

approach to expressive therapy we are offering a training program for professionals modeled after the Norwegian program. It will be a learning community to further explore the theory and therapeutic possibilities of expressive modes in a person-centered environment.

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### NOLI ME TANGERE

Do not touch me; I am not yet ready to be touched  
some things I must do first to guard against exposure.  
Your touching me might change me,  
might light the fuse would detonate my life;  
give me some time to shield myself against you  
and then you may come close.

You have come before, sliding under the closed door  
sealing the glass-topped wall into the garden:  
nothing I built was ever much use to defend me,  
looking back.

It is not about building,  
not about walls and fences and underground shelters.  
When the bomb blast strikes  
when grey ash sifts through the bones  
there is no defence in armoury;  
looking into the darkness, into the heart of pain,  
the flame burns pure.  
When you are seared through and through  
no doubt, the bones will strengthen.

Touch me now, I am ready to be touched  
an open doorway is its own security  
the fireball will pass through;  
in its wake, strangers may wander in  
exploring curiously -  
in its wake anything may happen.

**Arne Castling**

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