

The AHPP Page

Whiz Collis

Another year has passed and we recently held our AGM which brought in some newer members as well as old friends. I was re-elected Chair for a second year, with Chris Coulson becoming General Secretary and Ulrike Encke becoming Vice-Chair. Michael Preisinger was elected Treasurer (many thanks to Chris Parker for his work last year). We haven't voted in an Ethics Officer in charge of complaints, and we are still looking for a suitable applicant. Judy Graham remains as Associate Representative to the Board, and Tone Horwood as the South West Representative. New Members voted on to the board were Sally Hart, Eric Whitton and Brenda Rogers, and I'd like to warmly welcome them all. I feel we have a good combination of old and new blood to keep us bright and alive for another year.

After many years of service to AHPP Sandie Ritter decided not to stand for re-election to the Board this year, ending (at least for the present) a long involvement with the day-to-day management of the Association. Sandie has held the post of General Secretary, was Chair last year, as well as working on the Conference Subcommittee for several years. I'd like to thank her for all the hard work and commitment she has put in and look forward to seeing her at events with more freedom to enjoy herself.

The AGM passed several amendments to the structure of AHPP and also changes

to the criteria for membership and accreditation, including the introduction of a face-to-face meeting with two members of the Membership Committee before membership is finalised. It was felt that this was an important part of keeping the humanistic side of the process in focus.

Membership has continued to increase, from 129 last year to 157 this year, (100 full members — of whom 73 are UKCP registered — 52 associates, and five affiliates). As Associate Members are people working towards qualification for full membership, things are looking optimistic.

I'd like to welcome the following new Full Members in 1994: Peter Lane, Jane Francis, Alun Reynolds, Sally Hart, Eric Whitton, Whiz Collis(!), Simone Howlett, Jen Turner, Kay Kennedy, David Jones, Judy Aitkens, Barbara Cole, Cyril Ives, Petruska Clarkson — and new Associate Members, Jen Popkin, Jessica Woolliscroft, Dani Singer, Mallory Nash, David Colbourne, Linda Hughes, Josephine Rowan, Edna Pimental, Alan Booth, Susan Dawkins, Cabby Laffy, Linde Raisbeck, Gabrielle Smolarz, Daphne Phip, Judith Brough, Joyce Cooksey, Fiona Green, Sue Brock, Nigel Coates, Helen Carroll, and Steven Davis-King.

I look forward to another year of consolidating the Association, and look forward to hearing from or meeting as many members as possible.

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What Does Our Membership Want?

Finding out what the membership wants of its Association is an important part of the process of planning for the future. Two members of the Events Sub Committee, Mark Fotherby and Sheelagh Robinson, are currently asking a randomly selected group of members the following questions:

1. Why did you join AHP?
2. What would you like from AHP membership?
3. Which of the following might interest you? a) Theme centred dialogues. b) Social

events such as parties, picnics, games etc.
c) Lectures. d) Workshops.

4. Do you have any other ideas worth exploring with the membership?

5. Are you willing to help organise an event?

If you are not one of the people who have already been contacted by Mark or Sheelagh but would like to assist their research they would love to hear from you. Please write to Mark at 81 Davis Rd, London W3 or Sheelagh at 64D Colvestone Crescent, London E8 2LJ.

Rowan's Trivia: Getting Rid of Monsters

Most attempts to put something right involve opposing what is wrong. This is like allopathic medicine, where we find something that kills the germs. Some kinds of therapy are like this, where we find wrong assumptions and root them out, or find the musts and shoulds and dispute them, or give the client new resources to overcome the difficulties, or in general find the monster and kick it out.

But the kind of therapy I am interested in is more like homeopathic medicine. Instead of trying to oppose something, as is done in allopathic medicine, we go with it and exaggerate it. We try to give it more of a voice, more of an identity; perhaps we personify it and turn it into a person who can be understood and negotiated with.

The motto here is to bring out the contradictions. Work with them, don't try to

get rid of them. There has to be real communication, genuine communication, useful communication. One-way communication is not communication at all. And if the other is treated as just an enemy, just something to be overcome, just an other, that may be a put-down and a misjudgement. Communication is only possible between equals.

How can we communicate with someone if we don't respect them? And why should they communicate with us if they don't respect us? First we have to get their attention, and then we have to start the dialogue and the negotiation.

We have to see our monsters as equals if we are going to have any useful dealings with them. And then maybe they can transform into powerful allies and colourful friends.