

It seems to me that we as humanistic psychotherapists must not let the analysts get away with their pretensions to deeper awareness and more thorough training. It is exactly the other way round.

## References

- Laing, R.D. (1982) **The voice of experience** Tavistock Publications.  
Malan, D. (1979) **Individual psychotherapy and the science of psychodynamics** Butterworths.  
Miller, E. and others (1983) **Psychotherapists and the process of profession-building** OPUS (10 Golders Rise, London NW4 2HR).  
Verny, T. (1982) **The secret life of the unborn child** Sphere Books.

---

Eric J. Miller

## A COMMENT ON JOHN ROWAN'S COMMENT ABOVE

A major preoccupation in the November Workshop on "Psychotherapists and Society" was trying to understand the proliferation of orientations and institutions in the relatively tiny world of psychotherapy. The individual practitioner evidently feels the need to belong to a small safe group - an "us" - but the distinctive features of the "us" are not always easy to specify. Hence "us" tends to be defined largely by exclusion and the numerous other groups that populate the psychotherapeutic world seem to serve the function of being a hostile "not us". It is as if practitioners are saying, "We're not exactly sure who 'we' are, but we do know we're different from 'them', don't we?"

John Rowan's article is a nice illustration of this phenomenon. It offers a dichotomy between humanistic psychotherapy and psychoanalysis, and presents the humanists in the Workshop as being dominated by the analysts. In fact, of the 43 participants, almost all of whom stated their qualifications, only two were self-defined humanistic therapists. Amongst the others, the variety of training was enormous: Freudian indeed, but also Jungian, behavioural and - predominantly - eclectic.

Rowan adds that the "sense of the greater strength of the Freudian contingent was reinforced by the fact that the main consultant in charge of the plenary sessions was **a Tavistock man**" (emphasis added). That's me. I don't know what stereotype is evoked in your readers by the term, "a Tavistock man", but for the record I am a social science practitioner (not a therapist) at the Tavistock Institute (not the Tav-

istock Clinic), and like Rowan I would acknowledge Freud as only one small part of my own intellectual heritage. My co-authors were, respectively, a professor of English literature, a teacher of architecture, a psychotherapist (eclectic) and a professor of organisational behaviour.

In our paper we try to account for this "them and us" phenomenon in a profession that should be, more than most, alert to projective mechanisms. Our hypothesis links it in part to the exceptional extent to which practitioners in this profession use **themselves**, rather than techniques, as the instruments of therapy.

***Eric Miller**, Consultant, is at the Tavistock Institute of Human Relations and Policy Adviser, OPUS.*

---

**THE GESTALT CENTRE  
7 Parliament Hill, London NW3**

**TRAINING:** for full information and application form contact the Co-ordinator. Next entry May 2nd.

**SUPERVISION GROUP:** for professionals of any humanistic orientation, fortnightly from Mon. April 30th. 10 am to 1 pm. Led by Gaie Houston. Per 5 £ 45.00

**ON-GOING EVENING GROUPS:**

Mon 5-week blocks from March 5th. Peggy Sherno £ 30.00

Tues 10-week block from May 1st. Judith Leary-Tanner £ 80.00

**GESTALT WEEKENDS:**

March 17/18 Ursula Fausset £ 36.00

March 24/25 Malcolm Parlett "Discovering the Not (Yet) Me" £ 32.00

April 14/15 Peggy Sherno "Nuts and Bolts" £ 30.00

May 12/13 Judith Leary-Tanner/John Joyce £ 34.00

**FOCUSING WEEKEND:**

March 11/12 Dolores Bate £ 36.00

**EASTER BREAK TUES EVES: ALL WELCOME!!**

April 3, 10, 17 & 24 £ 7.00

**RESIDENTIAL:** July 21-27: Ursula Fausset.

Whole-hearted participation brings transformation and well-being, in a romantic Dartmoor setting £187.00

**INFORMATION & BOOKING: Flora Hoskin, 17 The Dell, Sandpit Lane, St. Albans, Herts. Tel: 0727 (London Local 56) 62297.**