

Attachment 1: Foundation Adlerian Values Woven Throughout MIO Program

Core Adlerian Values

The following five principles are the core Adlerian areas of focus that will be threaded throughout the MIO curriculum. Points of emphasis within each area follow below. The core values of the Adler School of Professional Psychology are also incorporated into these principles.

- Socially embedded
- Self determining and creative
- Goal directed or teleological
- Growth model & striving for significance
- Holism

Socially Embedded

- No one isolated; desire to belong; find a place of significance
- Ability to cooperate and contribute is a measure of social interest; social responsibility is an obligation that is universal
- Well adjusted person behaves in line with needs of the situation
- Mal-adjusted person has faulty concepts of place in group, feelings of isolation and inferiority, and mistaken goals, which are compensation for these feelings
- Courage and the ability to act on principle and challenge the status quo are rooted in belonging and focusing on the tasks within the community rather than on self

Self Determining and Creative

- Not heredity nor environment but own conclusions (soft determinism)
- Phenomenology/subjectivity, i.e. own interpretation of direct experiences
- Decisions are largely out of our awareness
- If self determined, they can change; thus there is a high sense of optimism
- Every individual is unique and as such has inherent value rights to dignity and respect; thus diversity and difference are to be celebrated

Growth Model & Striving for Significance

- All experience inferiority

- Felt minus to perceived plus
- Striving for significance

Goal Directed or Teleological

- Not pushed by causes but by our own dynamic striving towards our goals
- Some goals short term while others provide long term direction within life style
- Classified as fictional or concrete
 - Fictional support striving for significance
 - Concrete are approaches to achieve goals
- Inherent purpose of behavior; psychology of use, not possession; thus what is most critical are how individuals use what they have in line with socially responsible outcomes

Holistic

- Mind, body, and emotions working together
- Lifestyle– a unifying principle
 - Self concept, self ideal, view of world, view of others, final conclusion of place of significance
 - Influences on life style
- Life Tasks – approach to tasks and perceived alignment to outside world

Factors Promoting Growth & Full Potential

- Belonging
- Contribution
- Equality
- Cooperation
- Other centered
- High empathy
- Freedom to choose

Factors Interfering with Growth & Full Potential

- Feeling alienated
- Not feeling able to contribute in a socially useful way
- Felt inferiority and less than
- Over concern with status, pride, prestige, i.e. self centered
- Compensatory striving often moves away from cooperation into more personal goals