

THE ETOBICOKE FAMILY LIFE EDUCATION COUNCIL was formed in 1974 by concerned citizens to:

- offer group and individual study to effect more harmonious relationships in everyday life;
- sponsor lectures, workshops and training programs to teach methods and applications that can be used by everyone;
- influence families, schools, social agencies and industry to use these proven methods;
- report by newsletter opportunities for personal or professional enrichment, ways for acquiring skills in democratic leadership and new ideas for solving conflicts;
- hold educational meetings for the membership and others;
- set up a Counsellor Education Program to train lay and professional persons to act as family advisors in a Family Education Centre.

LEARN by GROUP PARTICIPATION, DISCUSSION and STUDY,

practical ways to:

- promote mutual respect;
- deal with a tyrant;
- pinpoint "real" issues;
- reach agreements without fighting or giving in;
- foster participation in decision making;
- stimulate co-operation in place of opposition;
- understand yourself and others;
- become a match for your children;
- succeed in encouraging yourself and others;
- rebel constructively;
- make a significant contribution to peace in your time.

Adlerians stand for individual freedom with responsibility. They hold that freedom requires order; that freedom without order is not democracy, but anarchy; that order without freedom is autocracy, which violates human dignity; but that freedom with order permits the development of mutual respect which is the working basis of democratic living.

Adlerian or Individual Psychology emerged from the work of the Viennese psychiatrist Alfred Adler (1870-1937). Adler was a prominent member of a group of eminent Viennese psychiatrists studying new discoveries in the field of mental disturbances, as introduced by Dr. Sigmund Freud. He was, in fact, president of this group, The Psychoanalytic Society, when in 1911, he withdrew as a result of a disagreement with Freud's basic theory. He then founded the Association of Individual Psychology.

Contrary to Freud's view of behaviour as motivated by repressed instincts, Adler founded his psychology on man's sense of inferiority, his struggle to overcome - that is to move from a felt minus to a plus situation - and on social feeling. The focus of his education and of his therapy was to increase the individual's inborn capacity for social interest, to strengthen his courage to help him feel belongingness in his world, and to participate, to co-operate and to contribute.

In addition to his private practice, Adler assisted the Vienna state school authorities, both by setting up child guidance clinics and by training teachers in his methods for classroom use. Although Adler began by introducing his concepts into schools in slum areas, teachers under his guidance became so effective in working with "difficult" children that many schools in Vienna sent their problem children to the schools using Adlerian methods. Working not only with teachers, but also with the families of problem children, Adler developed his unique method of counselling families in the presence of a group of their peers. The success of his work attracted teachers and psychologists from all over the world.

Individual Psychology took root in North America when Adler was invited in 1926 to lecture at Harvard and Columbia Universities, and three years later to assume the Chair of Medical Psychology at Long Island College of Medicine. Today there are Alfred Adler Institutes for professional training and research located in New York, Chicago and Minneapolis, and about twenty universities offering courses by Adlerians. There are active associations of Individual Psychology in many American cities and in Great Britain, Austria, Germany, France, Holland, Switzerland, Greece, Israel and Denmark.

The Alfred Adler Institute of Chicago which was established by Rudolf Dreikurs, a former student and colleague of Adler, trains both lay and professional people. Dr. Dreikurs, has stressed the practical application of Adlerian theories and demonstrated what parents, teachers and counsellors can do to understand children, to modify motivation, and to change conflicts into harmonious and courageous living. He himself travelled widely, lecturing and demonstrating at universities, conducting summer schools for teachers and counsellors, holding training workshops for government departments, boards of education, community agencies and lay groups in the United States, Europe, Canada, Israel and Jamaica. He is author or co-author of many books and professional papers.

Dr. Dreikurs has inspired and encouraged the establishment of local associations whose membership is open to all interested persons. And it is as a direct result of his personal teaching, that the Etobicoke Family Life Education Council has come to be formed.

"Freedom IS part of democracy; but with the subtle point that we cannot have freedom unless we respect the freedom of others, is seldom recognized. In order for everyone to have freedom, we must have order. And order bears with it certain restrictions and obligations."

"CHILDREN: THE CHALLENGE"

- Rudolf Dreikurs
- Vicki Soltz.

"Men are disturbed not by things but by the views which they take of them."

First Century A.D.
Epictetus.

"If we do not waste our energy trying to do what cannot be done, to fight against facts of life which cannot be transformed, if we are willing to put up with the inevitable, then we become free to use our energy to do what can be done, which usually is much more than we are inclined to assume."

"EQUALITY, THE CHALLENGE OF OUR TIMES"

- Rudolf Dreikurs.

"But the higher development of technology, of science, and undoubtedly of love as well, has unceasingly encouraged the rise of women and promoted their participation in public life. The conflict resulting from the attempt to subjugate women has played great havoc both in private and social life."

"THE INDIVIDUAL PSYCHOLOGY OF ALFRED ADLER"

- H.L. Ansbacher
- R.R. Ansbacher.

"No child would switch to the socially unacceptable side of life if he were not discouraged in his belief that he has a place in the group and can succeed with useful means."

"ENCOURAGING CHILDREN TO LEARN: THE ENCOURAGEMENT PROCESS"

- Don Dinkmeyer &
- Rudolf Dreikurs.

"Underneath it all is the fact that we don't know what to do with our children, because the traditional methods of child-raising no longer work, and we need to learn the new methods which can take their place."

"CHILDREN: THE CHALLENGE"

- Rudolf Dreikurs
- Vicki Soltz.

"Today the wives complain that their husbands do not behave properly in a socially acceptable way. They are either too passive, aloof, and withdrawn or too aggressive and domineering ... This desire of women to be perfect, to be right, leaves neither husband nor children a chance to be good enough."

"THE CHALLENGE OF MARRIAGE"

- Rudolf Dreikurs.