

**'Funtastic Adlerian Techniques for Change'**

Compiled and Edited by Rob Guttenberg, M.A. Counseling Psychology  
Diplomate, North American Society of Adlerian Psychology  
Copyright 2011

**The Author:**

Rob Guttenberg has actively applied Adlerian psychology in his life for over thirty years. In 1981, 1998 and 1999 taught on the faculty of ICASSI (International Committee of Adlerian Summer Schools and Institutes). He is a former President of the McAbee Adlerian Psychology Society (MAPS), and is the author of 'The Parent as Cheerleader'.

Rob is a workshop presenter and trainer, performing songwriter, and has recorded three collections of original folk songs: 'Living Every Day', 'When Love Comes Rushing In', and 'FDR in a Wheelchair'. Om 1999. He was honored by the American Music Therapy Association as a 'Friend of Music Therapy'.

**Short description of the content of the book:**

Funtastic Adlerian techniques for change is a compilation of brief exercises, stories, jokes, songs, riddles, and metaphors that demonstrate theoretical concepts of Individual Psychology in a highly experiential manner. The reader will find humorous stories and jokes, highly practical and easily understood metaphors, and over one hundred techniques for demonstrating Individual Psychology to others.

**For more information or to order this book, visit: [robguttenberg.com](http://robguttenberg.com)**



**Foreword**

Eva Dreikurs Ferguson

The reader of 'Funtastic' Adlerian Techniques for Change is in for a treat. There is enormous wisdom in the the Adlerian techniques, and Rob Guttenberg has helped to provide these with easy applications that could improve every day life for families everywhere.

Rudolph Dreikurs, a young colleague of Alfred Adler, realized that human relationships would flourish if every family practiced what Adler taught. Children will grow up with common sense, a willingness to collaborate with mutual respect, and with a sense of trust and confidence in themselves and others. Parents and teachers would enjoy their children and would have energy for creative living instead of struggling to maintain some sense of order in home and classroom. Dreikurs pioneered many new ideas and methods, but these are based on the fundamentals developed by Adler. Many people who studied with Adler and Dreikurs in turn taught new generations of families and professionals.

Rob Guttenberg learned from excellent mentors what Dreikurs and Adler espoused. He had classes with some of Dreikurs' best trained students and, including Achi Yotam and Oscar Christensen, and he read widely. The understood not only the profound wisdom of these and methods, but he understood how to make them easy to learn and apply. His own sense of play and fun, his love of music and of sharing, helped Rob Guttenberg to develop the present book. The examples in the book reveal the Adlerian approach in ways that can be easy to teach and to learn.

Adlerian psychology involves a philosophy of life and a set of attitudes based on mutual respect, awareness of fundamental equality between all human beings, and a respect for self as well as others. It points out that only when we truly feel belonging and committed towards contribution to human welfare we shape our own and others' well being. It will be fun for the reader of this book to learn these ideas and to practice

them. It is also hoped that this will inspire the reader to read the books by Adler and Dreikurs for a fuller understanding. Adler and Dreikurs wrote in a style that could be followed by all people. They believed that their ideas, when practiced in every day life, will make humans immeasurably happier, more creative, and more effective in all spheres of functioning. The present 'Funtastic' book is like the start of a long journey, with many rewarding discoveries lying ahead.

Edwardsville, IL.  
July 4, 2010