

at the disposal of other people. But this is of course just another form of alienation. In neither case does one control one's social life or find oneself in one's two-person action sequences. And again, this is just the opposite of what one intended.

It seems, then, that Lorna Benjamin's theory is richer and deeper than it might appear at first sight, and deserves some consideration from anyone involved in social action.

About the **AP**

As I write this we are on the eve of our first European Conference and everything is humming. From a very slow and nervous start we are now rushing up beyond our target figures of 150 and towards our maximum standing-room-only figure of 200. So its going to be a good event and a lot of healthy, creative, life-enriching vibrations will be radiating from University College. Already our monthly total of new members has doubled and with a little bit of luck and a lot of positive thinking we could now really be on our way.

Where to? First of all to getting big enough to generate our own future growth. Big enough to have full time paid organisers (I was going to write agitators) and communicators. So far a few of us have been pushing very hard to get the thing rolling . . . we're hoping the momentum is now going to carry us along. One exciting thing about the list of conference delegates is that more than half of them are non members. So we are already reaching out.

Our autumn programme is now finalised and the first event will be September 24th at Acacia House, The Vale, Acton. This will be a presentation by Will Grossman of his new approach to peer counselling and group work which he has called Prema. In October we shall have a general exhibition-type introduction to humanistic psychology; this will be at Bedford College. Then in November, Biodynamic massage, at Acacia House and then on December 10th a Creative Dance Therapy event put on by June Marsh and followed by an AHP party - also at Acacia House.

Although our monthly workshop events are aimed at very specific subject areas, they are good opportunities for members to meet each other. A sense of community and belonging is a good thing to have, and, failing a permanent centre, this seems to be a good way of fostering it. There are usually two or three committee members there and

if you come along and feel nervous and not part of the group, grab a committee member and tell them. They'll probably be able to integrate you - not too painful a process.

And talking of process, my own at the moment is exercising itself with the limits of 'here-and-now'. It's easy to say that all we have is the moment - all the rest is memory or fantasy - but all of us spend some time on both. I've been looking at it in terms of energy economy . . . the choice about how much energy to put into now, into then, and into the future. Too much in one is obviously unbalanced; and some energy has to go in all three; and this will change all the time. Anyway, that is where I am at the moment. I haven't got my answers but I am half way towards the questions I think . . .

Vivian Milroy

A TRIUMPHANT CONFERENCE

The first EUROPEAN CONFERENCE IN HUMANISTIC PSYCHOLOGY has just ended and it was a fantastic success. More than 200 people attended and an enormous amount of loving energy was developed and disseminated. Five major presenters failed to turn up and nobody minded too much and the schedule was in a continuous state of chaos and flux - which seemed apt to our theme of Self Renewal. I felt personally like a charged particle in a neutron storm and I feel - three days later - that I am still fluorescing.

Fuller and soberer descriptions next month when the Intellectual Centres begin to take over again.

AND AFTER THE LORD MAYORS SHOW...

Ed Elkin lost a Fujika camera.

Somebody bought a Goffman, Anna and two Self & Societies at Dillions and left them behind.

An earring was found in Room 919.

Nex European Conference will be July 24-30 in Geneva.

Next British Conference will be Jan. 26th, 1978.
