolf Dreikurs Psychological Services Center and Family Education activities. Contact: Bryna Gamson, AAI-Chicago, 312/294-7100.

Chicago and Suburbs--The summer Classroom Psychology course schedule includes 30 classes at seven sites across the Chicagoland area. Courses include STET, STETII, and Building Self Esteem: A Blueprint for Teachers. Classes are three and five days, and grant graduate credit. For the complete schedule, contact Alfred Adler Institute of Chicago, 618 S. Michigan Avenue, Chicago 60605, 312/294-7100.

Chicago--The Americas Institute of Adlerian Studies (AIAS), Robert Powers, Clinical Psychologist, Chairman, offers coursework throughout the year in three sites: Chicago, San Diego, and Columbia, SC. All AIAS courses lead to the Certificate of Professional Studies in Individual Psychology, 30 APA or NBCC credit hours per course, BRN credit available, physicians may claim category 2 credit. Courses may be taken in any sequence and at any location. Contact: Jane Griffith, 600 N. McClurg Ct., Suite 2502A, Chicago, IL 60611-3027. 312/337-5066.

REGION III--SOUTH

Columbia, SC--South Carolina Society of Adlerian Psychology (SCSAP) will a meeting on August 23. The Annual Myrtle Beach Conference has been scheduled for September 22-24. For additional information, contact: Skip Dickens, SCSAP President, Box 2408, Columbia, SC 29202.

Orlando--A Call for Programs and Workshops for the annual Region III Conference, February 22-25, 1990 has been issued. Contact Don Dinkmeyer, Jr., Rt. 4, Box 500, Lake Geneva, WI 53147, 414/248-9424.

Columbia, SC--Frank and Kathy Walton, and Patricia Walton Agatston will teach "Applications of Adlerian Psychology to Understanding Behavior and to School Discipline", June 19-29 (weekdays). Graduate credit available; contact Dr. Frank Walton, 1313 St. Andrews Road, Columbia, SC 29210.

REGION IV--MIDDLE ATLANTIC

Montreal--AAI-Quebec offers "Illness and Recovery: Psychological Interventions in Physical Symptoms" by Jane Griffith on Saturday, June 10; "Life Style Diagnosis" by Bernard Shulman, M.D., June 16-18 (C315). Contact: AAI-Q, 4947 Grosvenor Ave., Montreal, Qc., H3W 2M2, (514-731-5675).

REGION VI--FAR WEST

Berkeley, CA--AWIRTH will conduct "Understanding Human Relationships", May 25-June 29 in San Francisco. Contact: Nancy Hawkins-Randall, AWIRTH, 272 Douglass St., San Francisco, CA 94114 415/864-5248.

San Diego, CA--AIAS-San Diego County offers "Understanding Personality Development and Dynamics" May 6 & 7, 20 & 21. [see AIAS-Chicago notice for credit and certificate information]. Contact: Steven A. Maybell, Ph.D., Director, AIAS-SDC, 486 Hillway Drive, Vista, CA 92084 (619) 758-4658.

San Francisco--AAI-SF conducts the fourth annual "Adlerian Summer Intensive" featuring "Creative Individual, Couple, and Marriage Family Techniques" with Henry Stein and Sophia de Vries, July 14-19; low-cost housing available. Contact: Henry T. Stein, Director, AAI-SF, 7 Cameo Way, SF, CA 94131 (415) 282-1661.

INTERNATIONAL

Argeles-sur-Mer, France--AWIRTH summer Seminar, August 8-15, Dr. Ackerknecht on "Adler's Vision of the New Paradigm". The summer seminar in the German language takes place August 22-31st. Contact: see Berkeley, CA listing in Region VI.

Interlaken, Switzerland--The 22nd ICASSI Rudolf Dreikurs Summer Institute will be held July 16-29, 1989. For information, contact Roland Hawes, ICASSI Administrator, 113-2419 Bellevue Ave., West Vancouver, BC V7V 4T4.

Clarification

Events listed on this page must be of general interest to the membership, open to outsiders, and have a contact person.

Send listings to the Central office by the 15th of the month, including contact person, address, and telephone number. Items may be telephoned to Neva Hefner at 312-939-0834, or mailed to NASAP at 202 S. State Street #1212, Chicago, IL 60604.

Organizations are requested to place NASAP on their mailing list for newsletters, publicity releases, and other information mailings.