

ent free to explore your feelings about your therapist in the safe knowledge that any sexual fantasies will not become a reality. It may be useful to tell your therapist that

Jenifer is an author and psychotherapist practising in the South-West

you know about these professional boundaries. This could prove a useful preface to your discussing the incident if you want to do so.

Letters

Dear S&S,

In the 'Body in Psychotherapy' articles in your last issue it was especially good to see the authors moving away from seeing themselves as being body therapists in antithesis to the prevailing order of psychological therapists. We are now moving more towards developing a new bodymind synthesis, something to which I have been relating for many years.

To help this along I present some signposts.

1. The basic antithesis of life is pain/contraction pleasure/expansion. Our first experience of inhaling when being born was a culmination of the former which was relieved by the latter when we exhaled.
2. Secondary needs (feeding, excreting, moving around, communicating with our upper torso, sexual/reproductive and mental) are closely dependent on the dynamic process of inhaling and exhaling.
3. But is interrupted when our needs are not met (we startledly inhale) and we are stopped from expressing our feelings (we do not exhale as much as we could). We then learn to be physically and mentally tense/wary and have a sense of having a past that is especial to ourselves. Thus we become 'intelligent'. First at the intuitive level through the mental images and secondly at the thinking level after we have

begun to represent the world through words.

4. This defensiveness also involves deadening of the body through the influence of the natural morphias and the mind through the process of repression (unwillingness to experience the visual memories associated with the painful experiences)

5. This deadness, the bodymind inherently wants to reverse through the pleasure drive and so survive. We try to think it through but fortunately have within us much stronger recovery processes such as: spontaneous activities involving breathing out (talking relaxedly, crying, yawning etc); non-spontaneous activities resulting in exhaling, such as stretching and so releasing muscles; returning to involuntary breathing and deeper exhaling in sleep and with it unconscious mental release through dreaming.

Eric Wall

Dear S&S,

We are in the process of considering authors for an edited book on the 'Abuse of Power in Social Responsibility'. We would be particularly interested in hearing from an adult who feels as a child they suffered significant harm by the Social Service system and/or the Court System. However, anyone who has researched this area or has worked long-term with clients who

have survived similar events would be welcomed. One of the themes of the book is how the unconscious processes of a group involved with legal systems can be enacted to the detriment of those caught up in its everyday workings. If you would like to discuss the idea of writing something we would be pleased to hear from you.

Please contact Dr. Helen Payne (Senior

Lecturer Health & Social Care, University of Hertfordshire, Co-editor) on 01707 285861 or write to Brian Littlechild, Director of Social Work Studies, University of Hertfordshire, College Lane, Hatfield, Herts.

Helen Payne

AHP Page

John Buckle

Annual General Meetings rarely raise enthusiasm (except to overthrow the committee), but AHP tried its best once more, this time at the Columbia Hotel, Lancaster Gate, in a splendid room with a view on Saturday 25th April.

The business meeting was buttressed by a discussion on childhood themes led by Beryl Pankhurst before tea and an evening of fun and games after a shared meal. From the sharing of our own images from childhood — the sense of loneliness, restriction, and living in the moment — Beryl Pankhurst skilfully related our experiences to issues and difficulties of growing up today. There was so much to open up to and focus upon that it could have absorbed us for the whole day. We were very thankful for her time and approach, clearly situated within humanistic 'core values'.

The year had begun 'under new management', with June Green in the chair, James Mackenzie as treasurer and Dyanie Walker as administrator. There had been two public events — the Alvin Mahrer Workshops in June, and the Festival at

Hillcroft College in October. We were disappointed with the low attendance at the workshops, especially as the feedback from participants was appreciative, but the festival proved very successful. Eighty paying visitors came and enjoyed the day, and the presenters were enthusiastic about the response they had to their workshops. We were urged to promote similar events, which we hope to do in 1999.

Conference arrangements are now well under way with Roger Woolger as the keynote speaker, some very interesting workshops, and an attractive venue. A membership recruiting campaign will be launched this summer, mainly through John Button and *Self & Society*, with other suggestions being considered to gain members.

Several experienced committee members have retired. Sue Mickleburgh, Margaret Novakovic and Ruth Finer were thanked for their years of service and hard work. New members are needed to take their place.

Positive work continues in the links