

Tribute to Paola Prina, born 24 February 1934, died 4 February 2023

With the death of ASIIP¹ Vice President, Paola Prina on the 4th of February 2023, the Adlerian Community has lost a dedicated proponent of Individual Psychology. For more than 35 years, Paola served ASIIP in many capacities: Council member, chair and treasurer, Training Committee member and secretary, lead editor of the UK Adlerian Year Book for most of its 24 years, and highly effective minder, promoter and seller of books. A regular ICASSI² and IAIP³ participant, Paola also edited books written by distinguished Adlerians: American Leo Gold's posthumously published, *Perchance to Dream*, Israeli Zivit Abramson's *Learning Couples*, Slovaks Dagmar Marková and Daniela Cechová's *Adlerian Ethics – Applications in Counselling and Psychotherapy*, and Italian Andrea Ferrero's *Adlerian Psychodynamic Psychotherapy (APP) – A Psychopathology-Based Treatment*. Here her skills as a linguist and wordsmith shone through.

Paola loved books and was fascinated by their production. On a trip to view the *Book of Kells* at Trinity College, Dublin she lit up inside while viewing the textures of the printing and illustrations, the elaborate fonts and decorations, the paper, the sewing and binding of the book and cover. She remarked, "books will always be; *Kindle* is just a bloody fad!"

Paola typically filled her suitcase up to the brim, laden heavy with books and regularly *schlepped* them to various conferences, summer schools and congresses across Europe and North America; on trains, planes and automobiles. She ensured that everyone had an opportunity to get a copy of the *UK Adlerian Yearbook* as well as the other books she was involved with producing. Her passion for these many volumes of scholarship never wavered.

Paola was born in the Belgian Congo on the 24th of February 1934, where her father's family operated a construction company. Following their marriage, her parents had emigrated to the Congo from their home in Northern Italy. When Paola was 5 and her brother 2, their father left the family in the bush, and did not return. Soon after, her brother became seriously ill, and their mother carried him and pulled Paola along to the nearest town several miles away. Paola who spoke only Italian was left with French-speaking nuns, while her mother rushed her brother to hospital. Paola feared her mother was gone for good. However, Mama returned in a couple of days, and little brother soon recovered. They settled in that town, Paola started school and quickly learned French. At the end of World War II, Paola, with her mother and brother moved to Brussels. Paola excelled at school and became an accomplished pianist. She majored in economics and politics at university, and abandoned the piano. But her love of music remained strong throughout her life. So too did her strong feeling for Africa which she maintained was "in her bones".

¹ ASIIP: *Adlerian Society (UK) and Institute for Individual Psychology*

² ICASSI: *International Committee of Adlerian Summer Schools and Institutes*

³ IAIP: *International Association for Individual Psychology*

Paola became an accomplished and respected career economist and diplomat at the Belgium Embassy, eventually settling in London. There she met dramatist and psychotherapist Dr David Herbert, who predeceased her in June 2021. David was Paola's life partner and husband, a striking man with a radiant cheerfulness who was also originally from Africa. When she retired from the Embassy, she herself began training as a counsellor and psychotherapist, completing her Adlerian training in the 1980s. She practised and supervised others for many years. She occasionally facilitated workshops, and brought Dr Richard Kopp's Metaphor Therapy to the UK training programmes and supervised ASIIP Diploma students.

Paola adored cats: her beloved Lottie lived until she was 19 years and Boris (whom she affectionately called "Bobo") lived until he was 21, dying just 3 months before Paola. Among Paola's many interests were gardening, travel, theatre-, concert- and museum-going, and reading fiction and non-fiction, latterly in French. Paola read *The Guardian* daily, had strong views about politics – and most things, really. She was a superb petit point embroiderer, presenting lucky friends with her handiwork. She loved her garden and the fox that would occasionally visit from down the lane as well as assorted neighbourhood cats. Last year she spent time rehabilitating the little pond out back which was a part of the organic whole of her home and garden sanctuary, "my bubble" as she often referred to it. Paola was also an excellent cook. Her recipe for the Italian dish *Ossobuco* was extraordinary!

Paola lived with depression. She was open about it and controlled it for many years with anti-depressants. She was, as the Jungians say, a "wounded healer" who carried her wounds from childhood and fought for a better world in her own vigorous way. She believed staunchly in the Adlerian contention that mental health is connected to a feeling of belonging and the resilience of families and community. She was tremendously generous with her time having spent many years volunteering for the Adlerian Society (UK) and ICASSI. She felt deeply and unapologetically. She would fight for what she believed was right and what she believed needed to be done. Her passion carried her through life so as to complete many projects and to support the cause of Alfred Adler's and Rudolf Dreikurs' positive vision for mental health, families, community and the world more broadly.

Former ASIIP UK Year Book Co-Editors with Paola for 17-21 years

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