Adlerian Intervention and Techniques to Promote Self-Esteem in School-Age Children.

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The purpose of this presentation is identify and present the significant role that the development of school age children's self-esteem and interpersonal skills have on their self-concept, as it relates to academic success. This process will be examined using the Adlerian therapy approach to developing self-esteem and interpersonal skills in children. There are many things that may contribute to a child’s self-esteem, such as environmental factors, peer relationships, and social connectedness. Another aspect of the many things that may influence self-esteem also includes a child’s sense of worth and the need to belong. The main tenet in Adlerian view includes social interest and striving, particularly within the school. Based upon the literature, Adlerian therapy and interventions has proven to be effective for improving a child’s self-esteem. The concept of Adlerian interventions was the main focus in this review, in addressing school-aged children’s self-esteem as it relates to academic success. Adlerian Therapy places emphasis on the holistic approach to development and how it is connected to the purpose of human behavior. Adler believes a healthy lifestyle, as part of the child’s developmental process, is the goal for school counselors and clinicians in understanding and promoting the uniqueness of a child. These efforts to encourage the child through counseling interventions and techniques will enhance the child’s well-being and self-efficacy.