



Classical Adlerian Depth Psychotherapy Volume III (Volume 3)

Henry T. Stein Ph.D.

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The demonstrations in this volume include role-plays with students-as-clients and work with real clients. While the illustration of therapeutic techniques with real clients has undeniable value, the immediate priority must always be what the client needs at that moment, not what the presenter wants to demonstrate. Consequently, for teaching purposes, I usually have a student role-play a client with certain, identified “issues,” so that I can focus on a specific technique or series of strategies. Part One contains a series of transcribed demonstrations of my work with student-therapists addressing real, personal issues; and with clients who volunteered for instructional purposes. In each instance, I made a reasonable attempt to illustrate a specific therapeutic technique. This part includes demonstrations of the Socratic Method, the Missing Developmental Experience (MDE), Eidetic Imagery, and role-playing, followed by debriefing with the audience. Part Two consists of a series of role-played demonstrations with a student who plays a client she knows well, one whom we had discussed frequently. I attempt to give the flavor of the different stages of CADP, followed by debriefing with the audience after each stage. In a fictional format, we compress the potential progress of psychotherapy into a “twelve-act play.” Part Three provides a transcription of my work with a real client of one of my students, who agreed to have the session with me recorded for instructional purposes (of course, with her identity disguised). The student and I had discussed the case many times, so I was familiar with the client's difficulties and history. Process notes accompany this transcription.

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