

Letter to the Editor

Dear Vivian,

I would like to make a few comments to you as Editor of "Self and Society" following the exchange of views between Adrian Zakrzewski on "Bioenergy: Reality or Delusion?" In the May/June issue.

I thought that Adrian's article was forcefully and logically argued, and that John's response was rational and balanced but I felt at the same time that logic and rationality were not what the dispute was about.

I think Adrian's real feelings of scepticism, about not only Bioenergetics but the spreading of the whole Human Growth Movement, emerge in his conclusion, with his strongly stated feeling about the non-availability of the benefits of various psychotherapies to people who cannot afford to pay. This last point is crucial and I feel it is at the bottom of all Adrian's misgivings about how the Growth Movement is developing.

However, the outlook may not be totally hopeless. From recent approaches made to AHP by DHSS, regarding criteria for the registration of accredited psychotherapeutic practitioners, it is obvious that DHSS realize that AHP has something to offer, and that it is vitally needed at a time when the

National Health Service is under a strain for it to cope with what are counselling demands rather than health emergencies.

I don't think the road to nationalization of AHP is open yet, but we should take up the feelers DHSS put out. Counselling Services and psychotherapeutic support services are too few and too widely scattered in the public sector to be generally available on the NHS, and one can't blame the person with problems and money for doing something about it in the private sector.

It isn't the therapist's fault if clients are sycophantic in their following, but rather theirs.

John Rowan's justifications are splendidly rational, again until his conclusion. It is all very well for humanistic practitioners who have good incomes to choose to live in nice places, do what they want and not submit to oppression. They have the choice. Adrian's crucial point is that millions don't, and won't ever. What do we do for them until they can get psychotherapy on the NHS?

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