

Table 3.1
Comparison of Freud's and Adler's Concepts

Freud	Adler
1. Objective	1. Subjective
2. Physiological substratum for theory	2. A social psychology
3. Emphasized causality	3. Emphasized teleology
4. Reductionistic. The individual was divided into "parts" that were antagonistic toward each other: e.g., id-ego-superego, Eros vs. Thanatos, conscious vs. unconscious.	4. Holistic. The individual is indivisible. He or she is a unity and all "parts" (memory, emotions, behavior) are in the service of the whole individual.
5. The study of the individual centers about the intrapersonal, the intrapsychic.	5. People can only be understood interpersonally, and as social beings moving through and interacting with their environment.
6. The establishment of intrapsychic harmony constitutes the ideal goal of psychotherapy. "Where id was, there shall ego be."	6. The expansion of the individual, self-realization, and the enhancement of social interest represent the ideal goals for the individual.
7. People are basically "bad." Civilization attempts to domesticate them, for which they pay a heavy price. Through therapy the instinctual demands may be sublimated but not eliminated.	7. People are neither "good" nor "bad," but as creative, choosing human beings, they may choose to be "good" or "bad" or both, depending upon their life-style and their appraisal of the immediate situation and its payoffs. Through the medium of therapy people can choose to actualize themselves.
8. People are victims of both instinctual life and civilization.	8. People, as choosers, can shape both their internal and their external environments. Although they are not the complete masters of their fate and cannot always choose what will happen to them, they can always choose the posture they will adopt toward life's stimuli.
9. Description of child development was postdictive and not based upon direct observation of children but upon the free associations of adults.	9. Children were studied directly in families, in schools, and in family education centers.
10. Emphasis upon the Oedipus situation and its resolution	10. Emphasis upon the family constellation
11. People are enemies. Others are our competitors, and we must protect ourselves from them. Theodore Reik quotes Nestroy, "If chance brings two wolves together, . . . neither feels the least uneasy because the other is a wolf; two human beings, however, can never meet in the forest, but one must think: That fellow may be a robber" (1948, p. 477).	11. Other people are <i>mitmenschen</i> , fellow human beings. They are our equals, our collaborators, our cooperators in life.
12. Women feel inferior because they envy men their penises. Women are inferior. "Anatomy is destiny."	12. Women feel inferior because in our cultural milieu women are undervalued. Men have privileges, rights, preferred status, although in the current cultural ferment, these roles are being reevaluated.
13. Neurosis has a sexual etiology.	13. Neurosis is a failure of learning, a product of distorted perceptions.
14. Neurosis is the price we pay for civilization.	14. Neurosis is the price we pay for our lack of civilization.