

Systematic Position

Because of the physical contiguity, similarity of subject matter, and Freud's seniority, Adler's Individual Psychology was usually classified as a variant of psychoanalytic theory and therapy. In recent years, however, better classifications have been introduced. Adler has been designated as "the ancestral figure of the 'new social psychological look'" (p. 115); as among those advancing a 'pilot' rather than a 'robot,' view of man, where man is largely master of his fate (p. 597); as probably the first among the 'cognitive change theorists of psychotherapy' (p. 357), which include Albert Ellis, Adolph Meyer, Fred C. Thorne, George A. Kelly, Rollo May, Viktor Frankl, and O. Hobart Mowrer; as the first among the 'third force humanistic psychologists' (p. ix); as advancing a 'fulfillment model' rather than a 'conflict model' of personality (pp. 17-19); and as representing the philosophy of the Enlightenment. In these various designations Adler is always found in a group opposed to Freud. In sum they support the statement that Adler originated a system of psychotherapy in which a mechanistic medical model of the functional disorders was replaced, not by resorting further to the natural sciences, but by aligning itself with the humanities or human studies (Geisteswissenschaften) as described by Wilhelm Dilthey and Eduard Spranger, while keeping well aware of the somatic aspects.