

'Looking Back to the Future'

AHPB's 'Humanistic Day Out' and Forthcoming 'Earth Festival'

Are you coming to our AHPB Earth Festival, July 16th to 18th? This article about our 'Humanistic Day Out' event, in October, attended by some 50 people. It will hopefully give you a flavour of what you might expect if you decide to do so.

Maxine Linnell, one of the AHPB Co-Chairs, summed up our day. 'What if you could do this for a whole weekend - a rich mix of experiential activities and talks, with time for serious learning and laughter, and to meet old and new friends, sing, dance, and be joyful? Plus your attendance earns you your CPD Training Points. Our forthcoming 'Earth Festival', at 'Green and Away's' tented conference 'village', in rural Worcestershire, gives you this opportunity.

Maxine expressed her delight at AHPB's re-launch. She thanked everyone for staying with us through this difficult period, and especially the day's speakers, who had given their time for free.

Our workshops were : :

'Always Look on the Bright Side of Life? Aggression and Other Unpopular Feelings'

Andrew Samuels explored with us anxiety, based on an exercise in which we worked in pairs focusing in turn on a time when we had felt anxious. We used combs to groom each other, being in turn 'groomer' and 'groomee', as a way of reducing those anxious feelings, and exploring how this felt. We ended by singing together the above Monty Python song.

Nick Totton then led us in an exploration of our aggression. We worked in pairs in turn on feeling how we had felt at a time when we had been angry, and then expressing this with much cathartic emotion to our partner.

'Eroticising Equality or Eros, Agape and Equality. Humanistic Psychology in Conservative Times'.

Jocelyn Chaplin spoke about our need for 'dancing with the opposites' and to develop a deep equality as a way of living, with society needing to operate so that we live in the flow of life's natural rhythm.

'Developing Presence - Towards a Shift in Consciousness'

Sally Hart led us in a meditation exercise, and then showed a DVD of Eckhart Tolle and his philosophy that focusing on each present moment gives us a greater appreciation of our lives.

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'What Humanistic Psychology Has to Offer Today'

John Rowan based his talk on an exploration of paradoxes, - such as 'humanistic psychology is and is not optimistic about human nature' and 'humanistic psychology believes and does not believe in the real self'.

He contrasted first tier thinking, when you are right and if the other person disagrees they are wrong, with second tier thinking, when you and the other person can both be right. He saw humanistic psychology as being devoted to second tier thinking, and that the hope for the world lies in changing to this way of thinking.

Next Steps

There is more on the above on our website, and do come to our Festival.

Marolyn Burgess

THE HUMANISTIC PSYCHOLOGY EARTH FESTIVAL

**will be held AT GREEN & AWAY (THE ONLY TENTED
CONFERENCE CENTRE IN BRITAIN)**

16 - 18 July 2010



Limited to only 120 delegates (45 already gone) (tickets from £160 - all veggie meals included)

Book now through AHPB website <http://www.ahpb.org.uk> or email admin@ahpb.org.uk

Speakers include Leo Rutherford, Zita Cox, Sandra White, Jocelyn Chaplin, John Rowan, Maxine Linnell, Guy Gladstone and many others

Workshops on the fate of the earth and our relationship to it and to each other

Also: live music from The Lost Padres, story telling, singing, dancing, meditation, chi kung, Taize and more.

Camping (or B&B - list available) in a glorious Worcestershire meadow for a thought provoking weekend. **Join us!**

It's YOUR chance to meet up with fellow members of AHPB

Any further enquiries: admin@ahpb.org.uk, tel 07758 617149, or check out the website.