

Adlerian Diagnosis and Treatment Approaches for Different Mental Health Disorders

Gregory R. Anderson, Ph.D.
Patricia C. Post, Psy. D.
Toronto 2015

Our Adlerian Interpretations of the Data for Depression

- Hopeless
- Helpless
- Discouraged
- Inferior/Inadequate
- Lacking social interest
- Lacking belonging
- Lacking courage, negative self defeating world views
- Safeguarding, protecting self esteem
- Distancing
- Providing sideshows

Our Adlerian Interpretations of the Data for Bipolar Disorder

- Acting as if threatened, lack of courage, safeguarding, self-defeating behavior, protecting self-esteem
- Hesitation, standing still, back and forth
- Low social interest, orientation toward self
- Show ruling style, trying to control and protect from others, hostility, shock effects
- Rejected and unloved
- Lack of power

Our Adlerian Interpretations of the Data for GAD

- Lack of courage
- Lack of social interest
- Inferiority, lack/loss of self-esteem, fears of rejection
- Hesitating - afraid of standing still or moving forward
- Approval seeking
- Helplessness, hopelessness, discouragement
- Catastrophizing
- Biased apperception, move from - to a +
- Lack of power

Our Adlerian Interpretation of the Data for Psychotic Disorders

- Putting others in their service, getting type
- Inadequacy, Inferiority
- Private logic
- Can't express emotions
- Use sideshows or something similar for distracting self (important for them)

Our Adlerian Interpretation of the Data for Social Phobia

- Lack of social interest
- Lack of belonging, lack of relationships
- Approval seeking
- Inferiority
- Powerless
- Protecting self-esteem
- Distancing and safeguarding
- Learned helplessness
- Negative biased apperception
- Catastrophizing

Our Adlerian Interpretations of the Data for ASPD

- Driving for Superiority/Power/Lack of Social Interest/Putting others in their service/Getting Type (Rule violation, competitive, winning at all costs, intimidation, placing others in their service)
- Negative world view/lack of courage/Negative bias
- Distancing
- Controlling
- Revenge (Dreikurs)
- Lack of courage
- Side shows

Our Adlerian Interpretation of the Data for Post Traumatic Stress Disorder

- Feelings of inferiority, lack of belongingness
- Lack of social interest
- Lack of courage
- Need for recognition and approval
- Distancing
- Hesitation
- Side shows and distracting self
- Guilt and should
- Powerlessness
- Avoiding type

Our Adlerian Interpretation of the Data for Substance Abuse

- Driving for superiority, striving for power, lack of social interest, putting others in their service, getting type
- Powerless and trying to gain power
- Lack of social interest
- Lack of courage
- Lack of self-esteem
- Placing others in their service, getting
- Side shows

Group Differences in Item Endorsements

*When all the total subject pool is examined there are racial and ethnic differences in endorsement rates.

*Asians tend to endorse less total items.

*However, all groups had high endorsement rates regarding feelings they were being judged and expressions of issues related to belonging.

*Whites had the highest endorsement rates of feelings of inferiority and discouragement.

*African Americans were more likely to identify isolation and hiding true feelings

Group Differences in Correlations with Disorder Scores

- *In the correlations of Adlerian items to the disorder scores there are only a few differences between groups. In other words, the Adlerian items were endorsed similarly between groups within a disorder.
- *Some exceptions were that for Asians the relationships between disorders and isolation were more substantial.
- *It was also found that African Americans who reported depression symptoms tended to show a greater level of hopelessness and lack of control

Contact Information

- *Gregory Anderson, Ph.D. –
gregoryrobertanderson@gmail.com –
*815-341-0235
- *Patricia Post, Psy.D. –
drpost2@comcast.net –
*815-263-017