Jill Robinson quotes Leonard that "even if death is inevitable, it won't hurt you to believe in physical immortality". I disagree - I think the truth does matter, and that to live one's life expecting the body never to die and, as in Leonard's case, having difficulty accepting the death of one's friends - (he planned to dig up the buried body of Babaji so that he would return to life) - is naive and damaging. In a holistic approach surely the intellect too deserves respect.

I should add that I have undergone Rebirthing myself on many occasions and have completed the Professional Rebirthers' training course. I also acknowledge, as in Jill Robinson's case, that my Rebirthing breathing experiences have made a difference to my life, and I am grateful to Leonard for Rebirthing. I am critical as a sympathiser wanting to help improve a method, rather than as a cynic wanting to destroy.

COMPUTER HINTS

L. ROBOT

If you're a computer, people can press your keys. They can push the key programmed for "angry" and you get angry. They can touch the key for "hurt" and you get hurt. They can push the button for "sex" and you get sexy. This can make you feel pretty powerless after a while - it's all so predictable. Somebody only has to press one key down, and a whole speech may come out - the same speech every time. How boring for all concerned - no wonder we want to get out of it.

There are various ways of avoiding having those keys pressed. Let us look at four of them and see how well or badly they can work for us.

1.   **Covering up the keys**   This is a favourite method. Nobody can see our keys, so nobody knows which one to press. The only trouble is, the buttons are still working, so people can still poke at us at random and be pretty sure of hitting a key sooner or later. And once they've found the spot, they can hit it again and again; so this one doesn't work very well.

2.   **Jamming the keys**   This is more drastic, because after all it is the keys which make us work. And it's actually rather difficult (though a few seem to manage it) to jam one button without it affecting the others too. So we can't feel anything, even if we want to. This is rather devastating.

3.   **Making the buttons stick**   Here we let people press our keys,
     but the keys don't go back into place afterwards. So we just
     go on doing one thing, the same thing, instead of having a reper-
     toire. This is not as crippling as the previous one, but it makes
     us even more predictable. We just have this one-note symphony.
     So it's no real answer.

4.   **Pressing our own keys**   A much better solution, and one which
     is widely taught, is to press our own keys, not waiting for other
     people to do it. This is a kind of self-programming, which gives
     us a lot of control. Once we learn how to manipulate ourselves,
     we are much more immune to being manipulated by others.
     We can be self-programming computers.

These are the main four methods which are used, but of course it
is possible to combine them in all sorts of ingenious ways. However,
some have suggested that these are only partial solutions. The only
real way to stop having your keys pressed, they say, is to stop being
a computer. But this seems much too radical and impractical. This
kind of idealism can only lead to disappointment and ultimate failure.
And it reveals a mistrust of modern technology which is highly suspect
and probably pathological. The robots of the future will not thank
us for this kind of talk.

SUPERVISION IN THERAPY

The first of the special issues of 1985 will be on the subject of supervision,
something that all trainee psychotherapists and counsellors have to go
through. In fact many experienced therapists also choose to continue in
supervision which the AHPP section (Association for Humanistic
Psychology Practitioners) describe as

> *self and peer assessment groups at which members can review their
> practice on a continuing basis, and develop humanistic approaches to
> maintaining standards of practice and ethics.*

Articles have been promised from Dr. Jerome Liss of Rome, and Jaquelyn
Holley, a former professor of psychology at Antioch University. The issue
is being assembled by Robin Shohet who will be pleased to receive articles
and suggestions at the Centre for Staff Team Development, 302
Westbourne Park Road, London W11.