

# AHP Page

John Buckle

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As AGMs go, this year's was a good one, with involvement and support from members and a general sense of optimism. June Green has given clear leadership and determination to get AHP organised to move forward for increased membership and participation.

The first session involved members in responding to a BBC video on stress from 25 years ago. There was a lively discussion on what has happened in the meantime — largely for the worse. Unemployment and insecurity in work and in families did not feature as significant factors then, work was presented as stress from boredom and optimistic schemes for variety and worker participation were outlined. And possible therapies mentioned did not include counselling!

Next, in small groups, we considered what humanistic psychology meant to us and how it may be promoted. Not surprisingly, the term eluded clear definition — more a gathering of loosely related ideas: human relations based on openness to experience and to others, on being authentic, communicate and connect, reaching out from within, holistic, radical, liberative, 'from the person centred to the transpersonal', and perhaps stirring old memories and acting as a commentary — 'warm fuzziness'.

*Self & Society* was deemed central to any promotion and presentation of AHP to attract and keep members, acting as a forum for their broad range of views, experience and expertise. Useful suggestions

were made concerning events, contact groups and publicity and outlets. Many implied a need for more members willing to help in various ways.

It was pleasing to hear from veterans of AHP giving a perspective over time and a continuing commitment to the Association as a whole, together with a reminder of change and different priorities for the future for new members. In fact challenge and change even reached the title of AHP itself. Did I hear a collective intake of breath at that point?

This led into the AGM itself. The basic business of reports from the chair (already circulated to members), finance and administration followed with the re-election of committee members — all four of them: June Green, Chair; John Buckle, Vice Chair; James Mackenzie, Treasurer; and Adela Austen. One further member, John Graves, was nominated and accepted, and two others are considering.

James Mackenzie gave the background to the accounts from 1994, a break even year, to substantial surpluses in '95 and '96, giving rise to a decision to spend more on events even if at a loss. The deficit for 1998 was over £5,000, largely from the November conference. As previously reported, the conference was highly valued by those who attended, but not enough did to cover costs — for want of another 25 members. James was thanked for the work he had done in bringing past accounts up to date. The 1998 accounts are in preparation for our accountants.

Further to her report, June briefly outlined the work underway to promote membership and make the organisation more effective. It was hoped that the circular suggesting 'ways that you might like to contribute' would bring in more ideas and help. In considering future events the problem of an appropriate balance remained in the light of the success and disappointment of the conference. Meanwhile we await with interest the meeting of AHPP to consider proposals to change their relationship with AHP.

Eric Whitton reported on the continuing professional developments and representations. He indicated that AHPP would be seeking a separation, not a divorce from AHP. Perhaps some members' experience has been that separation is a rather more stressful experience than divorce! Apparently some 25% of the members of AHPP have had neither connection with nor experience within AHP in the past, their concerns and background differ, hence the considerable support for separation.

The Administrator, Sally Forster, reported that since hand over at the end of January the system for maintaining the computer records for the organisation has

been streamlined and the process of registering with the Data Protection Registry is underway. Membership is holding steady at over 900 AHP individuals, 44 organisational subscribers and 65 *Self & Society* subscribers. The new website is nearly flying; see Sally's piece which follows.

Sally has also created a mailing list of 452 institutes who offer training in psychotherapy and counselling. Each institute has been sent a few membership leaflets with a letter asking if they wanted more, if they thought the association appropriate for their students or colleagues, if they would consider recommending *S&S* to their library or if they would like an inspection copy of *S&S*.

Finally, 1999 is the thirtieth year of the Association for Humanistic Psychology in Britain. The AGM decided that this was something worth celebrating in style. And we have been very lucky! Do you remember Whirlygig? Well, they have agreed to help us celebrate our birthday, on October 2nd at the Jackson's Lane Community Centre, 269a Archway Rd, London N6 (opposite Highgate tube and wheel-chair accessible). Tickets are available on postal application to the administrator.

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## ***AHP on the World Wide Web***

*Sally Forster*

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As you may have read on the AHP page, we now have a web page at [ahpb.org.uk](http://ahpb.org.uk). How should we use it? We have come up with a few ideas but we are hoping for lots more from you — so please

let us have them. As the administrator, my basic hopes are that the web-site will both contribute to our mission as stated in the constitution '...to advance the education of the general public about humanistic psy-