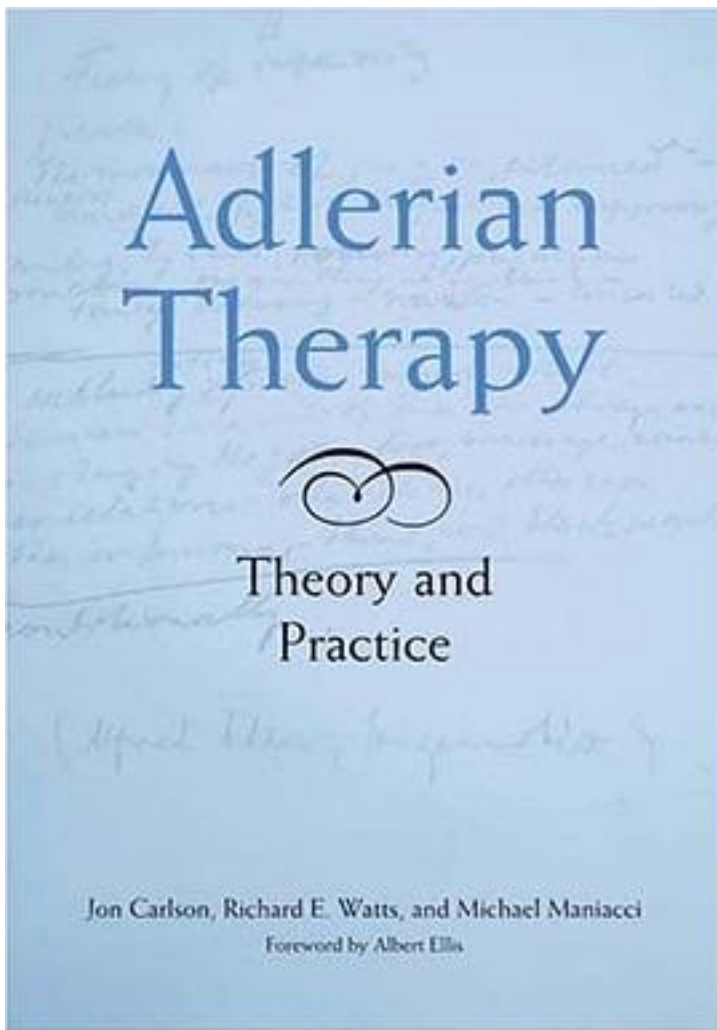


Adlerian Therapy



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Introduces the reader to Alfred Adler?s (1870 ? 1937) influential approach to

psychotherapy, that human behavior is goal oriented and socially embedded, and emphasizing understanding individuals? characteristic ways of moving through life?the life style?before working toward change. Illustrates how Adler?s ideas have influenced current practice and highlights the short-term nature of its interventions with individuals, couples, families, and groups, as well as in educational settings. Readers will find a model of diagnosis that can be used to complement DSM diagnoses, many case examples to illustrate important Adlerian concepts, and helpful therapist-client dialogues with interpretive comments that show the counselor?s active approach to assessment and collaborative problem-solving.

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