

compromises are not viewed as failures or as scheming manipulations but as part of the problems of sustaining a community and as necessities to be lived with or problems to be worked on. And whether the positive situation is to prevail or not depends on such intangibles as how people talk to each other, how they respond to each other's needs, how honest and caring they show themselves to be, how committed to the community they are. Only when the bulk of members 'click together' from that point of view will a positive atmosphere emerge, and only in such an atmosphere will the compromises necessary to continued functioning be accepted and sustained.

Put otherwise there are no formulas for how to relate to people and to respond to situations. With all the guidelines in the world, relations and responses will vary from person to person and time to time. As we have seen, the criterion of what is the correct response is to do whatever is therapeutically necessary. But what is therapeutically *necessary* will only become therapeutically *valuable* if the residents themselves accept it as necessary; and they will only accept it as necessary if (among other things) they have trust in the good faith and judgement of others. In such an atmosphere the ideology is not accepted as rigid but as a means and a framework for creating and sustaining a therapeutically beneficial culture - with all its weaknesses, problems and compromises.

In conclusion we may say that the crucial characteristic of the true community, and of *any* true community, is that there is no gross disjunction between goals, values, life-styles, occupations and activities, the community's structure and principles on which that structure is based. They are all integrated, and it is this integration which turns a group into a community. In context of a therapeutic community model, as expounded here, such integration exists since the value of the individual is upheld in all the dimensions of his life. Furthermore, when this is recognised by all concerned then even the formal distinctions which exists between community members do not appear to be based on power or careerism of self-gain but on common purpose. Only in such an atmosphere can the necessary tools for emotional health - honesty, communication and caring, coupled with mutual demands and expectations - be properly sustained.

Sue Hinton

Roads to Freedom Conference- One Person's Journey

Roads to Freedom. Congratulations to whoever thought up that title. From the magazine on the breakfast table, under the electricity bill, among the toast and marmalade, between "where are my shoes" and "hurry you'll be late - again", between Terry Wogan and the time checks, and the rain beating against the dark winter morning window, it reached out and called irresistibly to that part of me that knows that there are more things in heaven and earth. . .

Roads to Freedom. In fact the Conference turned out to be a kind of mental Spaghetti Junction. So many ways to go, but the forty eight hours was drawing a map, putting signposts on all the roads; I've been down that one; does that one appeal to me; so that's where that one leads - I've always wondered; that one sounds difficult, but it might lead to a good place.

On Friday evening John Heron gave me a glimpse of unlimited freedom, outlining the possibilities of being There Then, or There Now, or even Here Then, instead of Here Now. What a pity he was only Here for such a short Now.

Three hours later, I was a grey furry rabbit with long floppy ears, and in the finishing session that first evening, recounting fifteen minutes of my day to a small group, it linked back to my past in a totally unexpected way.

I intended to make the early morning Yoga session, but it was a particular bit of freedom not to have to get up and organise the kids off to school, but to stay in bed until five minutes before breakfast.

I went to the first half of Edward and Joanne Eichel's interesting talk on compatibility, but I didn't do them justice, because after coffee something (?) diverted my road up the spiral staircase with its eloquent footprints on the carpet to listen to Alix Pirani on Rebirth and gain during the practical exercise that followed what came to be for me one of the most meaningful signposts of the whole week-end.

After lunch, Stan Gooch was, to me, talking to the converted with his mammoth task of presenting in one short hour the concepts of the Self and Ego in the 500 - pages of his book Total Man.

I was going to do Dynamic Meditation, but I needed a rest after such a packed twenty four hours and retreated to the gardens in the cold gathering gloom after tea to recharge my energies from the stark winter trees, the winding paths of the gardens, the fish pond (Warning, Beware of Deep Water!!) and the sharp rainy air.

Sufi Dancing after supper was fun, and I agreed with the person who said at the final summing up of the Conference that it would have been a good opener, because the eye contact, particularly in the dance 'There's No Door - Keep on Knocking' was heart-warming and joyful.

On Sunday morning, wanting to explore as many roads as possible, I went to Hans Lobstein's massage therapy, but left at coffee time with a stretched aching back, to listen to Val Mitton on the positive value of negative experience.

After lunch it was once more up the spiral staircase, this time to listen to John Rowan talking on sub-personalities, and five of me came down to tea, a child needing looking after, a knight on a horse, whose job it is to explore the wide, wide world, (significant that he needs armour!), a girl with long golden hair, a big black spider who had lived half his life (and mine!) under the staircase, who looked deadly, but who was, however, quite harmless

and whose name was Anger, and finally a Man Who Didn't Care, who just wandered around getting in the way.

After tea in the lounge with its bright fire and the Self-satisfied cat finding its place on Stan Gooch's lap, there only remained the plenary session and a hug all round before we dispersed on our various roads.

Before the Conference, various events in life had left me wondering which way I ought to be going. I found at least one road I feel it will be fruitful to follow.

I believe that in the growth process one finds what one needs at the time to make progress. Given the four aspects of the personality, using the sensing, feeling, thinking, intuition model, different therapies provide development in differing areas. No single way need be the only way for anyone for all of the time.

Freedom is the bringing together of the whole personality and all the speakers at the conference were providing their own particular contributions to that end.

Do you know the words written by that sensitive song writer Don McClean?

*I'm all tied up on the inside,
No-one knows quite what I've got,
And I know that on the outside
What I used to be, I'm not,
Any more.*

*You know I've heard about people like me,
But I never made the connection,
They walk one road to set them free,
And find they've gone the wrong direction,
But there's no need for turning back,
'Cause all roads lead to where I stand,
And I believe I'll walk them all,
No matter what I may have planned.*

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