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Within this context is Adlerian theory/therapy, having originated in the first half of the 20th century relevant for today's integrative discussion. The diverse authors in this book demonstrate that the Adlerian approach soundly resonates with contemporary cognitive and constructivist therapies, and is indeed a relevant "voice" for inclusion in contemporary dialogues regarding integration.

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Adlerian therapy consists of four stages: engagement, assessment, insight, and reorientation. In Adler's theory, individuals work to overcome feelings of inferiority and to act in ways that benefit the social interest.