



Adlerian Therapy: Theory and Practice

By Jon Carlson, Richard E. Watts, Michael P. Maniacci

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Adlerian Therapy: Theory and Practice introduces the reader to Alfred Adler's seminal approach to psychotherapy. Starting from the principle that human behavior is goal oriented and socially embedded, Adlerian therapy is a brief psychoeducational approach that emphasizes understanding individuals' characteristic ways of moving through life - the life style - before working toward change. The authors demonstrate the relevance of Adlerian therapy today by illustrating how Adler's ideas have influenced current practice and emphasizing the short-term nature of its interventions. In addition, the authors show how Adlerian therapy works in practice with individuals, couples, families, and groups, as well as in educational settings. This book is for practitioners of all orientations who want to ground their practices in a holistic theory that makes sense for today's world. Students will also benefit from learning about Adler's theory and flexible strategies.

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