

S&S News

New AHP/S&S renewals arrangements

Those of you whose membership of AHP and/or subscription to *Self & Society* ends with this or the next issue will already have noticed (because of what fell out of the magazine!) that the way we are handling renewals is changing.

Until now we have been sending you a letter inviting you to renew, but because it is so easy to overlook a single official-looking letter (or more likely put it on one side 'to deal with later . . .'), we are chang-

ing our tactics. From now on you will receive a reminder asking you to renew; if you do it straightaway we'll give you an extra free issue of the magazine, and if you transfer to paying by standing order we'll give you a wonderful free book.

If you already pay by standing order we haven't forgotten that your loyalty deserves rewarding too — details later in the year. We all look forward to an easier and more rewarding renewals procedure.

Editorial

It would be fascinating to know how many of our readers' early encounters with humanistic practice included immersion in the world of co-counselling. It was most certainly, and decisively, part of my own journey towards understanding myself, my relationships and my world.

I am firmly convinced that, whatever model of what it means to be human we embrace, we will find it hard to function as human beings, let alone practitioners, if we do not have some very basic tenets at our disposal. And for me it was co-counselling, more especially Re-evaluation Counselling, which provided many of those building blocks. I later discovered that RC had borrowed (some would say stolen) many of these ideas from Maslow, Lowen and other pioneers, but I am still constantly impressed by the immediacy and straightforward usefulness of many of Harvey Jackins' basic principles.

RC taught me that feelings are real, have real origins and reasons for existence, and are crucial to the therapeutic process. It taught me that real catharsis will always result in increasing clarity. It taught me that we all carry 'frozen needs' which, though they can never be fulfilled in the unreachable past, can be understood and healed in the present. It helped me understand that oppression and oppressive power must be acknowledged and addressed by psychotherapy, and that through solidarity and careful listening would-be oppressors can change. It taught me that good, effective therapy can be available to large numbers of people who are unable to afford the luxury of one-to-one work.

Co-counselling still has a very important part to play within humanistic psychotherapy.

John Button