

「個人の主体性」と「選択の自由」の関係を深く考えなければ

4. It regards **human creativity with its freedom of choice** as decisive, and heredity and environmental factors as subordinated to it. Animals in their natural habitat, instinctually determined, are not subject to mental disorders.

価値の心理学

5. Man requires **values as criteria for choice**. While the choice is invariably in the direction of a goal of success, **what constitutes success is individually determined**.

私的価値の追求がLS

6. Functional mental disorders are based on **mistaken schemata of apperception** and mistaken ways of living guided by **unsuitable goals of success**—mistaken life styles. These are not in the patient's awareness but can be inferred from his actions and their consequences. In psychotherapy the patient's cognitive misconceptions and mistaken goals are pointed out to him **together with alternatives**, thus **confronting** him with new choice situations.

マイナスの側

プラスの側

このあたりが認知心理学風で、なんとなく居心地が悪い

このあたりは後に批判される

7. Individual Psychology is **pragmatic rather than positivistic**, accepting such alternative concepts and assumptions as are therapeutically valuable and rejecting those associated with pathogenicity. This does not mean that Adler was blind to all the existing pathologies, only that he preferred to regard them as **avoidable mistakes rather than as something innate**. He was deliberately an **optimist** from the realization that pessimism is virtually a negation of the work of psychotherapy.

FXWがADHDに疑問を持つのは、このあたりのことを言っている。

人間観が楽観的なのではなくて、治療可能性を信じるということ

Adler's contribution is to have accepted many time-honored and newer philosophical and scientific humanistic conceptions and to have forged these