

The last meeting was with the Chief Indian, and his braves as well, who had apparently been watching me all week and scribbling notes on my general behaviour and inter-action with my fellow patients. They all agreed that I was friendly and couldn't see much wrong with me. They didn't seem to understand that you don't have to scream, cry, or climb up walls, to feel deeply uneasy within yourself, with others, so out of contact with your own life-energy. The braves were kind people, but trapped by their training from accepting different views of reality and being. The Chief Indian made noises about getting me back to permanent employment and transcending my difficulties by just being ordinary. I made noises about having found most jobs so de-humanising and meaningless that I was better off using my music as therapy. No feedback. No indication of anything more constructive. It pleased me that no-one wanted to push the river; but I was still left without a boat. So I left for good.

As well as my hospital stay, I've been subjected to "Freud for the under-fives," (No disrespect for kids intended); and multi-coloured magic pills, which were very pretty and looked like space-age jelly babies. These colourful pills are materialised from strange ingredients by alchemists who dwell in neon-lit subterranean cellars. They are meant to impress people and stop them from wondering if most psychiatrists are aware enough to help them naturally. So I chose to opt-out of all this madness and follow my own path; I've met some wise and loving people since.

---



## AHP Notes

At our January committee meeting, we agreed to hold the AGM during the conference at Buxton. We felt that it would be an appropriate occasion to seek support and input from as many AHP members as possible. Please see the sheet enclosed in this issue for precise details of the time and place and agenda as well as details of vacant committee places and current members who are willing to stand for re-election.

There has been a lot of discussion in the committee about our role in the humanistic psychology field. Some members feel we need to have more known representatives from the growth movement, if not on the executive committee, then certainly involved in special working committees in the association. Others feel that we need people with particular skills, for example, publicity, conference planning, secretarial/administrative work, or particular interests, for example, in social work, education, self-help, industrial relations. But we are all agreed that as a committee, we need new blood and fresh ideas to infuse and actuate the body of experience of present members.

And many of us feel that it is an exciting time for humanistic psychology in Britain right now. Despite the demise of Quaesitor and Community, the

ethos of humanistic psychology is safely rooted in the growing tradition of humanistic studies: the two-year MA course in humanistic psychology at Antioch University is now in its 3rd year; the two-year course run by the Institute for the Development of Human Potential is in its second year; in September 1978, a one-year Facilitator Style course started at Surrey University and a two-year course in Psychotherapy with the Association for Psychodynamic and Humanistic Psychology also started then, run by the Institute for Psychotherapy and Social Studies; and another Group Facilitator training programme is planned by Ron Shepherd at the North Surrey Education Centre later this year.

In addition, there are reports of enquiries from more and more institutional establishments who are slowly opening their doors to the potential of humanistic ideas and methods.

Let me rouse you from the enervating effect of the winter drear and ask you to please consider the possibility of **your** involvement with the AHP committee. If you are interested, or know anyone else, please let us know, preferably in writing by February 28th. If you need clarification before committing yourself, please telephone me at 01 452 9261. If you would like to be elected on to the committee but are unable to attend the conference, then simply write to me with a statement of your interests and your name will be put forward for election at the AGM.

A final note - a timely booking for the Buxton Conference will help us and ensure your satisfaction, and it will make us both feel good.

**Anne Dickson**

P.S. We would like it if you could get someone to nominate you.

---

The Subscription is £9.00 per year (1st May to 30th April), which includes a subscription to *Self and Society* or £7.00 for mailing members. Mailing members receive *Self and Society* and all communications from the *AHP* and will be entitled to attend all meetings but without discounts.

To: The Membership Secretary, 69 Clare Court, Judd Street, London WC1H 9QW, England.

I would like to join the **AHP** in Britain, and enclose my first year's (or half year's) Subscription.

Name . . . . .  
Address . . . . .  
. . . . .  
Occupation . . . . .  
Qualifications . . . . .

---