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Alfred Adler

- P.G.SEM. – 4
- Paper – EC – 1
- Introduction to clinical psychology

Alfred Adler



- When people think of psychology, names of famous figures like Freud and Jung often spring to mind. One of their contemporaries, Alfred Adler, a pioneering Austrian physician and psychiatrist, also made groundbreaking contributions to psychology, including personality, motivation, and self-improvement.

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- Freud emphasized unconscious drives and childhood traumas, Adler suggested that people are driven by an innate need to experience growth, belonging, and personal meaning
- He formed the school of thought known as individual psychology.

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- Adler is known for many thoughts and theories within the field of psychology, but is best known for:
- Founding individual psychology
- His concept of the inferiority complex
- Being a founding member and president of the Vienna Psychoanalytic Society

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- Alder was initially a colleague of Sigmund Freud and helped establish psychoanalysis. He looked at the individual as a whole, which is why he referred to his approach as individual psychology.

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- Adler's theory of personality contended that individuals are whole beings. Therefore, their personality is formed based on several key concepts, including

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- **Masculine protest:** in men, a tendency to compensate for feelings of inferiority by adopting excessively aggressive behavior; in women, a tendency to dominate others to overcome society's devaluation of women

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- **Feelings of inferiority:** relying totally on others in early life causes us to feel inferior
- **Striving for superiority:** an attempt to overcome feelings of inferiority
- Birth order the order in which we are born affects our familial relationships, interactions, and feelings of inferiority