

ALFREDS

Adler Learning Federation for Research, Education and Delivery of Services

Presented by: Cydney Lebovitz & Roja Vivekanand

PURPOSE

To improve human relationships and expand social interest by preserving, developing, and propagating the theory and application of Adlerian philosophy wherever it is taught or practiced

MISSION

To practice and promote community wellbeing by offering services based on Adlerian values of holism, mutual respect, and social responsibility

SOCIAL INTEREST

An individual's attitude toward and awareness of Being a part of the human community

Mental health is measured by the degree to which We successfully share with others and are concerned with their welfare

Happiness and success are largely related to social connectedness

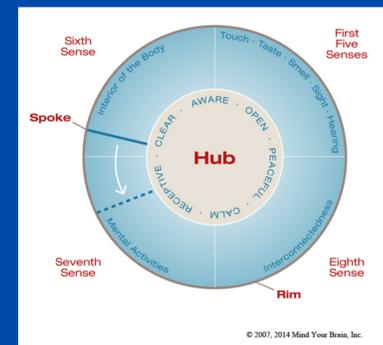
EDUCATIONAL OBJECTIVES

Participants will learn about the existence of the affiliate and it's mission to increase Adlerian education in Ontario.

To provide information about available scholarship possibilities and learning opportunities for students wishing to study Adlerian theory or practice in Ontario.

To live by and teach the 5 Basic Adlerian Principles of Individual Psychology:

1. We are social beings who want to belong
2. We are all moving from a felt - to perceived +
3. Our behaviour is goal directed and purposive
4. We give meaning to life
5. People are holistic



SOCIAL CONNECTEDNESS

To see with the eyes of another, hear with the ears of another, feel with the heart of another ~A. Adler

- everyone is embedded in a social world and social interest becomes crucial for healthy adjustment
- Social connectedness is essential for mental health
- the individual who is embedded in social connectedness finds the solution to his or her problem and feels at home in the world...and feels security and courage... and even perceives with clarity
- the socialization of each person is provided through the innate human ability for social feeling
- although it is innate desire, it must be developed and the sooner the better
- MRI/fMRI scans show that we are hardwired in this way
- social interest and social connectedness are linked to our innate need for affection and belonging

GEMEINSCHAFTSGEFUEHL

- gemein "together/belonging"
 - schafte "the whole/the group/ships as in relationships"
 - gefuehl "feelings/sense of"
- Takes many words to translate in English!

Social interest and social connectedness are essential in any situation as the individual cannot be separated from his/her social environment

- usually related to some sense of inequality
- feeling worth "less"
- feelings of inferiority
- often feeling like "there is no one for me in the world"
- feelings of inferiority can be reduced by increasing social interest
- being with others, feeling for others is the secret to mental health
- failures are failures because they are lacking in social interest
- empathy, identity, & belongingness

"it is the individual who is not interested in his fellow human beings who has the most difficulty of life... and produces the greatest injury to others" ~A. Adler

ALFREDS ACTIVITIES

Providing Adlerian clinical services to the public

Granting Educational Scholarships

Practice and teach Adlerian concepts and techniques

Prioritizing relationships with other Adler institutions and Affiliates

Informing and encouraging more individuals toward Adlerian education

Encouraging Social Connectedness

Providing a platform for likeminded members of the community to come together and give back

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CONTACT & WEBSITE

www.alfredsfoundation.org

Begum Verjee, Ed.D.
bverjee@adler.ca
1-416-923-4419

890 Yonge Street, 9th Floor, Toronto,
Ontario, Canada M4W 3P4