

Editorial

Is personal growth psychotherapy? In 1982 I was on an IDHP training course in personal growth when an issue arose between one of the participants and one of the trainers. This sort of thing was always addressed by the group within the group, and formed part of the personal growth learning process. Jim and Anne (not their real names) agreed on who would facilitate the confrontation. Anne, who had a support person by her side, told us how Jim, the trainer, had dropped into her flat for a cup of tea. Fairly soon he told her he had a fantasy that they would have sex. Anne did not want to have an amorous or sexual relationship with him and began to make this clear. Jim, she told us, had been rather slow to catch on to the idea that she wanted him to leave her flat. When it was his turn to speak Jim claimed merit for declaring his fantasy and for being honest in showing his desires. He also expressed sorrow that Anne was upset, admired her for confronting him and said that he still fancied her. Some members of the group then attacked Jim verbally and intemperately. Jim showed he was angry because he sensed he was being made an object for general attack linked to global gender issues which, he said, were his tormentors' problem, not his. At this point Anne said she wanted to disassociate her-

self from the attack on Jim. She had been flattered by his interest in her and acknowledged that she had encouraged him, at least to some extent. Anne and Jim felt at this point that the personal issues they had with one another were resolved. The group moved on to process the emotions that had been triggered by Anne and Jim's workout. Although this was difficult because it involved the concepts of role, boundary and transference which in those days the IDHP did not really accept as useful, the IDHP should none the less be applauded for being the bearers (currently perhaps the only bearers) of an excellent humanistic process. Unfortunately it is precisely this face to face process, where people work in relationship with one another, that large, formally constituted professional bodies, such as the UKCP, BAC and AHPP, do not have in their decision making, accrediting and complaints procedures. Which is why both the interview with Emmy van Deurzen Smith and Richard Mowbray's book *The Case Against Psychotherapy Registration* (reviewed in this issue by John Button and discussed by John Rowan) are so important — and why Brian Thorne, also in this issue, has changed his mind about the UKCP.

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