

ADLERIAN ETHICS: APPLICATIONS IN COUNSELLING AND PSYCHOTHERAPY

Dagmar Marková and Daniela Čechová

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This book, *Adlerian Ethics: Applications in Counselling and Psychotherapy*, approaches the issue of ethics in Alfred Adler's psychological theory in an innovative manner. The authors perceive that ethics are so deeply embedded in the foundations of Adlerian theory that they constitute the cornerstone element in this school of thought.

Adlerian Ethics is a study on key ethical concepts of Adlerian Theory and Practice, consisting of belonging, equality, freedom, associated with responsibility, and *Gemeinschaftsgefühl* or Social Interest.

As to the organisation of the book, the first chapter shall concentrate on an ethical description at the level of "what is", that is, an Adlerian conceptualisation of a human being. This chapter contains a thesis based on assumptions about the nature of an individual and a summary of the main concepts concerning his or her development as expounded by Adler and his followers.

The second chapter describes what constitutes the ethical dimensions of Individual Psychology, that is, not only "what is", but also "what should be". What a person should be, what kind of life he or she should live and in relation to the Adlerian main ethical pillars (sense of belonging to a community, freedom and responsibility, and equality).

The third chapter outlines some issues and areas related to, and special features of the applications of ethics in Adlerian counselling and psychotherapy. We direct our attention to ethical issues in general and to the codes of deontology, as established by the American Psychological Association and the European Association for Psychotherapy. We shall consider whether Adlerian ethical principles are enshrined in those of the main professional associations of psychologists and psychotherapists. More specifically, we focus on the counselling and psychotherapeutic applications of Adlerian ethical concepts in practice with clients, and we shall analyse them within the context of their Life Styles.

FROM PEER REVIEWS

In *Adlerian Ethics: Application in Counselling and Psychotherapy*, Dagmar Marková and Daniela Čechová place at the centre of their gem of a book Adler's final and most evolved and encompassing version of Individual Psychology, namely his metaphysical and ethical formulation, which radically asserts that social equality, community feeling, social interest and individual and social responsibility are prerequisites for the mental health of individuals and groups. Through reviewing Adler's theories and methods and juxtaposing these with a selection of current European and North American ethical codes of practice (within psychology, psychotherapy and counselling), the authors not only demonstrate Adler's prescience, but also provide practitioners with well-articulated ethical principles, case studies and pedagogic strategies that illustrate the coherence of an ethical framework embedded in both theory and practice.

Karen John, Ph.D., Psychologist & Adlerian Psychotherapist, Supervisor, Researcher and Consultant, United Kingdom

A heartfelt "thank you" is due to Marková and Čechová for wading into the international Adlerian dialogue and bringing to the discussion table both a thorough-going familiarity with European ethical codes and sophistication about the values of Individual Psychology. Our Slovakian colleagues make their case clearly and convincingly: that ethics are at the centre of both Adler's theory and psychotherapy, and a genuine gift to our profession. Reading how a value-oriented approach benefits

clients and the counselling field in general is an important contribution to today's psychological development.

Erik Mansager, Ph.D., Classical Adlerian Depth Psychotherapist Webster University, Geneva, Switzerland

Marková and Čechová's important book fills a gap in the literature through their emphasis on the ethical heart that lies within Adler's theory and practice. As a psychotherapist, I particularly valued their use of case studies to develop the theoretical frames, illustrating Adler's socially embedded philosophy in action.

Anthea Millar, M.A., Adlerian Psychotherapist, Supervisor and Trainer. United Kingdom

This book by Dagmar Marková and Daniela Čechová Daniela puts the philosophical and ethical principles that are an essential part of Adlerian theory into perspective. It helps to differentiate his theory from others of his time and even contemporary theories by bringing attention to the metaphysical principles underlying his thinking. An excellent contribution to the Adlerian literature and psychology in general.

John F. Newbauer, Ed.D., DNASAP

Diplomate, North American Society of Adlerian Psychology (NASAP) Executive Director, NASAP

The diversity of this text consolidates and clarifies much. The inclusion of original material, translated from German, affords Anglo-American readers a unique opportunity to consider Alfred Adler's lasting contributions to the ethical dimensions of counselling & psychotherapy. The authors, Dagmar Marková and Daniela Čechová, have produced a welcome addition to the ethical body of Adlerian discourse and beyond.

Chris Shelley, Ph.D., The University of British Columbia, Vancouver, Canada

This book is a must read for students, trainees and experienced clinicians seeking to learn more about Adlerian theory. Dagmar Marková and Daniela Čechová quickly and effectively summarise over a hundred years of Adlerian theory into a clear and straightforward book. They apply ethics to Adlerian counselling and theory by reviewing constructs such as belonging, responsibility, freedom, equality and social interest.

Jon Sperry, Ph.D., Assistant Professor of Clinical Mental Health Counselling, Lynn University, Boca Raton, Florida, USA.