



Classical Adlerian Depth Psychotherapy, Volume I - Theory and Practice: A Socratic Approach to Democratic Living (Volume 1)

By Henry T. Stein Ph.D.

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Editorial Review

About the Author

Henry T. Stein, Ph.D., is a Classical Adlerian psychotherapist, training analyst, and director of the Alfred Adler Institutes of San Francisco and Northwestern Washington. He studied with Sophia de Vries and Anthony Bruck who were trained by Alfred Adler. For more than thirty years, he has been training psychotherapists with an approach based on the original teachings and therapeutic style of Alfred Adler, as well as the clinical and philosophical writings of other Classical Adlerians: Kurt Adler, Lydia Sicher, Alexander Mueller, Anthony Bruck, and Erwin Wexberg. His own contributions to Classical Adlerian clinical practice include a comprehensive adaptation of the Socratic method and a thorough exposition of the twelve stages of psychotherapy. Since 1993 he has been managing The Adlerian Translation Project which is dedicated to translating and publishing "The Collected Clinical Works of Alfred Adler" and the unpublished writings of other Classical Adlerians. Dr. Stein has integrated Abraham Maslow's and Alfred Adler's visions of optimal human functioning into a creative therapeutic approach that utilizes the Socratic method for cognitive change, eidetic and guided imagery for affective change, and role-playing techniques for behavioral change.

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