

ADLERIAN
LIFESTYLE
COUNSELING

Practice and Research

WARREN R. RULE AND MALACHY BISHOP

ADLERIAN
LIFESTYLE
COUNSELING

ADLERIAN LIFESTYLE COUNSELING

Practice and Research

WARREN R. RULE AND MALACHY BISHOP



Routledge
Taylor & Francis Group
New York London

Published in 2006 by
Routledge
Taylor & Francis Group
270 Madison Avenue
New York, NY 10016

Published in Great Britain by
Routledge
Taylor & Francis Group
2 Park Square
Milton Park, Abingdon
Oxon OX14 4RN

© 2006 by Taylor & Francis Group, LLC
Routledge is an imprint of Taylor & Francis Group

Printed in the United States of America on acid-free paper
10 9 8 7 6 5 4 3 2 1

International Standard Book Number-10: 0-415-95216-6 (Hardcover)
International Standard Book Number-13: 978-0-415-95216-3 (Hardcover)
Library of Congress Card Number 2005008590

No part of this book may be reprinted, reproduced, transmitted, or utilized in any form by any electronic, mechanical, or other means, now known or hereafter invented, including photocopying, microfilming, and recording, or in any information storage or retrieval system, without written permission from the publishers.

Trademark Notice: Product or corporate names may be trademarks or registered trademarks, and are used only for identification and explanation without intent to infringe.

Library of Congress Cataloging-in-Publication Data

Rule, Warren R.

Adlerian lifestyle counseling : practice and research / Warren R. Rule, Malachy Bishop.
p. cm.

Includes bibliographical references and index.

ISBN 0-415-95216-6 (hb : alk. paper)

1. Adlerian psychology. I. Bishop, Malachy. II. Title.

BF175.5.A33R85 2005

158'.9--dc22

2005008590

informa

Taylor & Francis Group
is the Academic Division of Informa plc.

Visit the Taylor & Francis Web site at
<http://www.taylorandfrancis.com>

and the Routledge Web site at
<http://www.routledge-ny.com>

This book is dedicated

— by Warren Rule —

*to these dear friends,
all Professors Emeriti,
who, for a quarter century,
were superb colleagues in
the Department of Rehabilitation Counseling
at Virginia Commonwealth University
and
whose individual and collective humanness provided
the most enriching professional environment
that one could ever hope to have had:
Dr. Richard E. Hardy, Chair
Dr. Gerald L. Gandy
Dr. George R. Jarrell
Dr. Robert A. Lassiter, Jr.
Dr. E. Davis Martin, Jr.
Mr. Rehab Keith C. Wright*

and

— by Malachy Bishop —

to my love and my life, Lisa, and our dear children, Hailey, Riley, and Elliot

ABOUT THE AUTHORS

Warren R. Rule, Ph.D., is Professor Emeritus in the Department of Rehabilitation Counseling at Virginia Commonwealth University. He has worked as a rehabilitation counselor and at counseling centers in higher educational institutions. Dr. Rule received his Ph.D. from the University of South Carolina and is a licensed professional counselor. He has over 60 publications in the areas of rehabilitation, counseling, and psychology.

Malachy Bishop, Ph.D., CRC, has worked as a rehabilitation counselor and educator for over 10 years. He completed his doctoral study in rehabilitation psychology at the University of Wisconsin–Madison and completed predoctoral clinical internships in neuropsychology and rehabilitation psychology. He is currently an assistant professor in the Rehabilitation Counseling Program at the University of Kentucky.

CONTENTS

Foreword	xiii
Acknowledgments	xv
Preface	xix
Introduction	
Chapter 1 Introduction WARREN R. RULE	3
Chapter 2 Structured Processes and Techniques of Lifestyle Counseling WARREN R. RULE	15
Practice	
I. Dealing with Resistance	
Chapter 3 Lifestyle Self-Awareness and the Practitioner: Understanding and Reframing Resistance Using Angels and Devils as Metaphor WARREN R. RULE	45
Chapter 4 Corrective Reactions to Client Negativism Using a Combined Facilitative and Adlerian-Based Approach WARREN R. RULE	55

II. Mental Health Therapy

- Chapter 5 The Earliest Recollection: A Clue to Present Behavior 65
WARREN R. RULE
- Chapter 6 Life-Style Interpretation Using Imagination of the
Ideal Social Self 69
WARREN R. RULE
- Chapter 7 Pursuing the Horizon: Striving for Elusive Goals 75
WARREN R. RULE
- Chapter 8 Lifestyle Self-Awareness and the Practitioner 83
WARREN R. RULE

III. School Counseling

- Chapter 9 Adlerian Methods in School Psychology 95
WARREN R. RULE
- Chapter 10 Adlerian Methods: Case Study 105
CHRISTOPHER OVIDE AND WARREN R. RULE

IV. Rehabilitation

- Chapter 11 Lifestyle and Adjustment to Disability 115
WARREN R. RULE
- Chapter 12 A Holistic Group Approach to Offender
Rehabilitation 137
WARREN R. RULE

V. Leisure Counseling

- Chapter 13 Avocational Counseling for Lifestyle Adjustment 163
WARREN R. RULE
- Chapter 14 Enhancing Leisure Counseling Using an Adlerian
Technique 179
WARREN R. RULE AND MORRIS W. STEWART

VI. Counseling Uses of Humor

- Chapter 15 Increased Internal-Control Using Humor
with Lifestyle Awareness 191
WARREN R. RULE

Chapter 16	Increasing Self-Modeled Humor WARREN R. RULE	199
------------	---	-----

Research

I. Empirical Considerations

Chapter 17	Self-Actualization: A Person in Positive Movement or Simply an Esteemed Personality Characteristic? WARREN R. RULE	209
------------	---	-----

II. Therapeutic Relationships

Chapter 18	Contextual Influences on Production of Early Recollections JOSEPH M. BAUSERMAN AND WARREN R. RULE	229
Chapter 19	Associations between Personal Problems and Therapeutic Interventions as Reflected by Variables in Early Recollections and Gender WARREN R. RULE	237

III. Career Choice

Chapter 20	Birth Order and Communication Skills of Pharmacy Students MATTHEW M. MURAWSKI, PATRICK MIEDERHOFF, AND WARREN R. RULE	249
Chapter 21	Family Constellation and Birth Order Variables Related to Vocational Choice of Dentistry WARREN R. RULE AND ANN T. COMER	255

IV. Parental Behavior

Chapter 22	Personal Adjustment Variables in Early Recollections and Recalled Parental Strictness-Permissiveness WARREN R. RULE	267
Chapter 23	Birth Order and Sex as Related to Memory of Parental Strictness-Permissiveness WARREN R. RULE	273

Chapter 24	Childhood Memory of Parental Authority as Related to Family Constellation Variables WARREN R. RULE AND ANN T. COMER	277
Chapter 25	Parental Strictness-Permissiveness and Long-Term Memory WARREN R. RULE AND ANN T. COMER	283
V. Personal Characteristics		
Chapter 26	Intelligence and Earliest Memory WARREN R. RULE AND GEORGE R. JARRELL	287
Chapter 27	Birth Order and Earliest Memory WARREN R. RULE	293
Chapter 28	Early Recollections and Expected Leisure Activities WARREN R. RULE AND MICHAEL D. TRAVER	297
VI. Group Behavior		
Chapter 29	Life-Style Characteristics: Early Recollections and Observable Group Behavior WARREN R. RULE AND DONALD H. MCKENZIE	307
Chapter 30	Early Recollections as a Variable in Group Composition and in Facilitative Group Behavior WARREN R. RULE AND DONALD H. MCKENZIE	315
VII. Social Factors		
Chapter 31	Early Recollections: Predictors of Stress in an Analogue Social Situation MICHAEL D. TRAVER AND WARREN R. RULE	323
Chapter 32	The Relationship between Social Interest Dimensions of Early Recollections and Selected Counselor Variables KATHRYN E. ALTMAN AND WARREN R. RULE	331
Conclusion		
Chapter 33	Adler's Approach: Present Contributions and Future Implications MALACHY BISHOP	341
	Index	349

FOREWORD

What Drs. Rule and Bishop have provided is an excellent compendium of articles whose foremost contribution is the manner in which they guide the professor, the student, and the practitioner to apply the Individual Psychology of Adler to a diverse array of topics relevant to rehabilitation counseling as well as to a broad spectrum of psychological practice.

The strength of many of the following articles lies in the ability of the authors to alert the reader to clues used by experienced therapists, without which the student or novice therapist may become discouraged by his inability to be the helper he wishes to be.

The opportunity to review these samples of a lifetime of contribution by my former student and colleague has brought me many smiles. It scarcely seems possible that 35 years have passed since Warren Rule and I pioneered the introduction of Individual Psychology training institutes in the southern United States.

Events that have occurred during the passage of this period of time seem to help underscore the notion that Individual Psychology is a psychology whose time has come. For the knowledgeable Adlerian, social interest, or sense of community feeling, is not only the keystone of good mental health, but also holds the greatest promise for peaceful and cooperative relationships in the national, international, and global arenas. Dr. Bishop focuses upon this promise when he notes that social interest may have become more relevant and important than ever in the current sociopolitical climate. Evidence of the value of this theoretical construct is almost surely illustrated by the remarkable surge in Individual Psychology on the international scene and especially in

former communist countries such as Lithuania, Latvia, Estonia, Bulgaria, Slovakia, the Czech Republic, Hungary, Romania, and Russia, where interest in the study and spread of Individual Psychology has manifested itself through the establishment of organizations and training institutes in the relatively short period since the end of communism in these countries.

The publication of this collection of readings is one more valuable addition to the growing body of literature that facilitates such important advancement toward universal interest in and feeling for community.

Francis X. Walton, Ph.D., Psychologist

*Former President , North American Society of Adlerian Psychology
Faculty Member, International Committee for Adlerian Summer Schools and Institute*

ACKNOWLEDGMENTS

Gratitude is the greatest of all the virtues—and the parent of all the rest.

— Cicero

FROM WARREN R. RULE

In helping to compile a book that largely represents 30 years of attempting to make a scratch on the Adlerian walls of practice and research, I am indeed gratified and humbled in considering the profound impact that Adlerian ideas and teachers have had on me professionally and personally. And, at this point, as I reflect on Adler's fundamental belief that virtually everything we have ever done occurs in an interpersonal context, I feel especially blessed by the many people who have contributed to my efforts to offer something that I hope will be useful.

Heartfelt thanks are extended to Dr. Francis X. Walton, my Adlerian mentor, who provided and nurtured the Adlerian spark and whose formative and powerful influence will be subsequently discussed in more detail. May the circle be unbroken.

I am greatly indebted to the hundreds of graduate students enrolled in my Adlerian classes over the past 33 years. Not only were these groups a great source of interactive learning, but also they gave me the marvelous gift of knowing that I was on the right road. I cherish the many beautiful friendships that evolved from these meaningful (and fun!) experiences. For three decades, the very warm bonds of friendship, formed during the

early years, with Steve Aukward, Marty Barlow, Nelson Calisch, Shelly Habeck, Bob and Marty Lassiter, Sarah Liddle, Martin Maples, Pat Rogers, Kath Sadler, Jim Sproul, Mike Traver, J.I. Wainwright, and others have a nourishing spirit that seems to transcend the years.

The facilitative magic of the late Dr. Donald H. McKenzie, doctoral advisor, teacher, and friend, continues to be gentle on my mind and contributes to giving me a sense of existential grounding. Without his steadfast interest and unfaltering support, as well as without the compassionate encouragement of therapeutic wizard Dr. George Jarrell and of Jane Brady Rule, I doubt that I would have undertaken doctoral work.

Approximately a third of the following chapters, most of which are former journal articles or book chapters, were originally published with co-authors. Remembering these colleagues and the collaboration brings a keen sense of appreciation. Although each of them is subsequently receiving due credit in the appropriate chapter, I would like to acknowledge all of them here. A special thanks is due to Kitty Altman, Joe Bauserman, Ann Comer, Chris Ovide, George Jarrell, the late Don McKenzie, Pat Miederhoff, Mike Murawski, Mick Stewart, and Mike Traver.

A tip of the hat goes to Dr. Kenneth R. Thomas, who introduced me to the splendid co-author of this book, Dr. Malachy Bishop. Malachy's creative competence, perseverance, and gentle openness are all gratefully appreciated by me.

From a more personal perspective, I continue to realize that the supportive and nurturing persons who have been in one's life provide much of the motivating energy, as well as the wish and the will, to do whatever meaningful things that one does do. I cherish the unshakable bond of love for my late father, Richard Rule, and for my dear mother, Iris Rule. Each has been, in complementary realms of life, an extraordinary teacher and role model. My brother, Dick, and my sister, Cindy, continue to bring joy and are integral parts of the invisible plane that undergirds the nuclear family.

Finally, boundless gratitude goes to my daughter, Lauren, and my son, Brian. These precious and miraculous gifts in my life are a never-ending source of pride, meaning, optimism, and unconditional love.

FROM MALACHY BISHOP

I thank those educators who introduced me to Adler and his ideas, through which my life and work have been enriched; and especially to

Dr. Ken Thomas, a fine man and teacher, who encouraged me, challenged me, and always welcomed open discussion and honest debate.

I thank my wife, Lisa, for her patience and support during this project and all the others. I realize that supporting me has indeed been a major life task. Sincere thanks also go to Emily Boag, MRC, for her hard work and commitment during the preparation of this manuscript.

Finally, my most heartfelt thanks to Warren Rule, a true Adlerian, for allowing me the opportunity to assist with this collection of his works, for his dedication throughout his career to sharing his insights and experiences, and for his kind and encouraging ways. It is through Dr. Rule that I, like so many, have discovered the many ways in which Adler's work can be applied in rehabilitation counseling to better understand our work and better serve our clients.

PREFACE

BACKGROUND: REFLECTIONS OF THE SENIOR AUTHOR

In the 35 years that have passed since the senior author first became fascinated with this approach, the contributions of Alfred Adler have been receiving much deserved, widespread attention. Increasing numbers of Adlerian practitioners, therapeutic centers, educational offerings, empirical research, and publications all reflect this rebirth and development.

In the concluding chapter of this book, the junior author expands on specific present contributions of Adlerian psychology and discusses the future implications of this very useful approach to helping others. Between this background chapter and the concluding one, 16 practitioner-oriented chapters and 16 empirically based research chapters are presented. Each of them was originally published as a refereed journal article or as a book chapter. All were written by the senior author, solely or in collaboration with others. However, in keeping with the Adlerian spirit of respecting whatever is useful from the past, a brief discussion here may be beneficial regarding the senior author's perception of the formative historical context preceding these publications that now comprise these 32 chapters.

The Formative Era

In the late 1960s and early 1970s, when the senior author was first introduced to Adlerian psychology, the broader social landscape was seething with experiment and change. The convergence of social and Vietnam-war protests, counterculture influences, and general questioning of