

AP Activities

With last month's issue you will have received our programme for 1976-1977 which seems to us to offer a varied and interesting selection of approaches. We are experimenting this year with two-day events as well as the single one-day workshops, and in addition we will be holding a European conference of Humanistic Psychology at University College London next July 26th to 29th. We again have the problem that all our events are based in London - for the fairly simple reason that all the committee and people who actually put the events on are based in London. Before we have too many people complaining again 'why does it all happen in London?', I wonder if I could turn the question round to you out there and ask 'why does nothing happen in the regions?'

We have tried a little. We have a list of some ten to twelve contact people now spread through the country and they are trying to stimulate interest. Also most of the committee members are prepared to come and talk to groups or run events. The University Circus is still on offer to any one who can raise some 20 interested people. This proves a five hour event with two leaders for their expenses only. They don't really need to stay at the Grand Hotel if they have to stay over night: a sleeping bag and crash-pad would probably suffice.

One thing we have suggested to regional contact people is that they should put a small ad in the local newspaper asking for interested people to get in touch and/or setting up a meeting at a local pub or Community centre to discuss whether some kind of programme could be arranged.

ALTERNATIVE THERAPIES

One of the most frequent things we are asked is what kind of therapy is available outside the normal BMA type medical model and how people can find an alternative therapist. We try to keep a list of everyone we know but feel that it is probably fairly incomplete. If you are working in an alternative therapy, or if you know of anybody in your area, please just let us have the details so that we can circulate it. Obviously, as an association, we can't vouch for, accredit or approve any of these people. All we can do is give the information as to who they are and what kind of therapy they offer. Individual members of the committee may no doubt have experience of some of these therapists and would then be prepared to give a judgment, but this has to be personal. A lot of people in fact do not know what alternatives are available. Usually we suggest that they read Jerome Liss's *Free to Feel* (published by Wildwood House) which does describe many of them. On the list at the moment we have people practising the following - bioenergetics, neo-Reichian, Rolfing, intuitive massage, Rogerian, Gestalt, psychosynthesis, acupuncture, schiatsu, psychodrama, primal, peer counselling. So if

you know anybody working in these areas, please let us know and also if there are any other therapies that we haven't already mentioned.

THE COMMITTEE

Recently we were asked why we didn't publicise the activities of the Committee so that members could know something more about what is going on. Anyone else who feels this has a chance of putting their view over at the Annual General Meeting and if there are any loose ends they can deal with them and the Committee at the same time because we are going to follow the AGM with a free-for-all encounter session. We hope this will not only be an occasion for getting rid of tensions but may also produce a lot of creative energy. 'Whither the AHP' which is a hardy annual, may get some more exciting answers if it is worked on at a here-and-now experiential level.

Meanwhile we can report that the last committee discussed the year's programme, attending the Cambridge University Freshers' Fayre, relations with PPA (Psychologists and Psychotherapists Association), the European conference, the ethics of sub committees leading their own events, advertising in Germany (free), and changing the name of the Association to the Association for Human Potential (AHP!), and the date of the next meeting which is October 22nd, and why don't *you* come? You'll be very welcome, 53 Ornan Road, N.W.3 is where it will be all at.

Vivian Milroy

Growth Centres

THE CHURCHILL CENTRE,

22 Montagu Street, London, W.1. Tel: 01-402 9475

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QUAESITOR

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

STROKES, THE CENTRE FOR TRANSACTIONAL ANALYSIS

3 Byng Place, London WC1E 7JH. We hold ongoing weekly groups, regular weekend workshops, introductory courses, and offer individual counselling as well as communication skills for organisations. Enquiries: Laurence Collinson 278 8679, Adam Jukes 029 383 470, Margaret Turpin 886 5330, or messages may be left at answering service 794 3344.

SEMPERVIVUM Encounter Groups

Current programme available from: Jo Burns, 6a Cumin Place, Edinburgh. Tel. enquiries to Brian and Sue Sidery - 031 447-7314 (evening, day and weekend groups: basic encounters, Gestalt, massage, men, women and children, movement, meditation, Intensive Journal etc.)