



## *Carmen Tamas*

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*I am passionate about human nature and how I can use my understanding and knowledge to encourage myself and others to live a more meaningful, fulfilling and joyful life in cooperation and contribution.*

*Alfred Adler's works and views helped me to gain a better understanding of our movement in meeting life's tasks. Adlerian concepts like holism, private logic, life style, community feeling, purpose of behavior, courage to be imperfect and early recollections brought guidance and clarity in my work and personal life.*

*Taking part in the Adlerian Skype Research Group and getting familiar with Living Theory methodology I become interested in researching my own practice because I believe that: "One of the greatest tasks is to help human beings feel comfortable in the complex and glorious chaos of this world, to help promote choices that aid potential, promote autonomy, freedom, and cooperation, that allow people to feel whole despite doubt, to act freely and fully despite the uncertainty of being alive in this world." -- Margot Adler (1946-2014), 1997 - and the way we can accomplish this is by knowing, understanding and freeing ourselves through the process of introspection for which both Living Theory approach and Adlerian Psychotherapy offer an excellent framework.*

