

### Question 30

Freud broke the functioning of the human mind into three distinct parts the ego, the ID and the super ego. Adler wanted to identify his approach as different. He saw the person as a whole. He emphasized integration and unity of the person. He also understood that the person could only be fully understood through observing them in their life. He theorized that all these components were unified by the person's movement towards a life goal. This is a holistic approach and emphasizes the fact a person cannot be understood without looking at their social context. A result of this holistic view is that the client is an integral part of a social system.

Adler shifted the grounds from libido, sex and aggression to an understanding of people rooted in a societal context. The first society being the family of origin. According to Adler, a person has to confront three forces in developing their personality: societal, love-related, and vocational.

Adler saw the person outside of the limitations of a psychodynamic interpretation of their mind. He understood that the person is not divided into parts - but rather is a whole being. Further he was the first to identify that the person was also part of a greater whole (Society) and was not identifiable as a totally independent entity. The very premise of their personality was formed in part, from their place within society.

Adler also saw that people with a social interest directed their striving towards the healthy and socially useful side of life. Those who lacked this community feeling became discouraged and ended up on the useless side of life. If our sense of belonging is not fulfilled anxiety is the result. Many of the problems we experience are a result of fears of not being

accepted within the group. We seek a place in the family and in society to fulfill a need for security, acceptance and worthiness.