

We discussed like circumstances in her life-meetings with boys and girls. A quarrel she had had with Anne in the past - her present friendly trusting relationship with her.

We discussed her relationships and other "anxiety" situations in her life. Examples of group and sexual pressure are common incidents in these adolescent girls' dreams. She had not turned up for an appointment with her social worker. We talked about her relationship with the social worker who she said, worried her by asking questions about her brother who had recently been "put into care". Janice role played the Social Worker and herself at a follow-up meeting to the broken appointment. Janice reacted in a very sensible and mature way to (her own) interrogation. This seems to cope with the real life situation..

In a ten week period, the young women have responded in a trusting and mature way to the confidences given. I see them as less frantic in their attention. Even in this short time I have obviously gained enormous insights into their hopes and fears and even aside from the healing value of the ventilation of their problems, we are working together as a group in a practical way to help each other through what can be a confused and lonely time, coping with the mysteries of self identity and sexuality and day to day anxieties.

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(The names of the young people have been changed in order to respect the confidential nature of the work.)

*Shelagh Andrews is a former teacher, now a community worker managing a community education centre and with a special remit to stimulate the arts in Clydebank.*

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## SELF-FORMATION with DAVID BOADELLA and HELEN DAVIS

A six-month training course will be presented by The Centre for Biosynthesis. This will run from September 1983 - March 1984 and the course will include seven weekends and 24 evenings. This is a training group for people in the helping professions, preferably for practising therapists. The cost of the course will be approximately £325.00. For further information, please contact: H. Davis, 57 Minster Road, London NW2 3SH.

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