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The idea of certain personality types being assigned to birth order is something that I've grown up hearing. Ideas that the oldest child is bossy, the middle child is forgotten and the youngest child is spoiled were talked about quite a bit but I never understood where the stereotype came from. Adler was the originator of the birth order theory as part of his approach to therapy. Adlerian therapy operates off of several therapeutic assumptions. First, Adler placed a large emphasis on childhood memories as he believed that social interactions and past experiences were the main determinants of behavior and mental health. Therefore, Adler believed that the purpose of therapy was to find their own "style of life". Corey states that this style of life "orders our experiences of life and guides interactions with others. It consists of our views about ourselves, others, and the world, and the distinctive behaviors we use to pursue our goals." (Corey, 2015, p.452). Therefore, Adlerian therapy seeks to explore some of their basic life assumptions, identify life goals, and fix problematic thinking stemming from social interactions.

I had a very difficult time understanding Adlerian therapy and I still don't think I have a full grasp of it. Adler's belief that behavior is socially constructed and not at all biological is difficult to completely agree with given all we know about the role of biological factors on behavior. However, I do agree with him that behavior must be understood within its social context because behavior in different contexts can mean very different things. I would like to learn more about Adlerian's theories going forward and how he developed a lot of his beliefs and approach to therapy.

Corey, G. (2015). *Theory and Practice of Group Counseling*. Cengage Learning.