Dr. Jay Colker: There are five points that embody the philosophy of Adlerian Psychology: Socially Embedded, Self-determined and Creative, Goal Directed or teleological, growth model and striving for significance, and holism. A strong sense of faith and belief in the power of the individual and a strong optimistic perspective are also very much incorporated in the philosophy.

Dr. Mark Bilkey: And that Adlerian philosophy is core that the more connected we are with individuals and the more we care and the more we are contributing to the welfare of others, the more healthy we are.

Dr. Raymond Crossman: He was talking about a psychology for everybody through means other than psychotherapy or in addition to psychotherapy like education and different ways to address public health. He was taking about population health beyond individual health. And he wasn’t focused on what’s going wrong, he was focused on strength and positive.

Dr. Paul Fitzgerald: It is based on a philosophical outlook about human beings and about the nature of the human mind.

Dr. Jennifer LaCivita: It’s about equality, respect for the individual, and utilizing democratic family systems.

Dr. Fitzgerald: Adler saw a person as a unified organism, mind and body are connected, and integrated with each other. You can’t change one without changing the other and the person is goal oriented. In other words, they are not driven from behind in a deterministic fashion like with behaviorism or Freudian psychology, they are directed towards goals in the future. So, people behave as if they are going to reach a goal and the goal is what really pulls the person toward their, towards the desired state rather than having them be pushed from behind by past events. It was a really unique way of looking at human nature that’s, it kind of turns a lot of what was taken for granted in the field of psychology on its ear.

Dr. LaCivita: An Adlerian is someone who applies this philosophy to their life and parenting, teaching and their work. A medical doctor, a psychologist, an art therapist, a nurse, a teacher, any occupation, it’s a philosophy for everyone. Our school motto reflects this philosophy, “Is non nobis solus sed omnibus” Latin for, “not for ourselves alone but for all”. And many years ago, Sadie Dreikers taught and began the art therapy program at Adler and really says it best, “Probably one of the most influential events in my life is studying Adlerian psychology, because it isn’t a psychology, it’s a philosophy of life, and it changed me a great deal. And, it certainly made me a more courageous person.”