

We welcome inquiries about the activities of the Arbours on any level, whether training programme, helper or someone who is in need of help. (Interestingly, several people who have come to us in need of help, have graduated to the role of helper). We publish a bi-monthly magazine presenting news and views of the group which we are glad to send out at cost. People can get in touch with us by writing to: The Arbours Association, c/o 55 Dartmouth Park Road, London N.W.5

Berke and Schatzman have written accounts of their previous work in the Kingsley Hall community which Laing helped to found: **Mary Barnes: Two Accounts of a Journey Through Madness** by Mary Barnes and Joseph Berke (*MacGibbon - Hart Davis 1970, Penguin Books 1973*) 'Madness and Morals' by Morton Schatzman from '*Laing and Anti-psychiatry*' edited by Robert Bayeres, *Penguin Books, 1972*.

REFLECTIONS ON A THERAPIST

*So I experience the relationship
Paradoxically
The closer I come
The further you are away.
My You - composed of hope and fear
I have to choose to fuse
You - Here and Now,
To compromise and find?
Reality is a reflection in a mirror?
Or risk never colliding
With the possible.*

*Coming towards you,
I throw projections,
Which are Me
Yet I experience
These reflections
As part of my
Environment and You.
Confronting you - Mirror -
Touching the hard reality
Of your periphery
I collide with Fact.*

Avril Ruddock