

# Profile

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tony morris

**How did you first come across humanistic psychology?**

A 25-year journey! Until my 20's I was a technology person, 'cause Dad was, but with a love of poetry, ditto. On a holiday I got talking to a sophisticated older woman about poetry and the meaning of life. She recognised my inner search, I didn't then, and introduced me to an esoteric philosophy school in London, really a cult. That introduced me to Guergieff, Ouspensky and a whole mish-mash of eastern religion. But a lack of Love in the teachings led to evening classes in Jung and a charismatic lecturer, part therapist, part American Indian Shamanic teacher and part Russian Orthodox believer. And he led me to humanistic psychology.

**What excites you about your work?**

As a therapist, the mutual exploration of my and the client's psyche. Making a difference to other's unhappiness, being useful in the world, doing the little things that are presented for me to do.

**What was the last book that inspired you and why?**

Ernesto Spinelli's new book of case 'stories', Tales of Unknowing. Similar in kind to Yalom's, Love's Executioner. That even the masters struggle to do therapy. That journey, as in the stories, is more interesting than goal. And enjoying a certain voyeurism!

**Who has been the most important influence on you?**

In poetry, Auden. In art, Magritte. As a therapist, my previous gestalt therapists and two charismatic lecturers. In my life now, my lover. All touch my inner core and get beneath my still technology loving thinking.

**What do you have to learn?**

To DO IT NOW!

**Is there a quotation that means a lot to you?**

'The mind is ever inventive at creating it's own distress', source unknown; or 'The mind is ever creative at inventing it's own distress', subtle difference. 'God protect me from the man who intends to do me good', Dr. Johnson?

**Needs to be on every therapist's desk!**

The closing stanza's of Eliot's Four Quartets:  
'With the drawing of this love and the voice of this calling.....'

**What would you like to see happen in the world?**

For grown up men - a contradiction in terms? - to stop playing at soldiers.

**How would you describe yourself?**

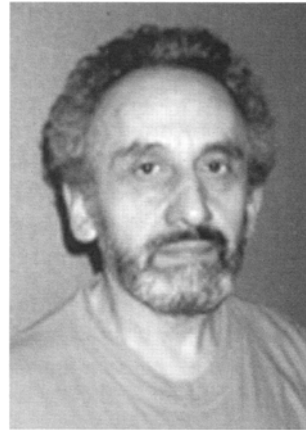
Short on stature. big on heart. Practical and a Dreamer. Laid back.

**What's your favourite place?**

Sitting quietly, on a high cliff, watching a wild sea crash upon rugged rocks, with a wide grey sky, no sign of the man-made world, with my love at my side.

**What is your current work?**

Newish therapist + Administrator + Computing lecturer + Computer technician + Living.



*Tony Morris is a member of AHPP and a counsellor who combines gestalt and solution-focussed approaches. He was a manager in commerce for several years and teaches computing in adult education.*

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