

**The Association for Psychodynamic and  
Humanistic Psychology**

THE INSTITUTE OF PSYCHOTHERAPY AND SOCIAL STUDIES

56 Queen's Gate Terrace, London SW7. Tel: 01 584 8792.

The Institute offers the following:

- (1) **Low-cost therapy sessions** in Individual Psychotherapy and Group Psychotherapy (free initial interview).
- (2) **Training Programmes in Psychotherapy** based on a synthesis between the Analytic and the person-centred, Existential-Humanistic approaches, with special attention to the Social context.

*The programme follows the University teaching model established in Sweden.*

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**A FOLLOW UP OF ED & JOANNA EICHEL'S GROUP AT THE LAST  
CHICHESTER CONFERENCE**

After reading Ed & Joanna Eichel's article on relationships in *Self and Society* of last November I was not particularly impressed; I could not see any novelty in what was said, everything seemed so obvious. I suppose I was put off by the academic style of writing.

I happened to be there at their group at the last Chichester conference and that only gave me a vague idea of what they were on about. I remember two people taken at random (there were no couples) facing each other and calling each other by name while everyone around stared at them. They did that many times changing the tone of voice, the facial muscle tension, the sitting posture. It vaguely made sense as an exercise in being direct to your partner, finding your own centre and being able to feel more relaxed

in general. It was not until I went with Leo to a week-end organized by them that things came into focus and it became exciting and meaningful.

What they are concerned with is the dynamics of the relationship: how the energy of one person combines with the energy of the partner. In this context obviously words and meaning are means to express this energy and understand its functioning and not ends in themselves. As in fencing or judo the patterns of relating are limited and can be easily recognized so that we can work on changing them. For instance: I tend to overextend and Leo to underextend. So we have to work on me keeping my centre and Leo being able to confront me. The two sides go together and we can only work with each other.

The aim is to get that right balance which is stimulating and exciting for both. It is a kind of magic state which you then can try to hold for as long as possible. The ability to reach that magic balance and to hold it corresponds in the ability to build up a higher, more satisfying orgasmic charge in intercourse.

Well, isn't it exciting? The more so if we consider the importance of being able to work on this change of pattern: as I understand it, most couples go through crisis because their relationship is going through a change in pattern and they cannot cope with such change. Therefore, to have a facilitator, able to recognize patterns and help you in the direction of what each partner wants for his/herself and the other is very useful, at least so it has been for us.

I also would like to say a clarifying word about the "sexual alignment". I did not realize clearly until the end what "lever-like motion" and "pressure and counter-pressure" means in fact that the partners move upwards and downwards together, always keeping contact, pressing and counterpressing in turn, which is the opposite of what I believe most people do, a movement of meeting and parting. It is this that establishes that very delicate balance that puts into evidence the essence of relating.

*The Eichels are writing a book about their process and they are now in the U.S. trying to get a publisher for it. I think this will be worth reading. Although I experience a difference between reading about and doing, others may well gain from what seems to me to be a new way of marriage counselling.*

**Margherita Martini-Brown.**

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