

Individual psychology in Latvia from last century till nowadays

IP history in Latvia was dated back in last century ending of twenties and early beginning of thirties.

We can divide 3 stages in Latvia's IP development.

- Twenty century, change from twenties to thirties;
- Twenty century beginning of nineties;
- Beginning of twenty first century.

First stage is common in a lot of European countries where IP societies established and ideas started to spread. If we look in Europe map on the points where IP societies were established, we can see that distal point in northeast Europe is Riga.

First Latvian IP society was developed year 1928, March 18. In Latvia's archive of history there are some documents which approve this date. I found list of members and other documents. Interesting, that none of the members were with professional psychology education. They were teachers, doctors, kindergarten teachers, lawyers. In opening conference Doctor Blumenbahr was reading lecture "How to apply IP theory to treat neurosis" and the guest from Germany Paul Fischele, presented general summary about IP. Paul Fischele has a really big role in IP idea spreading in Latvia. From year 1928 he worked as editorial staff in Berlin's IP journal "*Individuellepsychologische Pädagogik und Psychohygiene*" and he in all editions through year 1928 put information about activities in Riga [1]. Unfortunately, period when this first society was active is really short, only half a year.

Only after two years, in 1930, was established the second IP society in Latvia. As a leader of society was elected Jānis Bundulis. He was significant writer, philosopher, IP ideas spreader and teacher. Second person in this society was Kārlis Kraujins - lector for psychology and pedagogic. The association existed till year 1936. In documents there is no information about members from previous association who participated in this society. But we can find several professional references which kept members of this organisation together.

We can say thanks to these two people: Jānis Bundulis and Kārlis Kraujins who made a progress in individual psychology development in Latvia. Their amazing approach has left a big footprint in our IP history.

Like 1935 Janis Bundulis published essay "Love problems in the prism of genius" [2]. In his works we can find really strong connection between philosophy and psychology. In this book he did analyse famous tragedian story "Jazeps un viņa brālī". Author of this book was our legend, famous writer Janis Rainis. In analysis he used methods of early recollections. In one of those times review there is a sentence: psychological analysis shows deeper reason of hate of brothers. In 1937 Janis Bundulis published essay "Prelude of cognition" where he is analyzing another popular our writer Anna Brigades fairytale and talking about how princess Gundega grown up from pampered children to loving women [3].

In 1939 was published Karla Rijnieka book "Human of Nowadays or psychological studies"[4]. That is serious theoretical analysis about different aspects and influences of identity development. Most of this work was grounded on Adlers individual psychology concepts. As conclusion in end of the book he says: "what is most important in life? It's deep feeling sense of community. – Not only with your closest persons but also with your nation, future and past, with productive power and goals of humans. It's really important because it gives us human beings strength and carriage to live and if we will have carriage we will have joy - joy to live, work, create and build". In this book in interesting way he used Ibsens

personage Solveiga from "Pers Gints". In his point, the way how Solveiga always is waiting for something is "lack of community and evasion to fulfil her mission of life." Karlis Rijnieks is unique because he was first in this time that in his book summarized and explained nonverbal communication elements [4].

Important role for spreading IP ideas at Latvia belongs to lawyer Valters Niklavs. He studied and participated in Adlers lectures in Viennas Institute for psychology from 1928 – 29. At this time he was a director of Latvia's Consulate in Vienna. In monthly newspaper "Jurists" he published article "Individual Psychology" [5]. In this article he pointed out that it's really important for lawyers to have knowledge about psychology to understand nature of criminals and crimes.

That is the first publication in Latvia when someone talks about concept and essence of Adler's ideas. Author named it as a Movement of individual psychology, where he mentions that one of the most important event was fifth International Individual psychology congress held in Berlin, 1930 September 26 till 28. I thought it's possible that some Latvians participated in this congress as well, but all documents about congress were destroyed during Hitler actions in Germany.

One more interesting event in Latvia that there was a summer school, in year 1931, with 2 leading professors from Vienna Individual psychology experiment school: Ferdinand Birnbaum and Otto Spil.

In 10 years from 1928 – 1938 there were about 22 articles published regarding individual psychology in different issues. It includes translations from Adlers original articles and pure Latvian publications. There were many comments and explanations about main concepts of Adlers approach like inferiority, position in family, significance.

In 1932, Adlers book "Psychology and life" was first published in Latvian. Responsible about this book was Latvia's Teacher Association. Second edition of this book was 1992 and 2001.

Second stage for IP Latvia history starts in Year 1991 when in Newspaper on Culture fond Nr. 13 was published article "Individual Psychology". Author of this article was Igors Shuvajevs he also provide some bibliographical comments about Adlers life in this article. In beginning of nineties group of psychologists tried to establish IP society, but it wasn't successful.

As third stage we can mark out year 1998 when granddaughter of Janis Bundulis – Inguna Upzare, who was a leader of School psychology society, invited with seminars wonderful individual psychology specialists: R.Kern and Walton F.

Year 2002 Inguna Upzare established IP institute in Latvia. Year 2006 first 5 students who graduate IP institute.

In 2008 IP congress in Lithuania gathered inspiration to start new activities and in 2008 November 14 IP third associations were established.

Literature

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