

Self & SOCIETY LETTERS

Letters for the next issue of S&S should be with the editor by April 1. Ed.

Dear S & S

What Steve King wrote - see 'McTherapy High-Horse' - about therapists' fear of dependence, reminds me of saying early on to my therapist, 'How can I be independent without being dependent first,' somehow knowing this truth even though I didn't understand the implications, just relieved to see him nodding. Finding one who was able to go the distance, both containing and encouraging all the way, allowed me to experience my 'second childhood' from conception all the way to adulthood. What a gift, and one I can offer clients of mine who need the time it takes to grow up.

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Dear Jane

The question, 'How can I be independent without being dependent first', is pretty much what a client asked me years ago. It caused me to rethink (or to really think for the first time) my ideas about dependence.

Steve King

Have your own details on the AHP(B) website

As a new facility for members who offer a humanistically oriented service (not only therapy) you can have your details on our Links page of the website, including links to your own email address and website, or your postal address if not online.

Details and a brief description of your services must be under 50 words and should be emailed or posted to

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