

POP - CORNER

issue II

dec 1989

it's coming together slowly...

coastal update

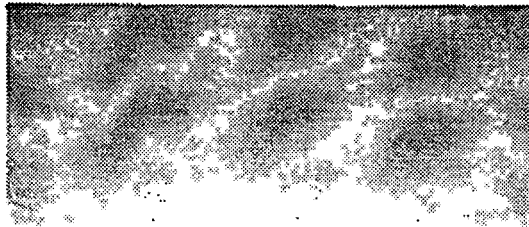
by Arny Mindell

Lots has been happening. It looks like the Yurtworks of Springfield, Oregon will be creating our building complex on the coast. This group seems like the most sincere, inexpensive and closest to the spirit of the people who will be using the ground.

The Fireside Motel, which is about 200 feet from our property is offering to sell. We have no idea about what to do. If we bought it, we would not have to build more buildings of our own. Also the Fireside could be used as a clinic. It overlooks the water, has room for about 100 people and is lovely. Perhaps it could be a combination hotel and clinic until the clinic idea is ripe. All this depends upon their price.

The hearings for building permits are coming up the end of December, beginning January, and one of us will be present. We hope Gary Reiss can make it from Eugene. The city council of Yachats doesn't like to read letters, they want to see someone or some of us in person to feel us out! They are very down to earth, great characters!

An internal spirit is behind the Coastal Center; we have good wishes and are beginning to get help from people all over the world. Also other groups from the States are interested in the idea of a process-oriented clinic and conflict resolution center. Cross your fingers!



psychosomatic clinics

by Adam Zwig

I am really excited about the development of clinics in Portland and Yachats. In Portland, there will be an out-patient clinic where process work and medicine are combined and research is done. In Yachats, there will be a residential clinic/hospice where people can come and stay long-term to work on their illnesses in a supportive community. Both clinics will be the first of their kind and will offer the public something really special!

fund raising activities

THERAPY OPEN HOUSE
DECEMBER 27, 1989

Come one, come all, to the therapy open house--help yourself and the International Pop Center simultaneously!! On December 27, from 10 a.m. until 7 p.m., the group practice at Etzelstr. 10 is sponsoring an open house. Therapists will be available to work with clients on both a pre-arranged and walk-in basis, so clients can call ahead for an appointment or just come in. All therapists' fees will be donated for land and building at the International Center on the Oregon coast. If you're depressed over the holidays, want to experiment with different therapists, or just want to help process-work on an international level, come on by. For pre-arranged appointments, questions or more information contact Leslie Heizer at 461.53.27. Don't let the holiday season, your therapist's holidays, or anything else get you down; visit the open house and feel better.

FUNDRAISING efforts underway.
We must raise 1.5 million dollars
in the near future. Contact
Global Process Institute attn.
Joe Goodbread, Etzelstr. 10,
8038 Zürich, Switzerland, with
ideas, information, contributions.

EDITORIAL

Folks, this may be the last time that you'll will be holding this handmade and homespun newsletter in your hands.

It is time for us to wean you from the comfort that has become a vital part of your toilet reading twice a year. Fear not: the POPCORNER will not disappear, it will merely change form. From now on, the POPCORNER will have a different look. Shocking as this may seem, it is inevitable. It is time for the POPCORNER to keep up with the times and the modern technological advances in computers and publishing. While the POPCORNER has reflected the earlier pen and ink phase of our development, fax machines, laptops, desktop publishing, modems, etc. has shamed us over the edge.

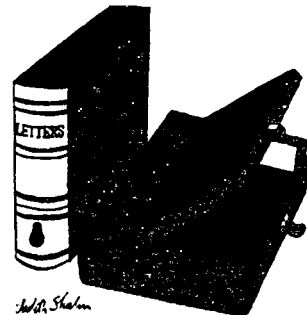
The POPCORNER staff will be moving to Portland, from where we will continue our twice a year publication. We will continue the international format and uphold our commitment to serve you with the latest news and juiciest gossip from all corners of the world.

Please send your contributions for the spring 1990 issue of the POPCORNER to: Process Work Center of Portland, attn. POPCORNER, P.O. Box 219069, Portland, Oregon, 97221.



Hi! I'm not in right now, but if you'll leave your name and number and the time you called...

THE MAIL



Dear Editors,

With this letter I hereby cancel my prescription to the POPCORNER. I have been a faithful prescriber since my first symptom in 1982: hemorrhoids.

I'm deeply troubled by the impending move by many of the POP trainers and students to Porktown, Oregon.

I've been a resident of Steakville, Yokeloma and I think a global institute would fit right in to our little community here. I don't see why you people want to relocate to Porktown with all them slugs, pigs and mold. Why, right here in Steakville Marlene's cousin Fred knows someone with a fax machine, and Ed's Hardware Store had a xerox machine since 1966. What has Origin got that we don't? Consider me an irate ex-prescriber.

Barney McDuff

Dear Editors,

Please to tell you that I am taking this news with great happiness on my breast.

In the *Village Well* I was reading from this new conflict resolution center from the coast side of Oregon. Please to ask you may I bring some very dear brothers who are sometimes a little rough and maybe lose a few control.

This brother hatred has been so heavy on my breast and perhaps with your hands you can please to help us.

In deepest love and hope for peace,

Yessir Sendafax

GOOD NEWS IN PORTLAND: A "GOOD HOUSE" FOR GOOD PEOPLE??

If you were looking around for a house, and you saw that one was called "The Good House, would you be able to pass it by? We couldn't. In the Northwest section of Portland, close to the hills and forests, we found a very charming turn of the century brick house that has enough room for a group practice, a psychosomatic clinic, a training and course room, student room and a library. There are also 30 parking places, a garage which could be converted into a cafe, and an attic that may be able to serve as a future seminar room.

Around 20 people from Zurich and America will be sharing offices, teaching, studying and creating a center, public services and a training program in Portland. Plans at this time

include a psychosomatic outpatient clinic, a conflict resolution center, a training program, a child-care facility, a social service network, a research center, and of course, a cafe: a place to hang out, gossip, meet people and eat.

As the new kid on the block, The Portland Center looks forward to working with all the other centers in America, and throughout the world, and needs everybody's help, participation, input, feedback and creativity.

Our first project will be an 8-week, non-residential Intensive Course from May 4, 1990- June 28, 1990. For more information about this course or any of our other activities, please write to Intensive Course-OR, Etzelstr. 10, 8038 Zurich, Switzerland.

VOICES FROM AROUND THE WORLD

japan

木和井司 合十

by Adam Zwig

In August, Arny, Amy, Jan and I went to Japan. Arny gave a public lecture, a weekend workshop sponsored by Sano Institute, the Japanese Jungian group, and two evening classes organized by the C & F Institute for the transpersonal community. The Japanese people took to process work like we took to sushi -- with enthusiasm, pleasure and excitement. Arny's teaching was fabulous; he adapted process work to the Japanese psychology instead of insisting on Western paradigms and methods. There is a lot of interest in process work in Japan and we hope to have a Japanese intensive course in the U.S. some time soon.

A note on Japan itself: it is a great place -- lovely people, intoxicating food and sake, unbelievably crowded streets, beautiful gardens, spiritual power spots and funny scenes (for big clumsy Westerners like us). Some funny experiences were: getting stuck and banged up in tiny doorways, getting lost without our Japanese-speaking guide just hours before Arny's seminar was to begin (we made it on time!), and being given a lot of sake by a Japanese neighbor at the sumo matches. I hope process work really grows in Japan!

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poland

by Max Schuepbach

Thomasz and Monika are psychologists in Warsaw and I met them at a conference in Spain last spring. At that time, we found out that we had a common liking for some speakers and a common dislike for others and that we shared a common hobby: hookie and investigating the neighborhood of Barcelona. Out of friendship, play and the inevitable relationship processes that followed, I ended up doing a weekend workshop in Warsaw. My friends and their group were extremely warmhearted and hospitable and made me feel at home right away. After one day, I felt I had lived there all my life and felt I could spend the rest of my life there. Thomasz and Monika got a very special group together, mostly professionals in the helping field and what was meant to be a weekend deepened budding friendships and turned into a training group that now meets regularly. Thomasz and Monika came for the English Intensive and I went up to Warsaw again to do another workshop right afterwards. It was an extremely touching and rewarding thing to see how the group had studied Arny's and Joe's books, how much they had learned, practiced and grown together in such a short period of time.

For me, teaching up there is both a beautiful and challenging opportunity. I learn a lot about working in a different culture where the expression of emotions as well as the experiencing of body work (and contact) is handled differently than in some parts of the Western European and American society. At the same time I am awed by the fact that interventions which I have learned in process work and especially conflict resolution, work well in a country with different cultural accents. The group is composed of highly talented and good-hearted people, which of course helps a great deal. Besides doing process work, we take time to look at the country, (we visited the famous docks of Gdansk) and learn about Polish life and leisure as well as enjoying each other. We're in the middle of creating a long-term training program together and I am full of optimism and happiness about that.

el salvador

by Adam Zwig

I have a teenage foster child in El Salvador. I love him very much and we exchange letters and drawings and I send his family a bit of money each month. Recently, I received a translated letter from him stating the following:

"Foster parents, for here, I am a little bad of health since am suffering of an illness very delicate, since already went to clinic and not feel better, am suffering of the nerves, or will be that am in the age of development and maybe this will be it that making suffer."

The letter goes on to thank me for helping his brother and to say the crop fertilizer is bad and he is worried. And he sends lots of love from him and his family.

I felt badly for him. The doctors in the clinic he visited probably could not figure out what was wrong with him and so, as is common in most countries, told him it was "nerves" or "growing pains." Therefore, I wrote him a letter, saying that I work with people who are sick and I suggested trying the following steps to work on his illness:

1. Feel your symptoms
2. Draw a picture of your symptoms (He is an amazing artist!)
3. Pretend that you are the picture and play/move around being the picture
4. If you want, make up a story about the picture
5. Do this often, and maybe you'll feel a little better.

It was almost like a prescription -- using really simple suggestions without cognitive work. I am waiting to see what happens. If he tries it, maybe next time we can work on his edge. Having a foster child is really great. Love to all the children.



pop group: united Kingdom

A bit of British gossip

Miriam Wilson, 62, the mother of Tony Wilson, a British light-heavyweight boxer, has been told by her son to stay away from future fights. Mrs. Wilson burst into the ring during a boxing match in Southampton last week when it looked as if her son was losing the third round, and she whacked his opponent, Steve McCarthy, over the head with a high-heeled shoe. The referee awarded the fight to Wilson whom McCarthy, who had a gaping wound on his head, refused to return to the ring. Mrs. Wilson should not be ashamed of her deed, Jimmy Tibbs, Mr. Wilson's manager, said this week. "She's done what every man would do under the circumstances."

NEW BABIES

by Edna Holt

During the last seminar led by Max Schuepbach, R.S. POP United Kingdom was born. It is now official and we have a list of Founding Members, a training committee and a very full programme that we are going to do further planning on in July. Our thanks especially to Arlene for all her hard work and encouragement, Jean Claude and also to Max for advising us on the spot. Lung would have been delighted with the synchronicities at this last seminar. We had planned to hold our meeting at 3pm on the third afternoon and had still not received the large information pack from Arlene which was on its way from Zurich special delivery.

Suddenly, those of us in the garden who were just finishing off our cigarettes prior to going in to the meeting saw a red post van draw up. Seldom if ever has a British postman been greeted with such joy as he handed over Arlene's letter which we had to sign for at two minutes to three precisely.

The National Coordinator for RS POP U.K. is Timmy Myers who lives at 9 Avenue Crescent, Leeds LS4 2 PB, England. All enquiries about the U.K. training programme should be sent to him. We also have chosen representatives for each region of the U.K. and a National Health Service member. It was a great pleasure to have Cathy from Arizona with us and also Bogna from Poland with whom we hope to establish stronger links.

On the 11th of June, Sunday at 3:37pm a fine, healthy son weighing 7lbs. and 10oz. was born to Sue and Mark. Sue is one of our Bristol members and has attended POP seminars right up to the last minute. Mother and child are both well.

'The child who is born on the Sabbath day, is bonny and blithe, and good and gay.' Old english rhyme. (Sabbath is Sunday in England).

LATEST UPDATE

by Edna Holt

Here at last and dangerously near the publishing deadline is the latest news update on POP in U.K. During July we had, after forming the Foundation Group and setting up POP in U.K., a two day business meeting from which we learned valuable lessons. It was a hard, nitty-gritty sorting out of agenda items, long-term planning, inevitable money problems and publicity. This meeting mainly addressed the practical problems of setting up a new center. We were exhausted at the end but glad we'd managed to hang in there, for it has borne wonderful fruits. We wish to thank Arlene and Timmy for their sterling work on the programme, Moe for her wondrous logo, Kirsty for design and presentation of the flyers and all the teachers in Zurich for their wonderful response to our requests for seminars.

Halfway through the meeting I realized that it was the anniversary of our first self-led meeting (a thrilling and scary occasion) which was also held at Midi's house.

But I'm jumping ahead. In September the final seminar of our first training year on the theme, "Conflict Resolution/Global Process", was held in Devon and led by Jean Claude and Arlene. How wonderful to see them again and to welcome Anna from Zurich whose energy and presence was such a support.

The long summer drought (we get them roughly every twelve years in U.K.) was over and we had plenty of rain and plenty of conflict. We all arrived with various symptoms and got into the flow of things, trying to remember all the tools and techniques we had learnt so far, applying them and learning more. At one point we all took part in a mini-drama in which we attacked an unseen enemy. As the seminar spiralled towards its climax we found ourselves singing, "Somewhere Over the Rainbow" and "we're off to see the Wizard, of Oz." Then came the explosion that had been simmering and minority views, strong and powerful feelings were shared and explored. The seminar concluded - guess what? - with a peace conference. On the way home Liz and I saw a really magnificent bright rainbow - like a dream sign - confirming the seminar.

U.K. PROGRAM off to a flying start

by Edna Holt

The 1989/90 two-track teaching programme in the U.K. got off to an excellent start this month with a seminar on "Edges and Illness", led by Adam and Jan. Though the numbers were not as high as we had hoped, we had some new people in attendance. The atmosphere was wonderful and the work done rich and extremely rewarding. Two days flew by and we are hoping that Jan and Adam will come back to the U.K. as soon as possible. Some case control work and private hours were done on Monday and we wish to thank Jan and Adam and all other teachers in the programme who are so generously supporting our needs. Our love and thanks. We look forward to working with Joe and Kate in December.

MANY THANKS TO OUR CONTRIBUTORS

Harsha Adler
Ornella Cherti
Joe Goodbread
Leslie Heizer
Edna Holt
Kate Jobe
Arny Mindell
Max Schuepbach
Yaro Starak
Madeleine Ziegler
Adam Zwig

PROCESS WORK IN SOUTH AFRICA

THE CARRIER PIGEON

by Kate Jobe and Joe Goodbread

This past fall, we spent two weeks in Capetown, South Africa as the guests of the local process work group. This extremely enthusiastic group was formed last winter when Doug and Joy Williams went to give a seminar and lecture at the invitation of An Fiske, a local dance therapist. This was followed by a visit by Army, Amy, and ourselves last March. We now returned at the invitation of the group to help in the continuing work of laying the foundation for a training program.

We have learned, sometimes the hard way, that cultures foreign to our own must be approached with the greatest forbearance and respect, no matter how similar they may at first appear to our own, or how much we feel we understand about the problems and concerns of their people. We went to Capetown wanting to learn from the people there, and to find out, in their perception, what they need from process work.

The group expressed a great desire to acquire basic skills in working with processes, on both an individual and group level. Another concern was the need to find ways of supporting the leadership skills of people who live in daily contact with the problems of this land, so that they might find solutions which address the wholeness of the sometimes hopeless-seeming complexity of this society, with the contrasting needs of its various peoples.

Precisely those places where people feel the greatest need for learning more about process work to help out with difficult

or impossible local situations seem to be the most isolated for geographical, economic or political reasons.

In spite of these difficulties, a group of people have registered as students in the Zürich training program, and are interested in working together with the Zürich group to formulate training alternatives which address their particular needs. They are interested in exploring with us such things as:

- * Developing self-study materials, such as training manuals and video tapes to supplement personal contact with teachers.

- * Use of electronic communications media, such as telefax and computer networking, to enable cost- and time-effective communication, supervision, therapeutic and control work.

- * Introduction of research projects early in the student's study program as a motivation for acquiring basic skills and theory and applying them to concrete situations which are close to the student's own heart.

- * Using study committees in new and creative ways, and developing new forms of peer supervision.

These concerns were echoed at the last POP general assembly by people working with groups in other parts of the world. It was therefore resolved that the training committee would take a closer look at these problems at one of its meetings in the new year. Any ideas and suggestions may be addressed to the Training Committee, RSPOP, Etzelstr. 10, 8038 Zürich.

As the interest in Process Work groups and communities and centers expand all over the world, we feel the urgent need to create a networking system, so that everyone, wherever s/he may live, has the opportunity to receive information about POP activities throughout the world.

While we are working out the details of the hardware side of such a network, computers, fax machines, etc. I think we could start collecting information as soon as possible.

One idea is to have a networking system where information about all the POP centers can be available to all other centers. Another idea is to publish a yearly directory of POP centers, trainers, courses and seminars throughout the world. It would be great if you would regularly send us news about your community, your course schedules and whatever else you think might be of interest to the other Poppers.

To do this, I'd like to ask you to please send me:

-name, address and telephone number of the contact person in your area

-name and address of the Center, if not identical with that person.

You'll hear more about POP Networking as soon as things are developed further. We hope you all will cooperate in this exciting adventure and wish you well!

Hope to hear from you soon,

Madeleine Ziegler, Center for Process-oriented Psychology, Etzelstr. 10, 8038, Zurich.

real ★ needs

*****FOR SALE*****

Epson LQ850 Printer
Less than a year old; excellent condition

Video: VHS, camera and monitor
3 years old; top condition

Free weights: 2,5, 5, 10 kg
weights and barbells

US Mountain bike: 18 gears
1 year old; excellent condition

Stereo: tape deck and turn
table, speakers
8 years old

Contact: Julie Diamond at (01)
461.42.63.

For Sale: Two desks, night
table, a couple of chairs book
shelves. All very cheap.
Contact Dawn Menken, 461.53.27.

Lost and (hopefully soon) Found

I have lost a really important
video tape. It is a large-size
American tape and the last time
I saw it was at the
Etzelstrasse in Spring, 1989.
I'm not sure, but I think the
label reads something like:
"Supervision Seminar: New
England, 1988". Any clues to
its mysterious disappearance
would be greatly appreciated.
Contact Adam Zwig at tel. 201.
71. 26.

FOR RENT: Avers GR Chalet for
small SWISS POP SEMINARS

2000 meters, for up to 23
people in meeting room.
Maximum 10 in house, others can
stay 400m away at the Hotel
Alpina. Mainly for skiers in
winter. ca. Fr. 160. per
night. Contact Harsha Adler,
Ob Buehlstr. 25, 8700
Kuesnacht, Switzerland, tel.
(01) 910.78.56.

FOR SALE: Garden Umbrella

A large, orange umbrella, used
once. Costs 250. frs. new at
Migro. Make an offer. Contact
Dawn Menken (01) 461.53.27.

FEMINISM AND PSYCHOTHERAPY

by Harsna Adler

An exciting meeting for Feministic Psychotherapy took place over the weekend of November 25-26 in the medieval setting of the Ittingen monastery in Switzerland. As I was listening to the different speakers, I felt more and more enthusiasm about the parallels between the process-oriented paradigm and the feminist approach to therapy. I would like to briefly present my reflections regarding the main lines of thought which were discussed.

Dualism vs. supporting polarities: Institutionalized Christian theology is based upon a dualist philosophy, creating division of opposites, in order to exert power over split-off parts, such as the feminine. Process work, with its non-judgmental curiosity and democratic support for all parts, especially the ones we tend to neglect and/or drop from awareness, appears as an ideal paradigm. It brings an end to the insidious conscious and unconscious sexist discrimination within and without. It provides a support for the awareness and attitude of the feminist therapist, who understands that women are twice wounded--biographically, and historically--by the patriarchal system.

The body: One speaker presented her synthesis between Adlerian psychology and Stanley Keleman's approach to the body in therapy: it sounded almost like process work. As women we necessarily experience the body as a source of intense and multifold experience. Therefore proprioception, movement and deep bodywork are essential assets to feminist psychotherapy. Inner work combined with drawing, painting and modelling clay - linking imagination and body - works well with women's groups focusing on autonomy and creativity. The emphasis is on uncovering patterns of constriction, dream figures hidden or locked in body postures, and "mute stories" which speak through symptoms or

faint signals, rather than on the wounding and painful feelings of victimization which many women share.

Fatal images: Esoteric Christian theology is fraught with demonic images of women; the pattern continued in post-Christian mythology through movies, literature and publicity. The high degree of awareness that process work requires, helps us recognize these very subtle poisonous introjects, in ourselves and in the people we work with.

"I have no right to live. I am only a woman": Maybe it is not superfluous for process workers to remember once again that what we are is more powerful and eloquent than what we say. Above all, the wounded woman needs to become her own powerful and loving mother in the warm climate of the healing relationship.

A surprisingly high percentage of women clients complain of sexual abuse by male therapists: A resolution was unanimously accepted by the assembly which explicitly condemns sexual abuse of women clients, inviting all schools of psychotherapy to make the resolution part of their regulations. It is challenging and revolutionary to work with sexual attraction and feelings - as a field phenomenon or in the individual. Strong courage, ethics and awareness are needed in order to process attraction and repulsion on the physical level. Process work contributes substantially in this respect.

Animus and anima: The audience critically questioned the Jungian way of structuring male and female as opposites with specific attributes and qualities allotted to each of them. A vision of how bizarre and useless these efforts might appear to an audience in the year 2089 triggered a wave of laughter and we decided that there are no essentially male or female qualities. The task is simply to develop into full human beings and give history a new direction with strength and awareness.

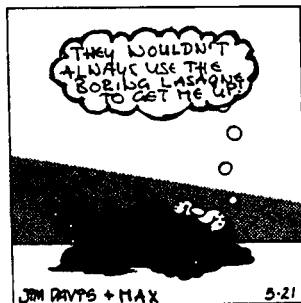
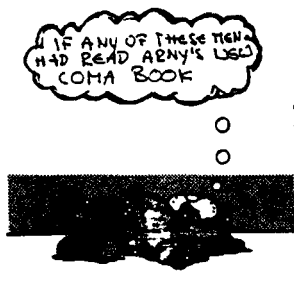
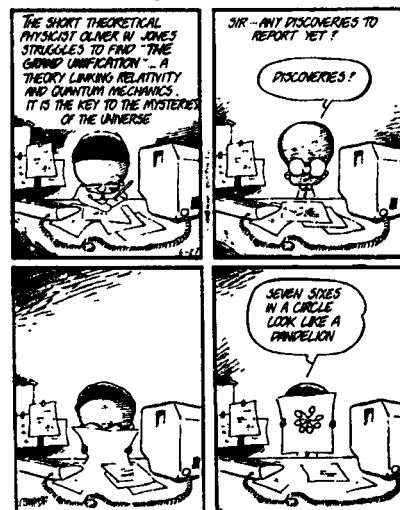
THE BUMPS ON A PINEAPPLE or: what do you think about when you can't sleep?

by Adam Zwig

Have you ever pondered the mystery of spiral shapes in daisies, pineapples, pine cones, and various kinds of leaves? Well, next time you put daisies in your salad, bite into a fresh pineapple, collect pine cones, or look at autumn leaves, consider the following:

All of these things have two sets of spirals: one going clockwise and the other going counter-clockwise. Daisies have 21 spirals going one way and 34 going the other. Pineapple spirals have 3 bumps going one way and 13 going the other. Pine cones have 5 spirals in one direction and 8 in the other. This is enough of a mystery to awaken even the mind of a seasoned couch-potato. However the mystery goes much deeper; the ratios between these numbers -- 21:34, 8:13, and 5:8 -- while appearing random, actually have a very precise mathematical basis. The numbers coincide with what is known as the "Fibonacci" series. These numbers were discovered in the middle ages by Leonardo "Fibonacci" da Pisa. The series is constructed by starting with 1 and adding the last two numbers to arrive at the next number: 1, 1, 2, 3, 5, 8, 13, 21, 34 etc.. These numbers also have a strange, widespread influence in architecture and art. Think about it! (Source: Mathematics, Life Science Library, 1963).

Bloom County



REVERSE SPEECH SPEECH REVERSE

by Yaro Starak

Load a cassette tape into a tape recorder that has been modified to play in reverse as well as forward. The adapted reverse play can play at normal, slow and very slow speeds for easier listening. After the recorded talk the tape is played in the reverse mode and among a jumble of reverse words comes out a message.

David Oates has been researching the reverse messages for over four years now and wrote a book on his work. The book will be published some time this year. David became intrigued with the Beatles record where they engineered their song "Help" to play a message backwards stating 'He smokes marijuana.' Soon young people began playing other records backwards and listening to messages.

David recorded ordinary speech from interviews with people, children and TV and radio personalities. He discovered to his dismay that a significant number of recordings played backwards

contained clear messages. While listening to a tape-recording backwards the untraining ear simply hears an unintelligible gabble of nonsense words. However, if the speed is slowed down a little, a trained ear will

detect actual spoken words and even sentences. The more emotionally laden the forward talk, the more reversed messages are detected. David discovered recently that people who operate in the visual channel have the highest level of success in picking up reverse speech; those who operate in the kinesthetic channel have some difficulty and those who identify mainly in the auditory channel have the greatest difficulty of all. It seems, therefore, that unconscious messages in the backward speech are linked to the visual, imagining part of the brain (or right brain functions).

It appears that reverse speech is a phenomenon that points to a direct line with our unconscious processes. It is not simply an auditory phenomena per se but a language that comes in pictures (wholes) and the reverse message is the auditory expression of these pictures. This also explains the many archetypal words that appear in the reverse speech, for example: Satan, Nazi, whirlwind, mother etc.

Reverse speech was found also in pre-verbal children of about twenty months old. It seems that children learn the metaphorical language from their parents' reverse speech before they begin talking in ordinary forward language.

David Oates recorded his little twin daughters' (20 months old) and played their gurglings backwards. It was revealed to him that the forward, seemingly incomprehensible baby talk contained "Melbourne hurts". Both parents experienced problems when they lived in Melbourne until they moved to Brisbane.

David Oates and his team of researchers are now developing techniques that will help us to detect reverse speech without listening to the tapes backwards. The tapes later are used to confirm the reversal detected in an ordinary interview or therapy session.

This new development in tapping the unconscious processes is very new and not yet known throughout the world. It seems to have great implication for Process-oriented Psychology by giving "hard" recorded evidence of process data that can be repeated again and again as we work with individuals, families and small groups - and this is only the beginning.

Editor's Note: Yaro Starak is a lecturer at the department of social work at the University of Queensland in Australia. He sent the POPCORNER a cassette, which is a lecture and demonstration given by David Oates. It is available at the library in Zurich.

THE NEW FAMILY

by Ornella Cherti

I am a POP student and I would also like to emigrate to America next year. Emigrate?!

The word alone makes me break out in a panic. Full of fear, I'd like to hide myself under the covers and wait until the bad weather goes away.

Forgotten is the pleasure, the prickling and tickling excitement I had when I had this wish; all the energy and the wonderful dreams of the future in America are gone.

And so, crumpled up in a little ball of misery, in the corner of my tiny room, I'm trying to write about this theme. But before I sink completely into misery, I want to try one more time to step out of this figure and look at this thing from a distance. Thank God such a thing as a role switch exists!!

Yes, from this side of course it looks completely different. Now I am able to talk about

these sensitive feelings without falling completely into them.

You have to know that this student is slowly growing up through the little fights we've had together and with your warm hugs. The house on Etzelstrasse has become for her a secure nest and a community, a family. By the way, this is a colorful and many-sided family. That everyone comes and goes here is the most natural thing in the world. No matter what color you are, or from which land or continent you come, or which planet you flew down from, nobody asks you about your passport, but your name.

And often after a general assembly I had the feeling that I had taken a trip through the atlas with my finger, and not through the agenda.

Yes, it's hard for me to get up from that table where I could eat my fill of support and love. It's hard for me to pack my suitcase -- I would love to

take you all with me. But the only thing I can do is make sure that all your names and our beautiful memories are carefully tucked away in my suitcases.

In my opinion the Portland Center will be one of many centers which will be strewn throughout the whole world. The center will be just another warm nest, a place where everyone is welcome, where one can find a new family and make his or her own history. But worldwide a single thought connects us: the thought that what we are doing and learning now is for a better world!

And now I want to give my deepest thanks to Leslie Heizer, who with her loving support encouraged me to write this article.

P.S. For everyone who would also like to emigrate and doesn't want to do it alone, I would be thankful for a call. Tel. 01/ 383. 36. 59 (Zurich)

Wilma from Wiedikon: Advice for the Weary



Dear Wilma,

Help! I'm busy from early in the morning till late at night, seeing clients, working on my computer and going to meetings. Then, when I finally fall into bed, my wife keeps me up with demands for conversation and sex. I love her and need her and want to keep the relationship strong, but I'm exhausted. What do I do?

Signed,

Dying in Dietikon

Dear Dying,

I can think of several solutions for your problem, which by the way, is not uncommon. It's a classic example of a polarized system. One intervention, therefore, would be flipping the system. In order to accomplish this one, you have to muster all your remaining strength as you crawl into bed, and first talk at a manic pace about all your activities, demanding that your wife reply. Next, fondle her and say that you need sex. If she threatens to fall asleep, tell her you're into necrophilia. Within a week, I guarantee that she won't be keeping you up at night anymore. You may be writing to me in the next issue of the Popcorner to find out how to get her interested again. And if she wants to write because you keep her awake, just refer her to my current answer--it'll save my precious fingers.

Good luck,
Wilma

Letters to the editors
and editorials are
WELCOME.

Dear Wilma,

Please help me. I don't know what to do. I'm so in love with my dissertation, but she won't sleep with me. Do you have any suggestions?

Signed,

Paperlech

Dear Paperlech,

I think this one may be a channel problem. You're probably communicating verbally, and your dissertation can't understand the auditory channel. I suggest finding a common denominator; for example, try stroking its pages, or type your suggestive comments with a light flickering touch. This of course, is all useful only if you want a willing partner. Otherwise, why not just take her by force? Throw all the pages into your bed and jump on top! My final suggestion is to create jealousy--you might try going to bed with another book.

Warmly,

Wilma

Dear Wilma,

Every night when I get home, my fax machine hangs up on me. Do you think someone else could be making her thermal paper hot?

Suspicious

Dear Suspicious,

Whoops! You forgot to request the faithful model: those 1989 fax machines are unbelievably fickle. You could: return her; find the true fax by checking all your other appliances to see which ones are hot and humming when you get home (I suspect your printer); get a fax chastity belt, which prevents any unscrupulous activity (the danger with this intervention is that she'll get resentful and withhold even more from you); fix her up with a friend's fax so at least you know where the action is; and finally, tire her out by asking everybody to send you a fax--she'll be so overworked that she won't have any free time for foolishness. Of course, if you want to keep her friendly, you should stay home and feel up her asterix button.

Faxtually,

Wilma

JOKE OF THE YEAR CONTEST FINDS WINNERS

Ann Suloway and Leslie Heizer are the two witty winners of the joke contest form the last two issues of the POPCORNER.

Leslie won with the following answer:

Why did the process oriented chicken cross the road?

That's not important. What we should consider is the meaning this had for the collective.

Ann's winning answer to the joke was:

How many process oriented psychologists does it take to screw in a lightbulb?

Two. One to screw it in and one to be against it.

You both win dinner for two at Cafe Peter. Congratulations on this meaningful accomplishment. May we recommend the Club Sandwich, also known as Alzheimer's a la Carte. For the lighter appetites, the tortelloni pesto is sure to win you many friends.

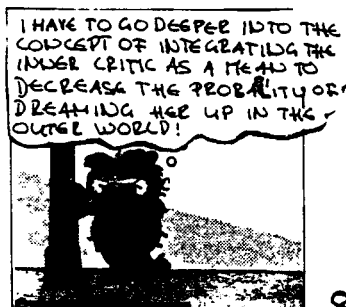
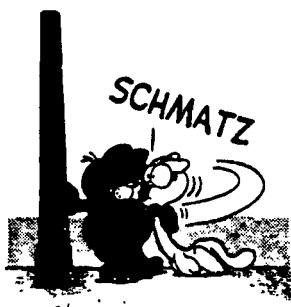
VIDEO THEK

A videothek has been formally established and organized. Perle Michaud has done an excellent job coordinating and we are all thankful for her work.

We have established a video and library user-card available for 10 frs. This will enable us to pay for the video tapes, supplies and maintenance of the library. The library is open during secretary hours and on Tuesday evenings.

Please send all
contributions for
the POPCORNER to:

The Process Work Center
of Portland/POPCORNER
P.O. Box 219069
Portland, Oregon
97221 USA



congratulations

Congratulations to Jan Dworkin Zwäg and Adam Zwig. They received a certificate of relationship proficiency, commending them on struggling through ten years of thick and thin, up and down, in and out. The certificate took the form of a wedding license. The impromptu ceremony was held in Newport, Oregon and was presided over by Judge Huckleberry. The bride wore her blue sweatpants and the groom was decked out in his red gym shorts. Congratulations to the happy couple.

A big congratulations to all of us on the birth of the Global Process Work Institute in Yachats, Oregon.

Congratulations to Claire Nance who passed her Phase II exams this past summer. A big round of applause for Stan Tomandl, Sara Halprin, Herb Long, Anna Stusi, Miro Roth, Bar Halliday, Claudia

Zurmuehle, Perle Michaud, Sabina Poulson, Ann Suloway, Erwin Lichtenegger, Sylvia van Puyenbroeck, Harsha Adler, and Josef Helbing who all passed their Phase I exams in 1989.



"An excellent defense. Let's give her the doctorate."

And Congratulations to Army on the publication of The Year 1, available through Penguin.

Congratulations to the following people who recently completed their doctoral dissertations:

Dawn Menken who wrote her dissertation on:

"Emerging World Views: Cultural Transformations in Process oriented Psychology."

Jan Dworkin's dissertation is entitled:

"Group Process Work: A Stage for Personal and Global Development."

Julie Diamond completed her dissertation on:

"Status and Power in Verbal Interaction: Discourse in a Close-knit Social Network."

births and deaths

We were sorry to hear that Claude Drey from New York City died this past month of a stroke.

Congratulations to Sue and Mark Kidell from England, on the birth of their son, born on June 11, 1989.



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Announcement

International Conference on Experiential Psychotherapy, entitled: CONVERGENT EVOLUTION, Sept. 2-7, 1990 in Bavaria, West Germany. Max Schuepbach and Julie Diamond will be conducting workshops in Process Work. Anna Halprin, Jean Houston, Max Clayton, Bruno Bettelheim and many others will be making presentations.

This issue of POPCORNER was brought to you by: Julie Diamond, Jan Dworkin and Dawn Menken

BEST SELLERS

Books Available at the Secretary's Office in Zurich:

by Army Mindell:

- The Dreambody
- Der Dreambody
- Working with the Dreaming Body
- Der Leib und die Traeume
- River's Way
- The Dreambody in Relationships
- City Shadows
- Der Schatten der Stadt
- The Year 1 (is on its way)
- Coma: Key to Awakening

by Joe Goodbread:

- The Dreambody Toolkit

Videos Available

Introduction to Process-oriented Psychology. A video in 3 parts:

- The Essence of Process Work: An Interview with Dr. Arnold Mindell.
- Dreambody Work: Getting to the Cowboy.
- Advanced Dreambody Work: The Edge to Emotions.

-A Working Tape on Psychiatry

Seminars on tape given by Dr. Arnold Mindell:

- On Grieving
- Working with the Dying

Audio Tapes Available

Lectures given by Dr. Arnold Mindell:

- Jungian Psychology and the Body
- Personal Myths and Illness
- Severe Diseases and Individuation
- Process Oriented Psychology
- Conflict Resolution

Radio Interview featuring Dr. Arnold Mindell:

- in 1985
- in 1986

The Journal of Process-oriented Psychology is also available at the secretary's office.

Dissertations and Theses: The secretary has many theses, dissertations, manuscripts and final projects available. Contact Madeleine at the office for more information. tel. 482.82.22.

VOLUNTEER WORK

VOLUNTEERS FOR MADELEINE

Just in case you don't know this, Madeleine can always use volunteers to help her with the massive load of secretarial work. Thanks again Madeleine!