

# Letters to the editor

Dear Editor,

Douglas Harding's article 'How To Be Spontaneous' is the sort of arrant nonsense that I deplore. In one of the few sentences with meaning he denies that he is ever 'destructive or Hatin' (para (2)), provided he is attending to his reaction.

Apart from his own admission (para (d)) that he 'tears strips off', his point is in contradiction to a basic truth that we all are destructive or hating in occasion.

His appeal to a list of esoteric spiritual sources is typical of those very many people who cannot accept their own anger and hostility. The resulting anger/hostility phobia is one important underlying cause of today's alienation in general.

If only hostility were always expressed in the manner advocated in the original article 'How To Be Spontaneous' in May 74, the cesspool of hate which many people carry around inside themselves would not exist. It is this cesspool which prevents the natural human warmth that we all have from welling up.

The point of *that* the original article was to describe a method of *communicating* anger with words that might improve a relationship. Douglas Harding denies the existence of his anger. This is the very lack of awareness that encounter groups aim to correct.

Ronald Ullmann

Dear Sir,

With the greatest will in the world, and no unkindness meant, I cannot help but deplore the demise of 'Bob Selman', Gestalt group leader a familiar friendly face on the humanistic psychology scene, and the advent of his more publicly-oriented 'doppelganger', 'Mr. Robert Selman, BA', as threatened in the latest Churchill Centre programme.

One always has a choice about such things, (as Princess Anne might have said, but didn't) and it seems to me a shame, especially in this movement which is still the only real alternative to the tentacles of poker-faced psychiatry, when formal titles or qualifications suddenly burgeon beside names which have hitherto preferred, and presumably enjoyed standing without them.

I am reluctantly made aware that some people feel less secure without degrees than with them, and of course there is nothing wrong with having them; but the 'me Tarzan-you Jane' approach which helped hundreds of people to forget their hang-ups about silly things like qualifications in groups, is going to look extremely silly indeed if 'Tarzan, B.A.' is going to become the logical heir of the process. That way we go round in circles.

Degrees are degrees are degrees. Wisdom or skill by any other name surely smells as sweet.

Yours, however, acquiescent-to-the-trend,

Mrs. Madeleine Beatrice Francis, B.A.

P.S. Re the apparently approaching bill in Parliament which hopes to restrict therapeutic practise to certain species of trained personnel (I forget which) I would like to add that I hope most group leaders, therapists, etc. will stand up for who they are or what they do, regardless of whether they are 'recognised' by the dim-witted minority trying to promote this bill. To the best of my knowledge, it never helped much, me the Gas Chambers in Nazi Germany, to try to prove you were Aryan.

## PEOPLE'S RE-EVALUATION COUNSELING INC.

A new break-away Peer Counseling group has been set up as 'People's Re-evaluation Counseling, Inc.'

They are committed to the process of Re-evaluation Counseling as developed by Harvey Jackins, but regret that the organizational structure did not work and was responsible for the loss of many good co-counselors and teachers.

P.R.C. is forming an international federation of independent co-counselors and co-counseling communities. They plan to explore the needs of a large variety of people, and ways to meet these needs. They expect that people are different. They will celebrate and grow from and enjoy these differences among us.

Anyone who may know of co-counselors who would appreciate the opportunity to join the group, please ask them to get in touch with Dency C. Sargent, 3 Columbia St. Hartford, Ct. 06106. U.S.