

Adlerian Ideas: Creativity and Responsibility

(Two of Nine Essays on Adlerian Principles)

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Here is the second essay about of nine principles of Adlerian psychology. These principles are based on my study of the psychology developed by Alfred Adler.

The first principle for me is: People are social beings who want to contribute and belong first in a family, then in an educational setting, and then in the larger community. From that principle, Adler and his students become involved in social psychology.

The second principle is: People are creative and self-determining decision makers who are responsible for their own thoughts, feelings, and behaviors.

Adler believed that humans are born with three innate abilities. These three innate abilities include creativity, intelligence, and social interest or community feeling. that needed to nurtured in the family, in schools, and in the large community. Creativity can be enhanced through the caregivers offering of choices to infants and young children and teachers, parents, and community members encouraging adolescents, adults, and the aging to produce at least three options when facing a challenge. In addition, children, adolescents, adults, and aging need to be involved in decision making and problem solving that focuses on respecting self and others and maintaining dignity for self and others.

However, the decision making, the choice making process probably begins in infancy. Consider the following scenario: A caregiver feeds an infant a bit of baby food and the infant grimaces and spits out the food. The infant has decided that the food does not taste good. Here is the possible sequence of events. First, the infant uses one or more of the five senses (visual, auditory, kinesthetic, gustatory, or olfactory) to evaluate the food, then based on the perception of tasty or not tasty, the infant thinks the food is not up to standard, creates an emotion of sad or scared and then responds to the emotion by grimacing and spitting out the food. The infant then begins the

creative process of perception, then cognition, then affect , and then behavior that is enter internal or external or both. The process of decision making and creativity begins very early and remains part of human existence throughout the life span.

Adlerian psychology emphasizes that in our interactions with others that we be firm, fair, and friendly in our relationships and that when we decide that we are responsible for the outcomes of that decision. Implicit in that idea is that individuals have the opportunity to make choices, respond to options, solve problems, and utilize a decision-making model that is based on respect and dignity.

Adlerian theory and practice emphasized the ideas of rational thinking, that we create our emotions based on our cognitive responses to our personal perceptions, and that we respond behaviorally based on the strength and direction of the chosen emotion.

Adlerian theory and practice now involves perceptual psychology, cognitive psychology, affective psychology, and behavioral psychology.