

These experiences underline the general approach of those of us who have worked with ourselves, and which is well described in James Vargiu's contribution to the first issue of the excellent new journal *Synthesis* (available from the Institute of Psychosynthesis—tel. 01-939 3372).

And in a way it even seems much more consistent with Christianity than the exorcism which is done in the name of that religion. As Francoise Strachan has said—'If love can remove mountains, then isn't it possible that it can also absorb any demon or evil into itself?'

DON'T GO TO A PSYCHIATRIST

(In this country, a psychiatrist is a doctor who has taken a two-year course in clinical psychology which does not include any training in psychotherapy.)
'The difficulty here lies in the question-begging concept of 'treatment'. If we remember that what we are concerned with is psychological change, then the understanding, induction and guidance of such change is properly speaking the province of those who are trained in psychology and in no sense the appropriate province of the medically trained. A subsidiary argument avers that people suffering from a psychological maladjustment might also be suffering from a physical ailment which needs attention and that those who attend them should therefore be medically trained. This is about as sensible as arguing that legal matters should be dealt with by doctors with a smattering of added law in case a client has a thrombosis while signing a lease.'

(From the report on training in psychotherapy prepared by a working party set up by the Division of Clinical Psychology within the British Psychological Society. It was submitted in September 1973 and published in the Bulletin of the BPS in January 1975.)

John Rowan

TODAY

today
for the first time
I opened the cupboard
and found that the
small green plant
you gave me
was still growing

Robert Hampson