

the way to treating the rest of the group as real people. Only then can I start to treat you as a real person. and not as a symbol of evil. If you can't reply in a way that satisfies me, then I am going to leave the group. I hope others will leave, too, either this week or next. The kind of group you have been trying to create only needs one member.

### *The Alternatives*

If you say something acceptable you're sucking-up  
You're homosexual  
You're dependent  
If you say something unacceptable  
You're deviant  
You're eccentric  
You're talking balls  
So keep quiet, you.



---

## **Good Books on Groupwork**

*John Rowan*

---

**Tian Dayton, *The Drama Within: Psychodrama and Experiential Therapy*** (Health Communications, 1994)

This is a good thick book which covers both theory and practice. There is a specific chapter on working with addicts, alcoholics and the adult children of alcoholics. Psychodrama is one of the basic humanistic disciplines, and it always offends me when books on group work leave out psychodrama. It is so flexible and useful, and can go so deep.

**James Elliott, *The Theory and Practice of Encounter Group Leadership*** (Explorations Institute, 1976)

This is a self-published Gestetnered book which has been out of print for years, but it is excellent, and I am at present trying to get it republished. It covers the whole

ground of setting up and running an encounter group, and deals well with the theory as well as with the practice. There is the best discussion I have seen of responsibility tangles in groups, and I shall always remember the pithy statement 'Everything the group leader does will tend to deprive the group members of the opportunity of doing it on their own'.

**Sheila Ernst and Lucy Goodison, *In Our Own Hands: A Book of Self-help Therapy*** (The Women's Press, 1981)

This advertises itself as a book for women, but really it is for everyone. It contains full details about starting up and getting going, and many exercises to use with a full rationale. It is profoundly humanistic, though the authors have both gone in different directions since writing the book.

There is a lot of political awareness in it, and exercises on racism, sexism and so forth. A lot of it is based on the work of the group called Red Therapy (1973–78), and in fact some of the ‘women’ in the book are actually men in that group, which was mixed.

**Gaie Houston, *The Red Book of Groups and How to Lead Them*** (Rochester Foundation, 1984)

What a delightful book this is! It breathes the spirit of humanistic psychotherapeutic approaches, and contains many valuable hints and tips for the aspiring leader. There is a lot of Gestalt in it, but it is not a purist book, just a very useful one. It has a lot of little cartoons in it too, which are humorous and pointed. Gaie also wrote another book called *Being and Belonging* (Wiley, 1993), which takes the reader through a whole Gestalt group from beginning to end in a fictional fashion, and some people have found this illuminating.

**Elizabeth Mintz, *Marathon Groups: Reality and Symbol*** (Avon Books, 1971)

Mintz is one of the classics, and anyone can benefit from reading anything of hers. She has brought out more recent books, but this is the one which has excited me most. There are some good examples in it of how to resolve a deep issue, and also some examples of how not to achieve premature resolution of an issue. It is actually not just about marathon groups, but about any groups run in a humanistic fashion. It contains a good discussion about when people should be interviewed before entering a group. There is a specific chapter on working with adolescents.

**Will Schutz, *Joy: Twenty Years Later*** (Ten Speed Press, 1989)

This is the original book from 1967, lightly updated. It is a classic book, full of the spirit of the pioneers and containing much useful material. This is a masterwork, written by someone who has finally made his method part of himself. Schutz brought out a much more formal book, *Elements of Encounter* (Joy Press, 1973), which is a superb brief rundown on the theory and practice of the open encounter group.

**John Shaffer and David M. Galinsky, *Models of Group Therapy*** (Prentice-Hall, 1989)

This is simply the best academic book on groups. It covers twelve types of group, and explains the rationale and procedures of each one. It is one of the very few academic books to do justice to the encounter group. They refer for example to ‘its important influence in helping to reduce the traditional distinction between a growth and development group on the one hand and a psychotherapy group on the other. If you want a reference to use for your essay, this is the place to come.

**Starhawk, *Truth or Dare: Encounters with Power, Authority and Mystery*** (Harper & Row, 1987)

You would never guess from the title that this is book on groupwork, but in fact it is a very good one. It contains a lot of discussion about group processes and orientations, and also a number of very usable exercises, rituals and meditations. It is written by a feminist witch, and so is not really within the humanistic rubric, but it contains so many important insights that it had to be included. ‘Safety in a group is

not a matter of niceness or politeness . . . But a group can establish safety by assuring that risks are shared, that boundaries are clear, and that power structures and hidden agendas are brought out into the open. We cannot eliminate risks, but we can face them with solidarity.'

Let me finally explain some of the omissions from this list. I have not included *Encounter Groups* by Carl Rogers (Penguin, 1970), because I do not think it is a very good book. I have not included *Group Ther-*

*apy in Britain*, edited by Mark Aveline and Windy Dryden (Open University Press, 1989), simply because I have not read it and do not know it. I have not included the work of Foulkes because it is not humanistic, although many people think he is very important. Similarly Bion. My own chapter in the book edited by Windy Dryden, *Integrative and Eclectic Therapy* (Open University Press, 1992), gives much more detail about my own heroes, Will Schutz, James Elliott and Elizabeth Mintz.

---

---

## ***From Professionalisation towards a Post-therapy Era***

*Richard House*

---

*'Truth is a pathless Land . . . Truth cannot be organised; nor should any organisation be formed to lead or coerce people along any particular path . . . A belief is purely an individual matter, and you cannot and must not organise it. If you do, it becomes dead, crystallised; it becomes a creed . . . to be imposed on others.'*

Jiddu Krishnamurti, *Talks, 1929 and 1974*

**W**hen the former chair of the United Kingdom Council for Psychotherapy describes a newly published book as 'articulate', 'incisive' and one which will become 'an indispensable element of good training in the field', one might expect such a work to be predominantly favourable to professionalisation of the therapy field. The book in question is Alex Howard's *Challenges to Counselling and Psychotherapy*, just brought out by Macmillan; and the former chair of the UKCP is Emmy van Deurzen

Smith, who has written the Foreword. Yet far from Alex Howard approving current professionalising developments, the very opposite is the case. Here are some choice quotations: 'There is no evidence that training, supervision or experience make a person less likely to abuse a client . . . Nor, it seems, do accreditation and training schemes detect the likelihood of an individual abusing a client.' 'Can essential counsellor virtues be detected, taught and accredited within selection and training

*Richard House is a counselling practitioner working in general medical, private and voluntary practice in Norwich.*