

*Distance Training in
Classical Adlerian
Psychology*

Certification in Classical Adlerian Psychotherapy

*Training Analyst:
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*Alfred Adler Institutes of
San Francisco &
Northwestern Washington*

What is the Classical Adlerian Approach to Psychotherapy?

Following Alfred Adler's unique tradition of depth, congruence, and creativity, we study his original clinical writings as well as the works of Alexander Mueller, Lydia Sicher, and other Classical Adlerians. We also retain his singular style of treatment, a warm, gentle, Socratic approach that respectfully challenges clients. With his vigorous optimism, we integrate the inspiring ideas of Abraham Maslow that crystalize optimal human functioning. Adler's solid psychological foundation permits us to adapt therapeutic strategies like eidetic imagery to compensate for missing developmental experiences.

What Does Our Certification Mean?

Certification recognizes that participants have earned a sufficient level of knowledge and skill in the practice of Classical Adlerian psychotherapy. A prerequisite for certification is the fulfillment of any local licensing requirements in counseling and psychotherapy. We do not award academic credit or degrees, so these requirements need to be earned at an academic institution; essentially, we offer post-graduate professional training. However, individuals may begin work with us if they are enrolled in a master's or doctoral program. Most of our students are licensed counselors, psychologists, psychiatrists, and physicians.

How Long Does It Take--How much Does It Cost?

The full certification program takes about three years of weekly study. Most courses consist of listening to audio tapes of live seminars conducted at the Alfred Adler Institute of San Francisco, reading selected books and unpublished manuscripts, and engaging in weekly one-hour telephone discussions with Dr. Stein or one of his training analysts. Near the end of the first year of study, students begin a personal study analysis with Dr. Stein. After the second year, which includes case study, individual case supervision begins. The total cost of the three-year training is about \$24,000. Students pay for each course as they begin it--budgeting about \$700/month. A description of each course and its tuition may be found at our web site, <http://go.ourworld.nu/hstein/dis-tra.htm>.

What is the Benefit of Mentor-Oriented Training?

Mastering the art of Classical Adlerian Psychotherapy takes more than learning a theory and a series of strategies. It requires ongoing mentoring from a highly experienced clinician whose character reflects Adlerian philosophy. This experience is essential to grasp the necessary depth of feeling and trust in the therapeutic process. Larger institutions rarely offer this master-apprentice relationship.



*Director
of the
Distance
Training
Program*

Henry T. Stein, Ph.D., is the leading advocate of Classical Adlerian Psychology in the United States. Trained by Sophia de Vries and Anthony Bruck, both of whom studied with Alfred Adler, he has trained psychotherapists for over twenty years with an approach based on the original teachings and therapeutic style of Alfred Adler, as well as the clinical and philosophical writings of other Classical Adlerians--Kurt Adler, Lydia Sicher, Alexander Mueller, Erwin Wexberg, and Alexander Neuer. He is the director of the Classical Adlerian Translation Project, a translating-editing team dedicated to publishing the writings of Classical Adlerians. Since 1996, he has maintained a richly informative web site on the Internet at <http://go.ourworld.nu/hstein>, providing articles, graphics, transcriptions, video clips, photographs, and discussion forums. As the senior training analyst at the Alfred Adler Institute of Northwest Washington, he offers mentor-oriented distance training in Classical Adlerian Psychotherapy, as well as case consultation. His own contributions to Adlerian clinical practice include a comprehensive adaptation of the Socratic method, a thorough exposition of the twelve stages of psychotherapy, and an integration of Abraham Maslow's vision of optimal human development with Classical Adlerian therapy.

Typical Course Sequence

First Year:

DT101: Basic Theory
DT102A: Intermediate Theory - I
DT102B: Intermediate Theory - II
DT302A: Individual Psychotherapy - I
DT302B: Individual Psychotherapy - II
DT301: Case Analysis & Planning
DT201: Study-Analysis (Beginning)
DT303: Couple Therapy
DT304: Child and Family Therapy
DT601: On-site Experiential Workshop

Second Year:

DT201: Study-Analysis (Continuing)
DT305: Brief and Group Therapy
DT103: Advanced Theory
DT401: Beginning Case Study
DT402: Intermediate Case Study
DT403: Advanced Case Study
DT306: Substance Abuse Assessment
DT602: On-site Experiential Workshop

Third Year:

DT201: Study-Analysis (Continuing)
DT104: Mastering Core Constructs
DT307: Advanced Socratic Method
DT404: Individual Case Consultation
DT501: Career Assessment & Guidance
DT502: Organizational Consulting
DT503: Conducting Parent Workshops
DT504: World Test Administration
DT603: On-site Experiential Workshop

Options for Other Professions:

A customized, non-certification course of study can be arranged for those who are interested in applying Classical Adlerian psychology to other professions--medical, legal, educational, and managerial. This program would include selected courses and reading tailored to individual interests and needs. We would still have weekly telephone discussions. Statements of course completion would be issued at the end of each course. A personal study-analysis could provide valuable insight as well as tools for improving a work or leadership style. For those contemplating a career change, a comprehensive career assessment that includes an evaluation of experience, training, interests, and traits can lead to a more satisfying and successful career direction.

To Begin:

Send Dr. Stein your curriculum vitae or resume via e-mail <htstein@att.net> with a brief statement of your professional objective. You can also visit our web site at <http://go.ourworld.nu/hstein/dist-tra.htm> and explore the information about distance training, including the course descriptions. Then e-mail or call (360) 647-5670 so that we can set up a mutually convenient time for a preliminary telephone discussion to determine how our training would best meet your needs.

Henry T. Stein, Ph.D., Director
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