

will grow, because really, who knows? The Synanon method for example, breaks all these principles, and they do miraculous things while having a great time. That's their beat.

We are involved in two intertwining processes: learning and healing. We are learning new things about ourselves, our bodies, our being with others. We are healing what hurts. It is the energy of past distress, re-aroused in the group and transformed into warmth, which spirits our vital function to enhance our learning and growth toward love.

Max Praed

Labelling

A young man at an open meeting of a growth centre said that no matter what anyone ever said or suggested to him, even though he recognised it was in his own interest, he always wanted to do or say the opposite. I said he was labelling himself 'contrasuggestible' and he said: 'No, you are labelling me contrasuggestible', and I said: 'No, you're labelling yourself contrasuggestible', and he said: 'No, you're trying to pin a label on me. *I'm not contrasuggestible!*' If I pin a label on myself and people recognise it, are they labelling me or merely receiving my message?

I remember also an incident that occurred at the first meeting of a study group at Tavistock. The consultant came in carrying a small traveller's clock, which he put on the floor in front of him, even though he was sitting opposite a clock on the wall in the same room. Towards the end of the meeting I said he had brought in this clock like a stethoscope, establishing his status as the consultant of the group. He didn't say anything at the time, but he didn't bring his clock to the next meeting and when I commented he said: 'Well, sometimes we learn too, you know'. I appreciated this a great deal. It's the only occasion all the Grubb and Tavistock study group meetings I have attended when a consultant acknowledged he had learned something from the group, and changed his behaviour accordingly.