



# Adlerian Therapy: Theory and Practice

*Jon Carlson, Richard E. Watts, Michael Maniacci*

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Adlerian psychotherapy is both humanistic and goal oriented. It emphasizes the individual's strivings for success, connectedness with others, and contributions to society as being hallmarks of mental health. Birth order is considered important in understanding a person's current personality, yet the therapy is future-minded, rather than retrospective. Hosted by Dr. Gary VandenBos, the session shows Dr. Jon Carlson working with a 35-year-old male teacher who is experiencing problems with perfectionism. The patient is the youngest of two sons and reports being very close to his parents. Using a positive and hopeful approach, Dr. Carlson demonstrates the four stages of Adlerian Therapy: creating a relationship, assessment, insight, and reorientation.

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