

# Growth Centres

## 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.

## THE CHURCHILL CENTRE

22 Montagu Street, W1, off Montagu Square. (Nearest tube: Marble Arch) Tel: 402 9475. A centre for human relations training, emotional education and group therapy, set up by Ken Holme, a consultant psychologist.

## EAST MIDLANDS AND FURTHER NORTH

Anyone interested in getting something together anywhere between Birmingham and Newcastle, please get in touch with Brian Cranwell or Alan Byron at 74 Banner Cross Road, Sheffield S11 9HR, or telephone 360435. The idea is for occasional get together and the exchange of information about what is going on encounter-wise in the area.

## SELF-DIRECTED ENCOUNTER GROUPS

St. William's School, Market Weighton, Yorks YO43HA. 06962/2218. Encounter groups with an emphasis on trust in the group process. Groups tend to be more on 'community' than 'therapy' lines. Small charge (£1.00) to cover costs. Other practical details, or more information on the groups available from Marcellus Guyler.

## QUAESITOR

187 Walm Lane, London, NW2. Tel: 01-452 8489. Director: David Blagden.

## 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.

## 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. Tel: Kington 781 or 021-449 2947.

## GROWTH GROUPS

Leader: Dina Glouberman. Encounter/Gestalt/Psychodrama weekend workshops. Low prices. Small groups. Details from Dina Glouberman, 29 Pattison Road, NW2. Tel: 01-435 8943.

## YERBA BUENA

Consultations for private growth and education. Roger Sanders Smith, 317 Stoney Stanton Road, Coventry CV6 5DS.

## CENTRE FOR GROUP WORK AND SENSITIVITY TRAINING

7 Chesham Terrace, Ealing, W13. Residential weekends £6 each plus food. Send s.a.e. for details.

## PAT MORTELL

49, Roches St. Limerick.

## COMMUNITY

15 Highbury Grange, London N.5. Tel: 01-359 1372 (or 586 3545) Co-Directors and Leaders: Michael Barnett, Carole Davey, Tom Falkner.

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## Hans Lobstein

### If Only I Knew

*I wish I knew what it feels like to be you  
not knowing what I feel like when I am with you  
when you feel puzzled being you not knowing what I could be when I am with you*

*when I feel aloof and cold towards you I wonder why I feel cold and aloof with you  
when you are puzzled by what you feel is me wondering what it feels like being you*

*I wonder what it feels like being you  
when you are plagued by memories of what you used to do  
when I felt equally aloof and cold but more excited by you  
unperturbed by not knowing what it was like being you  
but instead enjoyed me looking forward to be with you  
or enjoying what I felt about you before I was cold and aloof  
in not wanting to know why I wanted to know what you  
wanted to know about me not knowing what it was like being you*

*I am eager and excited to get nearer to not pushing the world away  
but I am upset that my world is not you  
when I want to be you knowing what it is like being you so that  
I can find out what I can do to be more of what I feel is you*

*In the meantime I am not me without you  
but can only rely on me to find out what it is like being you  
so I am not enough of me to find out enough about you  
and you know well enough how to stop me being you  
by being cold and aloof and pushing the world away which is me and you  
so that you can choose what you want with me  
and I sit puzzled and hurt that I cannot get closer to knowing what it is like being you  
which I can only find out being more of me  
but that cannot be without knowing more about you  
so I am stuck not being me and not being you  
how much nicer it would be if only I knew*