Dr. Colker: In thinking about the growth model, people have an innate motivation from moving from feeling or perceiving themselves to be less than, to being more than. Adler talked about this as striving for superiority, however it’s overcoming a felt minus to that being more of a perceived plus. Growth in itself does not always mean positive, it’s just overcoming and finding a place of, from being less than, to being more than.

Dr. LaCivita: The growth model is about the creation and installation of a positive approach to helping people. And the use of encouragement to foster healthy, vibrant relationships, in order to have a more productive, healthy life.

Dr. Bilkey: We live life in a gap, in a gap of where we see ourselves and perceive ourselves, and where we’d like to be. Life is about closing that gap and growing, feeling confident, feeling encouraged, contributing, being connected to others, and striving from that feelings of inadequacy to a feeling of wellbeing and having what it takes to get to that next goal.

Dr. LaCivita: It’s about movement, playing a part in our fate. Referred to as soft-determinism. Of course, heredity and environment play a role and one must always remember that choices can be made. Growth is always possible through the act of making responsible choices, gathering more information, and having deeper insight in order to make better informed decisions and to heighten the level of social interest.