Dr. Colker: Holism is a very critical concept in Adlerian philosophy. Every individual has what Adler called a lifestyle, a self-concept, self-ideal, a view of the world, a view of other people, and a final conclusion of where his or her place is in the world, or striving for significance. This final conclusion, is what Adler called a final fictional goal, and this goal is something that’s projected out in front of the individual, and the person is constantly drawn towards it, regardless of his or her situation. It’s that striving for a place of significance that ties a person together into a unified whole. The sense of self-worth, their view of others, and their views of the world, as I mentioned earlier, all tied together into this lifestyle goal, and all functional behavior must be understood within that construct.

Dr. LaCivita: Holism is really not only about our mind, body, and spirit, but in relation to and with minds, bodies, and spirits of others, hence the spirit of the community. Holism is also about looking at the three main life tasks of love/intimacy, friendship, work/leisure, as well as self-acceptance, and the sense of spirituality. He felt that holism is about maintaining balance in order to nourish and replenish the mind, body, and spirit and that they all work for the same goal synergistically.

Dr. Bilkey: Holism is the idea that, the philosophy that we are one indivisible unit. It is something that you cannot separate. That our thoughts, that our feelings, work through and are in alignment with our physical self.