



Self & Society's First Editorial

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In these days of proliferating journals, why have another one? Briefly, because I think we have something new to say and something which is not being said by any other publication. This is a time of change; a time of impersonal technological power groupings in which the individual may feel himself alienated, devalued and impotent. This is an age when, we are told, two out of every five people will be faced with mental problems of varying seriousness or complexity. Partly because of the size of the problem, and partly because of a failure to adjust ideas to changing values, the conventional wisdom of the medical profession is completely unable to cope. Psychoanalysis, even if there were enough practitioners, is quite beyond the economics of most people requiring treatment. Drug therapy is the G.P.'s reach-me-down answer, but may raise as many problems as it solves. Quite apart from the field of therapy, there is the question of quality of life. For hundreds of thousands of people, the difficulties they face in modern life may not be enough to make them seek

therapy, but nevertheless may cloud and diminish their enjoyment of life.

It is my personal experience that Humanistic Psychology can help a great deal, not only those whose problems are serious enough to require treatment, but also the much greater number of people who just find life dull and unsatisfactory. There are many things that can be done. There are many new insights which can help.

This is where we come in. We will hope, through these pages, to reach the people who are looking for help and to tell them about the whole range of ideas, techniques and practices that they can try. In addition to this, we hope to provide an opportunity for all the people who are already working in this field to communicate new ideas and insights to each other.

Humanistic Psychology is about people. One of the fundamental things about people is the need to communicate and the benefit they can derive from communication. We hope to be a true and effective channel of communication.

Vivian Milroy