

approaches which do not touch regression merely avoiding this?

Obviously I have stated all this in rather stark and black-and-white terms just to bring out the main lines of the argument, but I hope at least this does make it clear what the question is about.

I speculated, in relation to the Regressive stream, that it might find common cause with the psychoanalysts. Could it also be the case, I wonder, that the Existentialist stream could eventually find common cause with the paradoxical people, the systems people, the cognitive-behavioural

people, the strategic people, all of whom have a similar approach to the unconscious? If these things happened, humanistic psychotherapy could disappear altogether, and we would have just the Go Back to the Past school (dominated perhaps by the psychoanalysts), the Stay Right Here in the Present school (dominated perhaps by the cognitive people) and the Go Forward Along Your Spiritual Path school, dominated perhaps by psychosynthesis. This is a day I hope I never see, but it haunts me.

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COFFEE

Words, cohesion,
Coffee cup keeps returning,
Voices talking,
Too loud, too confused,
Late, I wake,
Her face keeps returning
On the pillow,
She wakes, she talks,
Her voice is liquid crystal,
It runs over me
Covering me with warmth,
Coffee, taste is sour,
Kiss, taste is sweet,
Sheets I melt under,
White,
Coffee, coffee, coffee,
Waste so much time,
Time is mine,
Time is ours,
She is reality,
A dream of reality
Come to fruition,
And it keeps growing.

Adrian Tomkinson
