

More important, however, is the client's right to object. The client has the right to object to anything, no matter how irrational, for the therapy space is designed for the client. My first therapist used to say to me, 'It's your time and space'. That idea has stayed with me for 25 years and I believe it is true. Of course, it doesn't mean that I would change the wallpaper if a client didn't like it, but it may be crucial for that client to be able to *say* he or she doesn't

Roger is a psychotherapist and writer working in London.

Letters

Dear S&S,

I am a foundation-course student of person-centred counselling skills and one of the assignments I have chosen is a presentation on 'Using person-centred counselling skills in self-help groups'. I am writing to ask if you have any readers who have experience of self-help groups. I am willing to pay for any articles or information which might be helpful and would really appreciate it if anyone could either help me or point me in the right direction. My address is Dragon Canal Services, The Boat Museum, South Pier Road, Ellesmere Port, Cheshire, L65 4FW.

Jennifer Smith

Dear S&S,

As a long-term research project I am collecting stories about synchronicity, those meaningful coincidences that can give us quite a jolt. My own example is the following: I meditate, and from time to time I had been thinking how nice it would be to have a little black lacquered table about ten

like it, or doesn't like me, or the colour of my eyes, or anything.

Lee also has to confront her own guilt about 'minding', about having her own needs, about being angry with her therapist and so on, and hopefully her therapist will help her to bring these issues up and work through them. But my basic response to this problem is that the therapy space is created as a safe place for the client, and that is paramount.

inches high with folding legs, just right to put a candle on in my 'den' and which I could use as a meditating table. Some months later my husband and I went off to Hay-on-Wye for a book-hunting holiday. One day as we were walking over the bridge from the camp-site and into town, what should I see on the side of the path but *a little black lacquered table about ten inches high with folding legs*. There was no one about, it had just been left there, a bit scratched, but perfect for my needs. I picked it up and have been using it ever since for meditation.

I also find that Angel cards are always apposite when one is chosen and I occasionally use them at the end of a therapy session with clients. The card chosen usually reflects the main theme of the session, which can be very helpful to clients.

So, if you have any synchronicity stories, perhaps you could let me know. Replies (written or taped, and images are welcome) will be treated confidentially.

Jen Popkin