

Report: AHP(B) AGM 14th May 2005

Christine Bell, Self & Society's 'regular columnist' last year and an AHPP accredited integrative psychotherapist, led the morning session of the AGM. The aim was to explore where we are going as an organisation and where we would like to be.

In a guided visualisation we found ourselves walking through a landscape known to each of us and came to a familiar building, which turned out to have the letters AHPB above the door. Having looked at the outside and the details of the door, we entered and explored our buildings, taking note of our surroundings and anyone we met inside. Was it single storey or many rooms? What did it look like and was anyone else there? We were then invited to meet a 'consultant' who could accompany us on a second tour and support us to change any details we wished. We were asked to imagine ourselves outside, looking down on the building and also to examine the foundations (were they strong and firm or decaying?). We then went back in for a last look and noted any changes before taking our leave and returning along the path on which we had arrived.

Afterwards most of us shared our experiences in the group. Our buildings were diverse in content and structure, ranging from a garden shed to

childhood homes, mansions and a building on a pier. There were shared images of certain rooms and the amount of light / sunlight (for instance, musty, dark and underused areas which had potential for change and sometimes became light-filled, airy spaces). A common theme was people talking: some met known familiar people, others made new contacts or observed groups talking. My own experience was that of opportunity: to re-explore the familiar, a chance to reframe and to look without pressure at the possibilities for change, as an individual and as part of a society and of wider society.

Christine Symons



There was little time to follow through this process in the afternoon. Business and the AGM were the greedy monsters that they often are, and our visions were mostly swallowed up. But perhaps they might have a chance to be digested and add some nourishment. What followed showed much good will towards AHP and S&S (certainly warming this editor's heart!), but little time and energy to commit. There were people willing to do a bit, and perhaps that has to be the situation for now.

Maxine Linnell