

## **Richard E. Watts, Ph.D.**

**Dr. Richard E. Watts** is Professor and Director of the Center for Research and Doctoral Studies in Counselor Education at Sam Houston State University in Huntsville, TX. A diplomate in Adlerian Psychology, Dr. Watts is the author of over 115 scholarly publications including 86 journal articles and book chapters and 5 books. Dr. Watts is currently the Editor of *Counseling and Values* and has served in various editorial board capacities for nine different journals, including the *Journal of Individual Psychology*. He also has also been active in organizational service to the profession, including the NASAP Council of Representatives. In March 2010, Dr. Watts received the prestigious American Counseling Association (ACA) Fellow Award. This award recognizes counseling professionals who have made significant and distinguished contributions in areas including teaching, professional practice, leadership, and scientific achievement. He is a past recipient of the ACA David K. Brooks, Jr. Distinguished Mentor Award, the ACES Robert O. Stripling Excellence in Standards Award, and the C-AHEAD Joseph and Lucille Hollis Publication Award, among others. His interests include Adlerian, cognitive, and constructivist approaches to individual and couple and family counseling, counselor supervision and counselor efficacy, ethical and legal issues, play therapy, and religious and spirituality issues in counseling.



### **Dr. Watts on the Innovativeness and Contemporary Relevance of Adlerian Counseling and Psychotherapy:**

Adlerians have been very innovative, but persons not familiar with Adlerian psychology are typically unaware of that fact. If you look at the contemporary practice of counseling and psychotherapy, the various approaches have much more common ground with Adler's theory than any other pioneering approach. A study of contemporary theories of counseling and psychotherapy reveals that many key Adlerian ideas have reappeared in contemporary approaches, often with different nomenclature, and invariably without credit given to Adler, Dreikurs, or subsequent Adlerians. If you read the various Delphi studies by Prochaska and Norcross in recent years addressing the near future of psychotherapy, the research results remarkably support the Adlerian approach. The experts in their studies stated that psychotherapy will be more directive, psychoeducational, present centered, problem focused, and brief. In terms of theoretical orientations, they noted that integrative, eclectic, systems, and cognitive approaches will thrive. Anyone familiar with our approach readily sees strong points of resonance and, consequently, support for the contemporary relevance of Adlerian therapy. Adlerian therapy is a psychoeducational, present- and future-oriented, brief, and integrative/eclectic approach that clearly integrates cognitive, systemic, existential, and psychodynamic perspectives, and solidly resonates with constructivist approaches.