

AP Activities

CURRENT QUESTIONS

An open meeting was held on 21 March, on the topic - 'What is the AHP?' - an opportunity to discuss general issues. It was an interesting evening, and the following areas were covered in varying amounts of detail.

1. Should the AHP try to set up standards for leaders, or try to introduce any form of accreditation? Should the AHP try to control the advertisements in *Self and Society*? The feeling was that the AHP should not at present try to aim at this. The procedure was still that people with worries or complaints about group leaders should write to the group leader, and if no satisfactory reply was received, to write to the AHP secretary, Helen Davis. If she received a number of complaints about the same leader, she should inform the Editor of *Self and Society*, who would then act as he saw fit in refusing advertisements from such a leader. If a growth centre were involved, the directors of that centre would also be informed. This procedure was outlined in *Self and Society* some time ago, but no new complaints have been received since then.
2. Should the AHP try to become a charity? If so, what are its aims? There was little discussion of this, since there is already an AHP subcommittee at work on a constitution, etc.
3. Relationship to behaviorism and psycho-analysis. Opposition or co-existence? On this issue, some people felt that psycho-analysis was closer to humanistic psychology than was behaviorism, since it was a form - the first form - of depth psychology.
4. Relationship to the British Psychological Society. Should we try to make a big impact? Try to set up a section within the BPS? On this, most of the people interested did not come to the meeting. Some of those present felt that getting across to ordinary people was more important than getting across to experts.
5. Should there be a pressure group representing all organisations working in the field of humanistic psychology? Should the AHP be one, or help to set one up? Here it was felt that the current policy of the AHP was right, in moving towards helping to set one up, of which it would then be just one member, rather than trying itself to work as a pressure group. Helen Davis is working on this now.
6. Relationship to the media. Should the AHP try to get on TV - for example in the *Open Door* programmes? Very different opinions were expressed here. Those on one side thought that getting across to lively and alert people in the population generally was the most important priority, and that TV offered an excellent and usable way of doing this. Those on the other side felt that the activities coming under the heading of

humanistic psychology, such as encounter groups and the like, were always falsified by visual and uninvolved presentation, and that whatever could be done on TV would be either false or boring. This question was not resolved, and still remains open. If any reader can outline a viable programme, he or she is certainly invited to send it to Helen Davis for consideration.

7. What are the limits of humanistic psychology? What is in, and what is outside? The only answer which seemed possible to this was to look at what actually appears in AHP conferences, AHP journals, AHP anthologies or books of readings, AHP booklists and the like. Some of these things will be basic and central, others more peripheral and perhaps transient. Things which seem incompatible with humanistic psychology include the manipulation of people, hierarchical relationships, the belief that the primitive basic self is bad or dangerous, the belief that the evils in self and society can and should be cut out or destroyed, the belief that conformity and maturity are the same thing, the belief that if you win I must lose (or that if you lose I must win) and anything which diminishes people and makes them more like machines. This is a short list, but it may give at least some feeling of what is involved.

8. How to reach more people? This was discussed a lot, and some of the ideas which came out (apart from the TV one mentioned earlier) were:

a) Get events into Camden What's On - entries are free.

b) Get members to order books from libraries, so that the shelves at least have a few humanistic psychology books on them. Libraries do not always buy the books which are requested - often borrowing them from other libraries - but they do buy some, particularly those which might have a wider appeal.

c) Approach Adult Education Centres, put on sensitivity groups. Some centres are now doing this, and it is a good way to get our kind of ideas and practice across to a wider public. Leaders capable of running such classes are around nowadays, and there seems no reason why this should not happen a lot more than it does at the moment.

d) Put on introductory events, which could lead to the setting up of local groups.

9. How to explain humanistic psychology? This arose out of 8 (d) and raised the question of how best to introduce our ideas and activities. Some people felt that a lecture would be adequate, while others felt that a lecture plus experiential work was necessary. The experience of the University Circus has been that the experiential part of the programme has been much the most important part. But of course this does mean that there are problems about furniture (flat floor, preferably carpeted, desks and tables removed, etc.) about sound (disturbing nearby meetings, classes, offices, etc.) about visual privacy (spectators through windows possibly misunderstanding what it is they are seeing) and so on. One possibility which was mentioned was a lecture, followed up later by another visit with more experiential content, for those who wanted to pursue the matter further. This could be followed by the setting up of a led or leader less group. One real problem with all this is that we really need to be invited by some local person or group, who will be responsible for getting some people

together and paying travelling expenses. The AHP could meet far more requests than it is getting at the moment.

These are the issues which arose at the meeting. If any reader has any further suggestions or requests to make, which bear on any of these issues, please write to Helen Davis, 57 Minster Road, London N.W.2.

GROWTH CENTRES

QUAESITOR: 187 Walm Lane, London, N. W. 2. Tel: 01-452 8489
Directors: David Blagden

A T M A, Birmingham:

six months intensive offering a variety of techniques including, Gestalt, Yoga, Massage, Psychodrama, Meditation, Intergroup Relationships, Bio-Energetics, Body Movements. 72a Wake Green Road, Moseley, Birmingham 13. Telephone Kington 781 or 021-449 2947

BRISTOL ENCOUNTER CENTRE

28 Drakes Way, Portishead, Bristol. Tel: Portishead 847490. Weekend Encounter Groups, Meditation, Creativity Groups, Mini-Society Work, Co-Counselling, various On-Going Groups. Directors: Ken Waldie, John Crook.

TRANSACTIONAL ANALYSIS

For details of training, sponsorship, membership of the International Transactional Analysis Association and experience in T.A. write to: Alan Byron, Clinical Member (I.T.A.A.) 11 Stumperlowe Park Road, Sheffield S10 3QT. Tel: 304894 (home) or 367694 (office). Code 0742.

CENTRE FOR GROUP WORK AND SENSITIVITY TRAINING now in LONDON, BIRMINGHAM, LEEDS, NEWCASTLE: send for programme to Hans Lobstein, 2 Chatsfield Place, Park View Road, Ealing, W.5.

CENTRE FOR HUMAN COMMUNICATION

63, Abbey Rd., Torquay, Devon. Tel: 222241/2. Directors: Kevin and Venika Kingsland, David Pike. May 4th-5th. Astrology and Psychology: 18th-19th. Anit yoga philosophy and science: June 1-2. Mantra yoga: 15th-16th Chakra system. Individual Psychological, Group and Ergonomic Consultancies. Nature Cure and Yoga Therapy, Arts and Crafts Workshop, Sound and Colour Laboratory, Library. All visitors and enquiries welcome.

ENTROPY

11 Lindfield Gardens NW3. Director: Ronald Ullman. Tel: 01-435 8427 Sunday evenings introductory sensitivity training groups for well functioning people. No therapy is offered. The emphasis is on a new way of relating. Telephone for brochure.