Introduction 2025 Survey of Adlerian-Based Trainings and Practice

At the 29th Congress of IAIP in early July 2024, the Section, S*cience: Theory and Research (ST&R)* met, and those in attendance endorsed as Co-Chairs Jon Sperry and Alessandra Zambelli. The group also agreed to devise and lead a survey of member organizations and institutes to learn more about Adlerian trainings and their curricula.

Members of the group, representing 6 countries, met again via Zoom to discuss the purpose of the survey in October 2024 and to discuss the content in January, February and April 2025. We acknowledged cross-country and state variations, such as, national, local and legal requirements, practice traditions, opportunities, sources of funding, and cooperation with related professionals, with reference to research, other schools, traditions, and techniques of counseling and psychotherapy.

We agreed to conduct semi-structured interviews in order to capture each training’s ethos, approach and criteria, local and national contexts, and to increase within-country and cross-national understandings of trainings and practices.

The interviews are to be supplemented with copies of course curricula and/or handbooks. Also, it would be very helpful to receive a description of the wider national context within which training and practice take place.

Our aim is to learn from and celebrate our commonalities and differences.

Since the objectives of the ST&R Section overlap with those of the Counselling and the Therapy Sections, we shall seek their input and cooperation in undertaking the survey.

2025 Survey of Adlerian-Based Trainings and Practice

Date of interview ..............................................................................................................

1. Name of Training / Practice: .........................................................................................

2. Name of respondent: ....................................................................................................

2.1 Title / role in training / practice ...................................................................................

2.2 Academic qualifications...............................................................................................

2.3 Professional qualifications...........................................................................................

3. What certificate and/or diploma is conferred by the training program (all that apply). Are there internal accreditation, and/or external accreditation, certification or licensure

|  |  |  |  |
| --- | --- | --- | --- |
| Certificate / Diploma | Certificate | Diploma | Accreditation,  Certification, Licensure |
|  |  | Internal / external | internal / external? |
| a. coaching |  |  |  |
| b. counseling |  |  |  |
| c. psychotherapy |  |  |  |
| d. psychodynamic psychotherapy |  |  |  |
| e. psychoanalytic |  |  |  |
| f. child psychotherapy |  |  |  |
| g. systems and family therapy |  |  |  |
| h. couples therapy |  |  |  |
| i. group dynamics and therapy |  |  |  |
| j. clinical psychology |  |  |  |
| k. other, please specify |  |  |  |

4. Adlerian texts required / recommended within the training

|  |  |  |
| --- | --- | --- |
| Texts\* | Required | Recommended |
| Ansbacher & Ansbacher |  |  |
| The Nervous Character |  |  |
| The Study of Organ Inferiority |  |  |
| The Problems of Neurosis |  |  |
| The Science of Living |  |  |
| Henry Stein’s Annotated works of Adler |  |  |
| Annotated works of Adler in German |  |  |
| Other, please specify |  |  |
| Other, please specify |  |  |

5. Is the training part of a university course or of equal or higher level? No.... Yes....

If yes, conferring which associated academic degree(s)?

|  |  |
| --- | --- |
| a. BA / BSc |  |
| b. MA /MSc |  |
| c. PhD |  |
| d. Other (please specify) |  |

6. In addition to Adlerian theory and practice approaches, please specify other theories, practice approaches and techniques that inform the training and to what extent:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Theory/Practice Approaches | Substantial | Definite | Somewhat | Not at all |
| a. Freudian |  |  |  |  |
| b. Humanistic |  |  |  |  |
| c. Dreikursian |  |  |  |  |
| d. Jungian |  |  |  |  |
| e. Kleinian |  |  |  |  |
| f. CBT / Schema |  |  |  |  |
| g. Systems & Family Therapy |  |  |  |  |
| h. Group dynamics/Therapy |  |  |  |  |
| i. Couples Therapy |  |  |  |  |
| j. Art Therapy |  |  |  |  |
| k. Music Therapy |  |  |  |  |
| l. Drama Therapy |  |  |  |  |
| m. Psychodrama |  |  |  |  |
| n. Dance Therapy |  |  |  |  |
| o. Mind-Body therapies |  |  |  |  |
| p. Mindfulness |  |  |  |  |
| q. EMDR |  |  |  |  |
| r. Brain-spotting |  |  |  |  |
| s. Sensorimotor |  |  |  |  |
| t. Neurofeedback |  |  |  |  |
| u. Deep Brain Reorienting |  |  |  |  |
| v. Play Therapy |  |  |  |  |
| w. Clinical Supervision |  |  |  |  |
| x. DSM-5TR |  |  |  |  |
| y. ICD-11 |  |  |  |  |
| z. PDM-2 |  |  |  |  |
| Other please specify |  |  |  |  |

7. Training requirements – Please describe

Years ......... Hours .........

Minimum hours of theoretical and research study, and pre-practice assessments\* ..........

Trainee practice sessions .........

Personal counseling / psychotherapy/analysis hours / frequency ......./........

Supervision (client hours to supervision hours) .........../............

Suitability of candidate to practice .......................................................................................

8. Continuing practice requirements:

Frequency of review: ....... Minimum client hours..... Professional development hours ......

Continuing assessment of suitability to practice..................................................................

9. How are training, supervision, and counselling / therapy typically funded?

10. What concerns do you have about the future of your training program(s)?

11. Anything else you would like to share?